



# ACROSS THE FENCE

October 10, 2021

## This Week at Palisades Village:

Monday, Oct 11	Tuesday, Oct 12	Wednesday, Oct 13	Thursday, Oct 14	Friday, Oct 15	Saturday, Oct 16
Indigenous Peoples Day - Office Closed and No Classes	9:30 a.m. <a href="#">Planner Group</a> 3 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a> 11 a.m. <a href="#">Medicare Presentation</a>	3 p.m. <a href="#">Virtual Yoga</a>		9:15 a.m. <a href="#">Mindful Knitting</a>

## This week:

In anticipation of Medicare open season, MaryAnn Griffin will be presenting [Basic Medicare and What You Need to Know about the Medicare Advantage Plans](#) this Wednesday, October 13th 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.

**Storytelling** has been canceled this week.

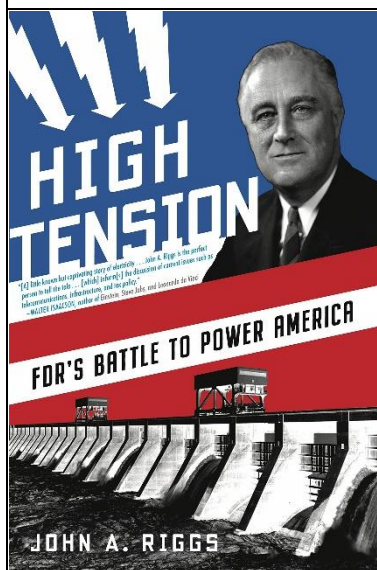
## Coming up:



It seems that Gordon Peterson has been part of the lives of most Washingtonians whether anchoring the local news to moderating *Inside Washington*. He remains part of our community as a neighbor and is joining Palisades Village to talk about his life on air. Register now for an exciting evening with [Gordon Peterson](#) on **Wednesday, October 20th** at 5 p.m. as he reflects on his life in news.



Please join NNV for their upcoming training on how to become a Medical NoteTaker for all DC village volunteers! Executive director, Stephanie Chong, will be presenting [Medical Note-Taking training](#) on **Wednesday, October 20th** from **10 - 12 p.m.** The training is required to volunteer for all medical note-taking requests. A medical note taker is a volunteer who accompanies a member to a medical appointment, listens well, takes notes, and provides notes to the member in a timely fashion. [Register now](#) -- space is limited.



Palisades Village is proud to present a live Zoom discussion of [High Tension: FDR's Battle to Power America](#) by John A. Riggs on **Thursday, October 28th, 7 p.m.** In this captivating work of narrative history, Riggs tells the epic story of FDR's struggle to bring affordable power to the entire nation. The author will be in conversation with another author, PV member and volunteer, Gregory Mize.

*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**.*

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## Covid Corner:

At last week's vaccination clinic, we were able to get people their Pfizer Covid booster as well as flu vaccines. We also got the opportunity to chat with friends and neighbors outside on a beautiful fall morning. Thank you to the volunteers who drove, set up, or helped with registration and made it such a success.







Members: If you missed this opportunity and need help getting a vaccination, call the office at **202-244-3310** and we will be glad to help you.

## Happy Hour al Fresco:

It was wonderful to have in-person conversations with people that you have been talking with on Zoom for the past year. We hope to have more of these small gatherings outside before it gets too cold.



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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.

**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**

**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](mailto:lynn@georgetown-village.org) to reserve your spot. This Georgetown Village program is free and open to the community.

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## 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](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](mailto:jsmit470@jhmi.edu) or call the Sibley Senior Association office at **202-364-7602**

### Other Community Events:

**Friday, October 15, 6 Food Truck, 8-10 p.m. Music**

**Rhodes Tavern Troubadours & Rocklands BBQ Truck** -- Palisades Hub (5200 Cathedral Ave, NW)

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](mailto: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](#).

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**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](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

This 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](#)

**Planner Group**

Tue 10 / 12 / 2021 at 9:30 AM

[More Information](#)

**Yoga**

Tue 10 / 12 / 2021 at 3:00 PM

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

[More Information](#)

**Canceled: Storytelling**

Tue 10 / 12 / 2021 at 3:00 PM

[More Information](#)

**Walking Club - Georgetown**

Wed 10 / 13 / 2021 at 8:30 AM

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

[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](#)

Next Week at Palisades Village  
October 17 — 23, 2021

### **William Yates Fitness**

Mon 10 / 18 / 2021 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 10 / 19 / 2021 at 9:30 AM

[More Information](#)

### **Yoga**

Tue 10 / 19 / 2021 at 3:00 PM

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

[More Information](#)

### **Walking Club - Georgetown**

Wed 10 / 20 / 2021 at 8:30 AM

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

[More Information](#)

## **Reflections on a Life in News with Gordon Peterson**

Wed 10 / 20 / 2021 at 5:00 PM

[More Information](#)

## **Virtual Yoga**

Thu 10 / 21 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 10 / 23 / 2021 at 9:15 AM

[More Information](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!

Palisades Village