



ACROSS THE FENCE

September 26, 2021

This Week at Palisades Village:

Monday, Sept 27	Tuesday, Sept 28	Wednesday, Sept 29	Thursday, Sept 30	Friday, Oct 1	Saturday, Oct 2
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga 3 p.m. Storytelling		3 p.m. Virtual Yoga		9:15 a.m. Mindful Knitting

This week:

Do you want more physical activity in your week? Try out William Yates's Fitness Class on Monday (in person or via Zoom) or Yoga on Tuesday (in person) or Thursday (via Zoom). The in-person classes are open to those who are fully vaccinated. You will be asked to fill out a [sworn statement of vaccination](#) before attending any in-person class (see updated policy below). Those who are not vaccinated may join us on Zoom.

Flu Shots and Happy Hour next Thursday:

	<p>It is that time of year! Palisades Village will be holding our annual flu shot clinic on Thursday, October 7 at the Hub. Register and note whether you want the dosage for those over or under 65 years old.</p>
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While the weather is beautiful, come join us for an [outdoor happy hour](#) on Thursday, October 7 at 5 p.m. A small group of members and volunteers will be gathering for wine and cheese on the deck of a member's home. Space is limited so [register](#) now.

Coming up:

In anticipation of Medicare open season, MaryAnn Griffin will be presenting [Basic Medicare and What You Need to Know about the Medicare Advantage Plans](#) on Wednesday, October 13 at 11 a.m. This is the first in our monthly healthcare series on [Protecting Your Most Valuable Asset, Your Health](#) designed to enhance your knowledge and answer your questions about the complicated health care world.

Mark your calendars for an exciting evening with [Gordon Peterson](#) on Wednesday, October 20 at 5 p.m. as he reflects on his life in news.

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in blue 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:

Update on Palisades Village Contingency Plan

As the Delta variant drives COVID-19 infections upward, and with the safety of our staff, volunteers and members in mind, Palisades Village now requires a sworn statement of COVID-19 vaccination for all indoor and outdoor events hosted by Palisades Village.

Please also bear in mind that other safety protocols will also be in place: capacity limits, social distancing and masks. Masks must be worn at all times indoors during Palisades Village hosted events until further notice.

These COVID policies and safety measures will be reassessed regularly and updated as required, based on CDC recommendations and local guidelines.

Please continue to enjoy Palisades Village events safely and responsibly.

Reopening Statement

updated as of September 23, 2021

Palisades Village's Emergency Contingency Task Force has continued to meet to carefully monitor the latest pandemic information and ensure the safety of our community. As of September 23, 2021, Palisades Village has revised its office policies.

Palisades Village's Policy Updates:

Palisades Village invites all who have been fully vaccinated to participate in its in-person indoor and outdoor events and activities. A sworn statement of full vaccination is required. Fully vaccinated is currently defined as at least two doses of either Moderna or Pfizer or one dose of the Johnson and Johnson vaccine and a period of at least two weeks has passed since the final shot.

Per the July 29, 2021 order by Mayor Bowser, masks are required while indoors.

Palisades Village continues to encourage clubs and groups to meet outdoors or meet virtually but we recognize that with heat and inclement weather it may be necessary to meet indoors.

We will continue to offer virtual social, educational, and cultural events using Zoom to accommodate those who prefer to join us from home.

Palisades Village encourages partially or non-vaccinated people to seek vaccination opportunities at any of the District's [walk-up sites](#), area hospitals, or vaccination providers.

Volunteer Services:

If you need a ride or help at home (gardening, technical support, small home repairs, errands run, etc.), we will continue to offer these services to the extent that volunteers and members receiving the services are fully vaccinated. Both members and volunteers must provide a sworn statement of vaccination prior to in-person services. Please remember that the Palisades Village Office asks for 3 business days-notice to accommodate your requests. Contactless services will still be available to all members, regardless of their vaccination status.

Office Reopening:

Palisades Village will continue to carefully monitor the progress being made in our area to combat the virus. The Office is open to fully vaccinated visitors, Monday to Thursday from 10 a.m. to 2 p.m. by appointment. Up to three people, including only fully

vaccinated staff, volunteers, and Board members are welcome to use the Office at any time. We want to keep everyone who uses the building (which includes a preschool) as safe as possible.

Additional information:

These standards are subject to change at any time, based on guidance from the CDC, the DC Department of Health, and/or the experience of Palisades Village. We will continue to keep you updated. As always, your safety is of utmost importance to us, and Palisades Village welcomes your input and feedback.

DDOT Extends 2020 Annual Visitor Parking Passes:

The District Department of Transportation (DDOT) has announced that the 2020 Annual Visitor Parking passes will remain valid through the end of 2021, providing more time for DC residents living on Residential Permit Parking (RPP) blocks and their visitors to sign up for and start managing their visitor parking permits through the new ParkDC Permits online portal.

RPP Zone residents and their visitors can sign up for and access ParkDC Permits by computer on the [ParkDC Permits website](#), by mobile app from the [Apple Store](#) or [Google Play](#), or by phone at [202-671-2631](#).

Permits must be printed and displayed on vehicle dashboards. Users can print their own permits from home, and there are also public computers and printers available at [DDOT Kiosks](#) and [DC Public Library locations](#) across all eight wards.

Members: Need help? Call or [email](#) the office and we can arrange for a PV volunteer to assist you.

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. Register by clicking on the link in the title or in the description.

Monday, September 27, 3:30-5 p.m.

Live & Learn: Perspectives on Senior Living -- Members of Villages can count on their community to support them in aging in place. But sometimes circumstances prompt consideration of other living arrangements. What are these options and what are the costs and benefits? How do you find the right place for you and/or your loved one? Virtual RSVP: [Register Online](#) or contact the DCV Office at **(202) 436-5252** or admin@dupontclevillage.net

Monday, September 27, 7-8 p.m.

District Dialogues: Food Justice -- This month we will hear more about urban agriculture in our city. More information and registration can be accessed [here](#), or you can email info@capitolhillvillage.org, or call **202-543-1778**.

Tuesday, September 28, 11 a.m.

[Adventures of a Young Reporter Covering Cold War Russia in Early Days of TV News – Any Relevance for Today?](#) with Marvin Kalb

Tuesday, September 28, 2:30 p.m.

The Ever-Changing Past Why History Changes with James M. Banner, Jr. -- Does history change? How do we interpret the past or even the present? Why does history matter? James Banner, an experienced, multi-faceted historian, will discuss what historians do, why they do it, and how those efforts impact both individuals and nations. [Register for the talk here](#)

Thursday, September 30, 2 p.m.

[I Can Hear Singing with Bev and Anders Gyllenhaal](#) -- Every bird's song is unique, and just by listening you can identify the birds around you. But it's like learning a foreign language made up of chips and chirps that can confuse even the most experienced birdwatchers. Up until now! Cornell University's Lab of Ornithology has just updated its easy-to-use Merlin Bird ID smartphone app so it listens to the birds around you and shows real-time suggestions for who's singing.

Thursday, October 7, 2 p.m.

Presidents & Music -- A musical journey through American history on music making, music-loving U.S. Presidents. [Register for the talk here.](#)

Wednesday, October 27, 3 p.m. "Mythmakers: The Art of Winslow Homer and Frederic Remington" with Dr. Diana Greenwold -- Please contact the GV office at **202-999-8988** or email lynn@georgetown-village.org to reserve your spot. This Georgetown Village program is free and open to the community.

Wednesday, October 13, 2:30 p.m.

Falls Prevention Classes -- Thanks to Zoom, you can join this monthly series, led by an experienced physical therapist in the comfort of your home, and practice specific strength-building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space. Come to one or more of the sessions and see the results for yourself. Registration required. [To register, click here.](#)

Community Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more.

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

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:

The **Palisades History Speakers' series** continues through November at the Palisades Hub. Tickets can be found here: <https://palisadeshistoryorg.ticketleap.com/>

Through Sunday, October 3

Community Coat Drive -- The Metropolitan Police Department (Second District) is hosting a Winter Coat Drive for men and women experiencing homelessness. They are collecting any new or gently used adult winter coats. There will be a collection box in the lobby of the MPD Second District Station, located at 3320 Idaho Avenue NW.

Tuesday, September 28, 6 - 8 p.m.

Wishcycling -- Have you heard of "wishcycling?" It's when you add an item to your recycling bin without knowing if it's actually recyclable. And if you're wrong, you risk having the whole load rejected by the recycler. Luckily, DC's own Charlotte Dreizen, from the Office of Waste Diversion, is here to teach us the way. Please join the PCA Environmental Committee for a demonstration under the pavilion at Hardy Park (4500 Q St). Bring your questions!

Wednesday, September 29, 9 a.m.-12 noon

Falls Free Coalition -- Iona Senior Services will be hosting the Department of Aging and Community Living's Falls Free Coalition. They will host a series of screenings covering medication, balance, vision, and a review with a nurse. Open to DC residents. Iona Senior Services is in Tenleytown at 4125 Albemarle St. NW (limited parking underneath the building). Please email Lfrumin@iona.org to reserve your appointment.

Friday, October 1, 6-9 p.m.

Palisades-Georgetown Lions Club Crab Feast -- Crab lover's heaven: "All You Can Eat" Maryland crabs. A "Non-Crab-Lover" alternative dinner for anyone who isn't. A "sweets" bake sale. Our fundraiser raises funds for local charities and provides an evening of fun and friendship. Location: St Ann's Gym, 4404 Wisconsin St NW. Tickets at: <https://www.eventbrite.com/e/lions-crab-feast-bake-sale-tickets-168045834615>

Friday, October 1, Rocklands food truck @ 6 , doors @ 7:15, music @ 8-10 p.m.

THE AIRPORT 77s -- A Silver Spring trio honoring the wistful glory of 1970s power pop and classic new wave. Bring friends! Palisades Hub (5200 Cathedral Ave NW).

Ongoing Events:

Bereavement Support Groups--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and a twice a year, a 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 \(wpodc.org\)](http://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. NGA educators will facilitate the conversation to create an environment for shared learning.

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. 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. 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**.

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

This Week at Palisades Village
September 26 — October 2, 2021

William Yates Fitness

Mon 09 / 27 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 09 / 28 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 09 / 28 / 2021 at 3:00 PM

[More Information](#)

Yoga

Tue 09 / 28 / 2021 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave, NW, Washington, DC 20016

[More Information](#)

Virtual Yoga

Thu 09 / 30 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 02 / 2021 at 9:15 AM

[More Information](#)

Next Week at Palisades Village
October 3 — 9, 2021

Book Club

Mon 10 / 04 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 10 / 04 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 10 / 05 / 2021 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 10 / 05 / 2021 at 3:00 PM

Where: Palisades Hub, 5200 Cathedral Ave, NW, Washington, DC 20016

[More Information](#)

Flu Shot Clinic

Thu 10 / 07 / 2021 at 10:00 AM

Where: Palisades Village at the Hub, 5200 Cathedral Ave NW, Washington, DC 20016

[More Information](#)

Canceled: Virtual Yoga

Thu 10 / 07 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Happy Hour

Thu 10 / 07 / 2021 at 5:00 PM

Where: Sreedhar Home, 5110 Sherier Place, NW, Washington, DC 20016

[More Information](#)

Mindful Knitting

Sat 10 / 09 / 2021 at 9:15 AM

[More Information](#)

[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)

Thank you!

Palisades Village