

ACROSS THE FENCE

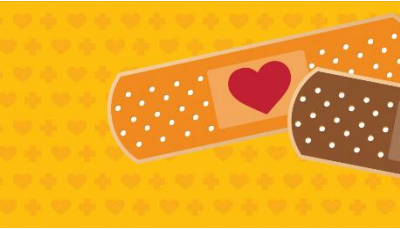

October 3, 2021

This Week at Palisades Village:



Monday, Oct 4	Tuesday, Oct 5	Wednesday, Oct 6	Thursday, Oct 7	Friday, Oct 8	Saturday, Oct 9
1 p.m. Book Club 3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	10 a.m. Vaccination Clinic 3 p.m. Virtual Yoga 5 p.m. Happy Hour		9:15 a.m. Mindful Knitting

This week:

Wally is back! Join him Wednesday morning for his weekly walk to Georgetown.

	<p>Update! Not only can you get your flu shot here but if you need a Pfizer COVID booster, you can get that too! Palisades Village will be holding our annual vaccination clinic on Thursday, October 7 from 10-12 noon at the Hub.</p> <p>Register by 10 a.m. October 6 and note whether you want the flu dosage for those over or under 65 years old or the COVID booster shot. You must register in advance. This is open to the public so invite your friends and neighbors.</p> <p><i>Please consult with your health care provider with questions.</i></p>
	<p>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.</p>

Coming up:

	<p>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.</p>
	<p>It seems that Gordon Peterson has been part of the lives of most Washingtonians whether anchoring the local news to moderating <i>Inside Washington</i>. He remains part of our community as a neighbor and is joining Palisades Village to talk about his life on air. 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.</p>

*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:

CDC recommends that the following groups **should** receive a booster shot of Pfizer-BioNTech's COVID-19 Vaccine at least 6 months after completing their Pfizer-BioNTech primary series (i.e., the first 2 doses of a COVID-19 vaccine):

- people aged 65 years and older
- residents aged 18 years and older in long-term care settings
- people aged 50–64 years with [underlying medical conditions](#)

CDC also recommends that the following groups **may** receive a booster shot of Pfizer-BioNTech's COVID-19 Vaccine at least 6 months after completing their Pfizer-BioNTech primary series, based on their individual benefits and risks:

- people aged 18–49 years with [underlying medical conditions](#)
- people aged 18–64 years at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting

These recommendations only apply to people who previously received a Pfizer-BioNTech primary series (i.e., the first 2 doses of a COVID-19 vaccine).

If you qualify for the Pfizer booster, you may get one at our [Vaccination Clinic](#) on Thursday, October 7 from 10 a.m. - 12 noon. You must register by 10 a.m. on October 6 to ensure that the pharmacist brings an ample supply.

Volunteers -- Are you interested in providing medical note-taking?

Train to become a Medical Note-Taker for our members. Medical Note-Taking volunteer training is scheduled for Wednesday, October 20th from 10 - 11 a.m. All current volunteers from any DC Village can [register here](#).

Members: Let us know if you need someone to accompany you and takes notes when you visit a doctor.

The DMV is extending the deadline for ticket amnesty from September 30 to December 31:

"District and non-District drivers have until the end of the year to take advantage of the District's amnesty program that provides the opportunity to pay, without the doubling penalty, outstanding tickets for parking, photo enforcement, and minor moving violations."

More details here:

<https://dmv.dc.gov/release/mayor-bowser-extends-deadline-ticket-amnesty-program-until-december-31-2021>

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, October 4, 7:00 p.m.

Village Voices with Patsy Sims --Patsy Sims has been following and reporting on the Ku Klux Klan for over 40 years. In the wake of Black Lives Matter and the January 6 riot, she will reflect on the Klan and its impact on today's politics. Register [here](#).

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.

Tuesday, October 12, 11 a.m.

[**Deepening the Appreciation of Your Collections: A Conversation with An Art and Antique Appraiser**](#) with **Sarah Reeder**

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.](#)

Tuesday, October 19, 11 a.m.

[**New Frauds and Scams – and Seniors are Often the Intended Targets**](#) with **Suzanne McGovern**, Senior Advisor, Office of Investor Education and Advocacy, U.S. Securities and Exchange Commission

Tuesday, October 26, 1 p.m.

Across the Universe -- The Search for Life with **Michael Hamburg**

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-q4-2021-newsletter.pdf

Saturday, October 30, 12 Noon to 6 p.m.

6th Annual Journey to Hope D.C. -- Virtual Conference for Alzheimer's Family Care Partners. A FREE conference to get updated on Alzheimer's disease, care, and research. Registration is required • Email Juliet Smith at jsmit470@jhmi.edu or call the Sibley Senior Association office at **202-364-7602**

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/>

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 \(wpodc.org\)](#)

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 eblanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This 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](#)

Yoga

Tue 10 / 05 / 2021 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 10 / 06 / 2021 at 8:30 AM

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

[More Information](#)

Vaccination Clinic

Thu 10 / 07 / 2021 at 10:00 AM

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

[More Information](#)

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](#)

Next Week at Palisades Village
October 10 — 16, 2021

Office Closed

Mon 10 / 11 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Yoga

Tue 10 / 12 / 2021 at 3:00 PM

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

[More Information](#)

Basic Medicare and What You Need to Know About the Medicare Advantage Plans

Wed 10 / 13 / 2021 at 11:00 AM

[More Information](#)

Virtual Yoga

Thu 10 / 14 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 16 / 2021 at 9:15 AM

[More Information](#)

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

Thank you!

Palisades Village