



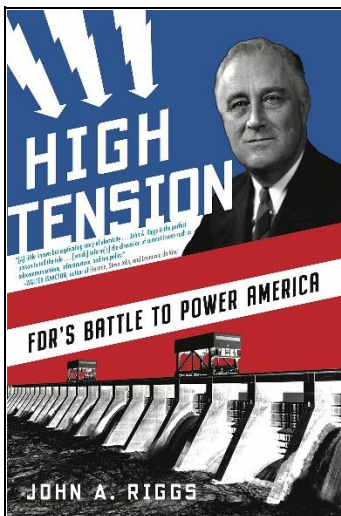
# ACROSS THE FENCE

October 24, 2021

## This Week at Palisades Village:

Monday, Oct 25	Tuesday, Oct 26	Wednesday, Oct 27	Thursday, Oct 28	Friday, Oct 29	Saturday, Oct 30
3:30 p.m. <a href="#">William Yates Fitness</a>	9:30 a.m. <a href="#">Planner Group</a> 3 p.m. <a href="#">Yoga</a> 3 p.m. <a href="#">Tales to Talk About</a>	8:30 a.m. <a href="#">Walking Club</a>	3 p.m. <a href="#">Virtual Yoga</a> 7 p.m. <a href="#">Conversation with Jack Riggs</a>		9:15 a.m. <a href="#">Mindful Knitting</a>

## This week:



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.

You will see a new group on the schedule for this week -- ***Tales to Talk About***. We found that we have two types of storytellers and want to give each of them a forum.

We have traditional storytellers who want to tell their well-crafted stories. Radio shows like the Moth Radio Hour present stories as theater and our Palisades Village storytellers follow in that tradition. The stories build and take twists and turns, reach a climax, and usually finish with an unexpected end. Perhaps you remember the wonderful story that Cari Borrás shared at our holiday gathering last year. This group is open to those who want to tell a story or just hear a story well told. Comments after each story will be limited to brief reactions or questions of clarification. Sessions are open to anyone interested in storytelling, but it will not be required for all the participants to tell a story. Cari Borrás will continue moderating this Group.

Another group wants to share stories of their lives and talk about them. These shared tales of life may trigger follow-up questions and discussions and more shared life experiences. Again, active participation will not be obligatory. Debbie Kovach will moderate this Group.

Palisades Village will host both groups, traditional Storytelling on the second Tuesday of the month and our new Tales to Talk About on the fourth Tuesday. Come to one or both!

## Coming up:

The next [meeting of the Board of Directors](#) is scheduled for Thursday, November 4 at 5 p.m. on Zoom. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

Register now for our first Virtual [Open Art Studio](#) on Friday, November 12th, at 11 a.m. with our Art Therapy intern, Laura Mahon. PV members: We will supply you with some basic art supplies if you register by Friday, November 5.

Come along and paint, draw or use whatever medium you would like alongside other members of the village. The Open Art Studio is not an art class, but it is yours to use in whatever way you would like, be it for creative expression, to meet other village members, or simply to try something new! Open Studio practice brings together a communal space for art-making while still allowing for individual expression and for each member to work at their own pace.

*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 thereafter. 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:

The F.D.A. has authorized booster shots for millions of recipients of the [Pfizer-BioNTech](#), [Moderna](#), and [Johnson & Johnson](#) vaccines. Pfizer and Moderna recipients who are eligible for a booster include people 65 and older, and younger adults at high risk of severe Covid-19 because of medical conditions or where they work. Eligible Pfizer and Moderna recipients can get a booster at least six months after their second dose. All Johnson & Johnson recipients will be eligible for a second shot at least two months after the first. The F.D.A. has updated its authorizations to allow medical providers to boost people with a different vaccine than the one they initially received, a strategy known as "[mix and match](#)." Whether you received Moderna, Johnson & Johnson, or Pfizer-BioNTech, you may receive a booster of any other vaccine.

We have reached out to Giant Pharmacy to set up another vaccination clinic and will keep you posted. Members: If you need help getting a Covid vaccination or booster, call the office at **202-244-3310** and we will be glad to help you.

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## Calling all singers and musicians:

We are planning our holiday programs and were wondering if there are any out there with musical abilities to share with the rest of us? Please let the office know at 202-244-3310 or [ebblanton@palisadesvillage.org](mailto:ebblanton@palisadesvillage.org).

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## YouTube Channel:

Don't forget, we have many of our Zoom presentations available on Palisades Village's [YouTube Channel](#). If you missed the wonderful evening with Gordon Peterson, you can watch it at <https://youtu.be/Pt1iXFIPYQw>.

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# Apply now for the Winter Sidewalk Safety Act Exemption:

D.C. has a Winter Sidewalk Safety Act (WSSA), which requires District residents to remove snow and ice from the paved sidewalks, ramps, and curb cuts abutting their property within the first eight hours of daylight after the end of a winter storm.

**If you need an exemption from the WSSA, you must apply by November 1st.**

Clear sidewalks are safer for our community, but for those who need an exemption, the requirements are as follows: Residents must live in their own homes (single-family or apartment building with no more than three units) AND be disabled and/or over 65.

More information is available on the [DC Department of Public Works website](#). The [link to apply is here](#). Individuals who were exempted last year do not need to reapply. The exemption will carry over until March 2023.

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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 26, 1 p.m.**

[Across the Universe -- The Search for Life](#) with Michael Hamburg

**Tuesday, October 26, 2:30 p.m.**

[How to Get the Most out of your Doctor Visit](#)

**Wednesday, October 27, 10 a.m.**

[Coffee and Conversation](#) -- Learn what Universal Design is and how our homes can be enjoyed for years to come

**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.

**Thursday, November 04, 1 p.m.**

**[The Civil War Defenses in Northwest Washington, 1861-65](#)** -- This presentation will explain what happened here during the Civil War, with a particular focus on the stretch of fortifications from Fort Reno over to Fort Totten.

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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:

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 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 \(wpodc.org\)](https://www.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 them 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 [eblanton@palisadesvillage.org](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

#### **ALL OUR EVENTS ON THE VILLAGE WEBSITE**

This Week at Palisades Village  
October 24 — 30, 2021

#### **William Yates Fitness**

Mon 10 / 25 / 2021 at 3:30 PM

#### **More Information**

#### **Planner Group**

Tue 10 / 26 / 2021 at 9:30 AM

#### **More Information**

#### **Yoga**

Tue 10 / 26 / 2021 at 3:00 PM

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

#### **More Information**

## **Tales to Talk About**

Tue 10 / 26 / 2021 at 3:00 PM

[More Information](#)

## **Walking Club - Georgetown**

Wed 10 / 27 / 2021 at 8:30 AM

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

[More Information](#)

## **Virtual Yoga**

Thu 10 / 28 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Conversation with Jack Riggs -- High Tension: FDR's Fight to Power America**

Thu 10 / 28 / 2021 at 7:00 PM

[More Information](#)

## **Mindful Knitting**

Sat 10 / 30 / 2021 at 9:15 AM

[More Information](#)

Next Week at Palisades Village  
October 31 — November 6, 2021

## **Book Club**

Mon 11 / 01 / 2021 at 1:00 PM

[More Information](#)

## **William Yates Fitness**

Mon 11 / 01 / 2021 at 3:30 PM

[More Information](#)



## **Yoga**

Tue 11 / 02 / 2021 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 11 / 03 / 2021 at 8:30 AM

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

[More Information](#)

## **Virtual Yoga**

Thu 11 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Board Meeting**

Thu 11 / 04 / 2021 at 5:00 PM

[More Information](#)

## **Mindful Knitting**

Sat 11 / 06 / 2021 at 9:15 AM

[More Information](#)

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

Thank you!

Palisades Village