



Across the Fence

August 8, 2021

This Week at Palisades Village:

Monday, August 9	Tuesday, August 10	Wednesday, August 11	Thursday, August 12	Friday, August 13	Saturday, August 14
3:30 p.m. Fitness with William Yates (offered in-person and via Zoom)	3 p.m. Storytelling	8:30 a.m. Walk with Wally		<i>International Left-Handers Day</i>	

This week:

We took advantage of the beautiful weather and had fitness class outside with Mr. William Yates last Monday. It worked well for those in person and on Zoom so we plan on doing it again if it is not too hot or wet. We have never seen people so happy and excited to exercise. We will continue to use Zoom for those who cannot make it in person. The class is at **3:30 p.m.** in or in front of MAP Hall (Palisades Hub/Palisades Community Church at 5200 Cathedral Ave). All are required to wear a mask to exercise indoors. Masks are available at all programs.



Yoga and **Mindful Knitters** will be on holiday during August.

Coming up:

Mark your calendars for a Palisades Village [Community Happening](#) on Thursday, August 26 from 3-6 p.m.!

- Enjoy mingling with friends and neighbors
- Bring documents and papers to be shredded (no binders but staples and paperclips are fine)
- Get your blood pressure checked by an RN
- Get a taste of our fitness classes
- Enjoy some refreshing ice cream
- Learn more about our community
- Listen to sweet tunes by the Loungers
- Check the safety of your bike
- *Looking for volunteers to help make this event a success! Please let the office know how you can help!*

Tickets are not yet on sale but save the date for a special Palisades Village fundraising event. Our [Tastes of the Mediterranean Under the Palisades Sun](#) will be held at 5 p.m. on Saturday, September 25.

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red to be taken to the registration page and get more information. Click on the registration button and provide your information. You will receive an email with your confirmation soon after. For events on Zoom, this will include the link. There is a complete listing of all events for the next two weeks at the end of the newsletter, or you can go to the [website](#). If you have questions or want to register in person, please call the office at **202-244-3310**.*

COVID Corner (Updated):

We are very concerned about the rise in COVID cases with the Delta Variant and protecting our community.

The Mayor announced that beginning on Saturday, July 31, mask wearing will be required indoors regardless of vaccination status. Palisades Village is concerned about your safety and will rely on the Mayor's directive. For your safety, Palisades Village has reinstituted our mask policy. Regardless of your vaccination status, please wear a mask at all of our indoor activities and programs. We will have masks available for your use at all events.

Palisades Village will continue to closely monitor the situation and follow the guidance provided by the CDC and the DC Department of Health. We are committed to ensuring your safety.

Need masks or hand sanitizer? We have some available at the office.

Caregiver support group:

This group meets every first and third Tuesday of the month. Phyllis Kramer, a retired therapist, facilitates the group. Phyllis spent almost 30 years in private practice, most of it focused on addressing social isolation, depression, and grief. She still teaches a course in professional development at GW's School of Medicine. The group is open right now for new members. If you think you might be interested, please contact Phyllis directly at pfkramer38@gmail.com.

DC Parking Permit Reminder:

Your old annual pass will expire at the end of September. Replacement passes can now be printed at home, [DC Public Library branches](#), or at [kiosks](#) located at DDOT Headquarters, the DDOT Permit Office, and Metropolitan Police Department precincts in the First and Third Districts. They have introduced a new, centralized digital system for DC residents and their visitors to manage visitor, temporary, home health aide, and contractor parking permits via a single online portal. The new digital portal can be accessed via the [ParkDC Permits website](#), the ParkDC Permits mobile app (available in the Apple and Google Play stores), at [DDOT kiosks](#), or by calling the 24/7 call center at **202-671-2631**.

Save the Date:



• SAVE THE DATE •



2021 LGBTQ Intergenerational Symposium:
Building Community

Kickoff, Virtual and In Person-September 23rd at 6pm

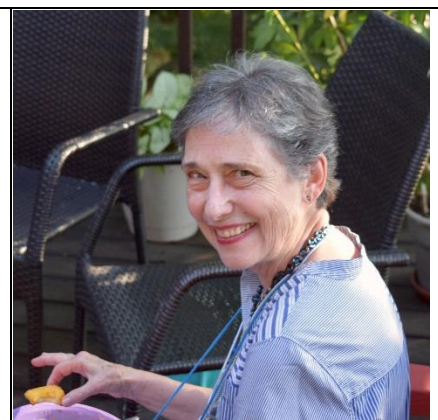
Day 1, Virtual-September 24th from 12 to 5pm

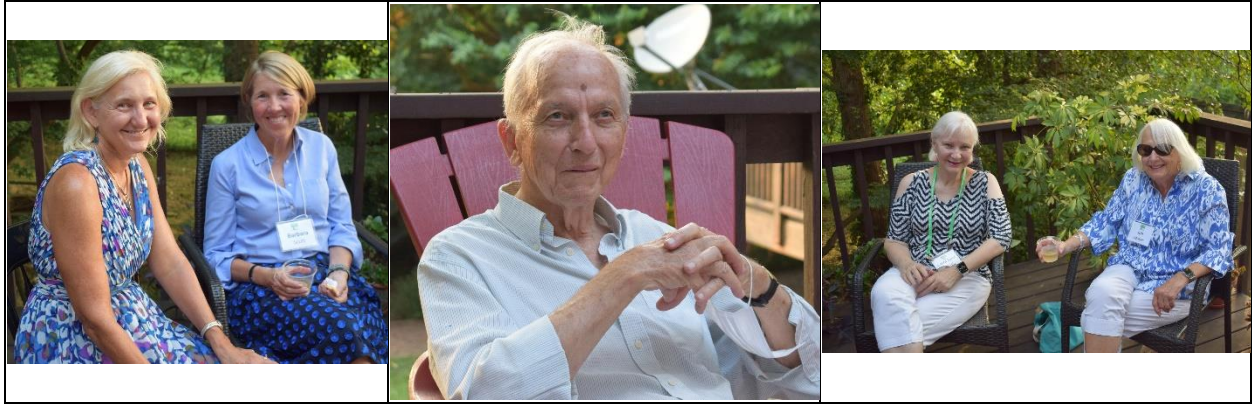
Day 2, Virtual-September 25th from 10am to 2pm

Open to LGBTQ individuals and allies

EMAIL SSROSS@CAPITOLHILLVILLAGE.ORG OR CALL 202-543-1778 X204

Three Cheers for Palisades Village Volunteers! Sharing stories and building community continues at Thursday's Potluck!





DC Village Collaboration



WAVE
Washington Area
Villages Exchange



The DC Area Villages work closely together to share resources and access to many events.

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them (and a couple that are not included). Register by clicking on the link in the title or in the description.

Mondays, 10 a.m.

[Gentle Yoga](#) -- with Cleveland Woodley Park Village

Monday, August 9, 11 a.m.

Meditation for the Masses -- Join respected meditation leader Anandaropa for an hour of stress relief through a series of simple breathing and contemplative meditation exercises. Open to members at all physical levels, although the ability to hear directions is necessary. Hosted by Waterfront Village. [Register here](#).

Tuesday, August 10, 10:30 a.m.

Chair Yoga -- In partnership with the DC Office on Aging & Community Living, Dupont Circle Village offers free hour-long senior yoga classes.

Experience how to build physical strength by improving posture, balance, breathing, and flexibility. [Register here.](#)

Wednesdays & Fridays, 10-10:30 a.m.

[Morning Stretch](#)-- With Cleveland Woodley Park Village

Wednesday, August 11, 10:00 a.m.

[Online Feldenkrais Method Awareness Through Movement](#) -- Susanne Christov is a Guild Certified Feldenkrais Practitioner with a Doctorate in Physical Therapy. She lives in Dupont Circle and teaches private and group Feldenkrais classes in Dupont Circle and in the Washington metropolitan area. ***To learn more about the Feldenkrais Method, go to their website:*** <https://feldenkrais.com/>

Saturdays, 9:30-10:30 a.m.

[Village Walkers, Cathedral Commons](#)-- With Cleveland Woodley Park Village

Wednesday, August 18, 1-2 p.m.

[Coping with Medicare](#) -- Case manager Barbara Scott will be joined by Chris DeYoung. Chris is with the DC Office on Aging and specializes in Medicare and Medicaid. He will give a brief overview of Medicare and talk about Medicaid programs (QMB/EPD Waiver) and make sure members know who they can call when they have questions or issues come up. He will do a Q&A after he speaks.

Wednesday, August 25, 12:30-1:30 p.m.

African American Artists with Chichi Lovett: Session 5 -- Explore the work of well-known and lesser-known African American artists and their predecessors with Chichi Lovett. She uses works of art created by African American artists to examine assumptions to initiate and welcome conversations regarding issues concerning race, class, culture, the art market and womanism/feminism (among other issues), that these pieces can instigate while learning to 'read' a piece from an artist's perspective. We take time to look at this art and consider what it represents to you, the viewer and why. Learn about the context of the art and artists in their own time and in ours. Art pieces discussed in this class will be different from those discussed in the previous classes that Chichi has offered during past sessions. [Find more info and register here](#)

Community Events:

Summer Boxed Lunches at Iona Senior Services

Iona is delighted to offer in-person programs and boxed lunches for seven weeks this summer at Iona Senior Services from **July 19-Sept. 3**. Please register by day of the week as programs vary. Once you register for one day, you will remain on the list for that day of the week for the summer.

Registration is necessary! Please arrive by noon to ensure that the lunch is available. Need help registering? Email us at community@iona.org or call us at **(202) 895-9485**.

[Monday registration and program](#) - Program includes another in the series on Finding New Friends with Dale Brown

[Tuesday registration and program](#)

[Wednesday registration and program](#)

[Thursday registration and program](#)

[Friday registration and program](#) - Go to Ruth's Zumba Gold in-person and enjoy a boxed lunch after

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

Join the Department of Aging and Community Living for their **4th Annual Brain Games**, a city-wide trivia competition for District seniors. The first competition will be held on **Friday, August 13 at 1:00 p.m.** at Iona Senior Services (lunch at noon). The winner of the first competition will advance to the city-wide competition on September 21st.

Wednesday, August 11 at 3:00 p.m.

Understanding Options to Pay for Long-Term Care with Rick Gow -

- Are you worried that you might not be able to pay for long-term care (LTC)? There are a variety of ways to afford it. Learn from expert Rick Gow about different options to consider. Rick Gow is a Certified Senior Advisor and Wealth Management Advisor with Life Plan Retirement Partners, LLC.

[Read more and register here.](#)

Thursday, August 12, 3- 4 p.m.

Technology for Aging in Place: Lessons from the Pandemic with Scott Code

-- Scott Code, Senior Director of Leading Age CAST (Center for Aging Services Technology), will share with us how technology can help assist older adults living in the community with communication and engagement, health and wellness, home safety and security, and lifelong learning during the COVID-19 Pandemic and beyond. He will discuss lessons learned from the COVID-19 Pandemic and new resources that are available to keep older adults connected to the community.

Thursday, August 19, 3-4 p.m.

If You Own It, Know It: Legal Counsel for the Elderly Presentation on Home Ownership

--The Legal Counsel for the Elderly's (LCE) "If You Own It, Know It" presentation will focus on protecting homeownership and cover a variety of topics, including the DC tax sale, property tax assistance for seniors, preventing foreclosure, and spotting and avoiding scams and fraud. The training will also provide information on Schedule H – which is an underclaimed DC tax benefit available to both homeowners and renters in the District.

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at

https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-q3-2021-newsletter.pdf

Monday, August 16, 12 noon

Living Alone --The Sibley Senior Association (SSA) invites you to join a discussion group on coping with living alone. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/ partner. All are welcome. Experiences show us that there is value to those living alone from sharing experiences and needs about their special situation. Living Alone meets on the third Monday of every month and Ken Gordon moderates the group. For the Zoom link, register by calling SSA at **202.364.7602**, or by emailing kengordon@alum.mit.edu.

DPR -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask

requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

Other Community Events:

Saturday, August 14, 7:30 a.m.

Accessibility Event for the Hard of Hearing at the [US Army Museum](#) --

Prior to opening to the general public, the hard of hearing community will be able to enjoy the museum using assistive listening technology along with other accommodations. Tickets are required but free at

<https://tickets.thenmusa.org/Info.aspx?EventID=43>. If you have any questions, please contact Shelby Amspacher at shelbya@tcsservices.net.

Saturday, August 28, 7 p.m.

Opera in the Outfield: Rossini's Cinderella -- For full information please go to: <https://www.kennedy-center.org/wno/home/education/opera-in-the-outfield/> Note that the gates open at 5 p.m. for pre-opera activities. The audience will sit OUTSIDE in National Stadium. It will be open captioned

Check out [American University's Newsletter](#) and [Live & Learn Bethesda's Class Catalog](#) for some interesting spring events!

Ongoing Events:

Bereavement Support Groups--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and a twice a year, six-week structured bereavement group for persons who have been widowed for two years or less. Call **202-537-4942** for more information or go to [Calendar | Widowed Persons Outreach \(wpodc.org\)](#)

Weekly on Fridays, 1 - 2 p.m.

[The Art of Looking](#)--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public and is designed for everyone interested in talking about art. No art or art history background is required.

Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact looking@nga.gov to request access or for more information.

Mondays, Wednesdays, and Fridays at 12 p.m.

[Smithsonian National Museum of Asian Art's free 30-minute online meditations](#)-- Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

Weekly on Mondays from 2 - 3:15 p.m.

Just Us at the National Gallery of Art -- Provides interactive, discussion-based experiences for people with memory loss and their care partners. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesday, Thursday, and Friday from 2:30 - 4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program by [clicking here](#).

COMING UP IN PALISADES VILLAGE

Listed below are details on upcoming events sponsored by Palisades Village. You can now register by clicking on "More Information" and then "Register." You will be prompted to add your name and email address. Please use the email address that the calendar was sent to; it functions as your user ID. If you need to update your email, just let us know. Or you can register by email at ebanton@palisadesvillage.org or call the office at **202-244-3310**.

This Week at Palisades Village
August 8 — 14, 2021

William Yates Fitness

Mon 08 / 09 / 2021 at 3:30 PM

[More Information](#)

Canceled: Virtual Yoga

Tue 08 / 10 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 08 / 10 / 2021 at 3:00 PM

[More Information](#)

Walking Club - Georgetown

Wed 08 / 11 / 2021 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)

Next Week at Palisades Village
August 15 — 21, 2021

William Yates Fitness

Mon 08 / 16 / 2021 at 3:30 PM

[More Information](#)

Walking Club - Georgetown

Wed 08 / 18 / 2021 at 8:30 AM

Where: 4940 Canal Road, NW, Washington, DC 20007

[More Information](#)