



ACROSS THE FENCE

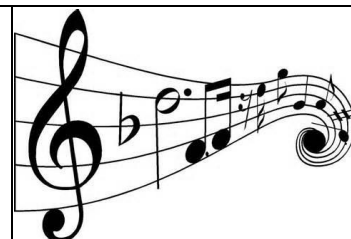
December 5, 2021

This Week at Palisades Village:

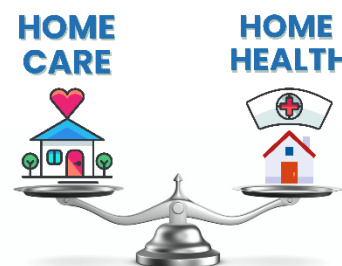
Monday, Dec 6	Tuesday, Dec 7	Wednesday, Dec 8	Thursday, Dec 9	Friday, Dec 10	Saturday, Dec 11
1 p.m. Book Club	9:30 a.m. Planner Group	8:30 a.m. Walking Club	2 p.m. Renoir's Luncheon of the Boating Party		9:30 a.m. Mindful Knitting
3:30 p.m. William Yates Fitness	3 p.m. Yoga	11 a.m. Home Care vs. Health Care			

This Week:

FA LA LA -- Join us today at 11 a.m. for a holiday [singalong](#) at the Palisades Farmer's Market near the kiosk. Open to all who enjoy singing. We will supply songsheets.



Plan to join us on **Wednesday, December 8 at 11 a.m.** to learn more about the options and costs for receiving care in your home should you need help. Home care, home health and hospice have different requirements, different levels of service and different costs and may or may not be covered by Medicare or your insurance. Register now for [Need Help at Home? Home Care vs. Health Care, What's the Difference and Who Pays?](#), the third in the Protecting Your Most Valuable Asset, Your Health series from MaryAnn Griffin.



Art Introspection:

Join Laura Mahon, our Art Therapy intern, for an inter-village discussion on one of the most notable paintings housed in Washington D.C., **Renoir's Luncheon of the Boating Party**. Members from Foggy Bottom, Dupont Circle, Georgetown, and Palisades Villages are all welcome to join this online discussion. Looking deeper into the painting, the discussion will entail a personal reflection on what features of the painting resonate the most with you. Which person do you relate to most? Aline in the foreground, or perhaps it's Alphonse Fournais standing behind her. What do you feel is the main emotion portrayed in this painting?

A magnificent painting, rich with history and story, join us on the **9th of December at 2 p.m.** to share your thoughts on the painting and join in some collective art making in response to our discussion. In advance of this meeting, you are welcome to visit the Phillips to view this masterpiece in person. It is also available to view online here: <https://www.phillipscollection.org/collection/luncheon-boating-party>. Artmaking is not compulsory, however if you have access to art materials please bring them along.

If you have any questions, please contact Laura at lauramahon@gwmail.gwu.edu or contact the office at 202-244-3310.



Coming Up:

Laura Mahon will also be doing another [Virtual Open Art Studio](#) on **December 15** at 11 a.m. 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 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.

We will be gathering on Zoom to share our [Holiday Traditions](#) on **Monday, December 20 at 4:30 p.m.** We have a great lineup with stories, games, comedy and even a cocktail demonstration. Members: register now and you will get a goodie bag that we can deliver or you can pick up at the office. Let us know which you prefer in the comments.



If you haven't signed up yet to share a short story, or a little performance, let the office know this week. We are also looking for cookie bakers and people to deliver our goodies on the 20th.

*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**.*

End of Year Appeal:

Check your mailbox for our End of Year Appeal. Please consider giving to Palisades Village to help us continue these programs in addition to the one-on-one support we provide for our members. You may donate online by clicking [here](#) or send a check to PO Box 40403, Washington DC 20008.

Calling all Bakers:

We are collecting homemade baked goods for our holiday deliveries on December 20. Would you like to whip up a couple dozen cookies or sweets? Let us know what you would like to contribute and you can drop them by the office starting December 6. We are open Monday through Friday 10-4 p.m. Email ebblanton@palisadesvillage.org or call **202-244-3310**.

Office Holiday Schedule:

The Palisades Village office will be closed on December 24 and re-open on January 3. Members: please check your calendars now so that we can get you to your appointments. It is never too early to submit requests.

We have some changes in the schedules for our regular groups so check the calendar. Fitness classes on December 20 and 27 will be held online only. Be sure to register to get the special link.

Covid Corner:

We are keeping a close eye on changes due to the new Omicron variant. Mayor Bowser provided a [new situational update](#), which includes the current DC Health

Mask Advisory that all people, regardless of vaccination status, should wear a mask indoors in public settings.

Still need a booster shot: Most local pharmacies are offering Pfizer and/or Moderna boosters. To find a location near you, visit www.vaccines.gov. Not only are CVS, Giant, and Safeway offering them but local pharmacies like [Rodman's](#) and [Brookeville Pharmacy](#) as well.

Free Uber Rides for Vaccinations: Iona Senior Services is offering free round trip rides through Uber to older adults in order to get vaccinations (including booster shots) through the end of December. [Click here for more information.](#)

DC Health has [daily walk-in sites](#) and if you are homebound, they will come to you. Call **1-855-363-0333** to request a home visit.

Members: If you need help getting a vaccination or booster, call the office at **202-244-3310** and we will help you make an appointment and get there.



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, December 6. 5:30 p.m.

“Cokie: A Life Well Lived” with Steve Roberts Professor, Columnist, Best-Selling Author -- To sign up please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

Wednesday, December 8, 2:30 p.m.

[Fall Prevention Class](#)-- You can also see the playlist of all the fall prevention classes available to [watch on YouTube here](#).

Wednesday, December 8, 7 p.m.

[An Evening with Yang Jianli](#) -- In honor of International Human Rights Day, Yang will be joining Waterfront Village for a discussion of China, his experiences advocating for democracy for China, and his five years in a Chinese prison.

Thursday, December 9, 1 p.m.

DC and the Covid-19 Recovery: Economic, Political, and Social Takeaways with Shelley Tomkin

Friday, December 10, 1-2 p.m.

CC@H Guest Speaker: Ambassador Elizabeth Davenport McKune on "A Closer Look at the Arabian Gulf" --Ambassador Elizabeth McKune, former U.S. Ambassador to the State of Qatar (1998-2001) and an expert on the Persian Gulf, will speak about challenges in the Arabian Gulf. Qatar has played a unique role as a neighbor of Saudi Arabia in the Gulf region. It has coordinated with the U.S on a range of regional and global issues related to security and stability in the region, as well as serving as an intermediary between the U.S. and Afghanistan. Register in advance here: https://www.chevyCHASEathome.org/content.aspx?page_id=4008&club_id=559717&item_id=1564754

Tuesday, December 14, 3:00 p.m.

The Current Political Scene with Dan Balz

Tuesday, December 14, 4-5 p.m.

District Dialogues: No Senior Hungry -- Winnie Huston, Food Policy Strategist at DC Greens will talk about issues of food insecurity facing our fellow seniors, her experience in helping our fellow DC citizens and about the proposed "No Senior Hungry" law. More information and registration can be found here: <https://capitolhill.helpfulvillage.com/events/8548>

Caregivers' Group -- Foggy Bottom West End Village runs a caregivers' group on the first and third Tuesday of each month at 1 p.m. on Zoom. Phyllis Kramer, the woman who runs the group, is a clinical social worker with over 30 years of experience in counseling. Much of her experience has been helping people address grief, depression, and social isolation. She has run this group for our village for many years. The group has openings right now. If interested, people should contact Phyllis directly at pfkramer38@gmail.com.

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

Ongoing Events:

<p>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)</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>
<p>Weekly on Wednesdays at 2:30 p.m. Dance for PD -- Now in person at the Kennedy Center's REACH building. Join local Dance for Parkinson's Disease certified instructor Lucy Bowen McCauley for a free workshop where participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. Learn more about the program by clicking here.</p>	

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**.

This Week at Palisades Village
December 5 — 11, 2021

Holiday Singalong

Sun 12 / 05 / 2021 at 11:00 AM

Where: Palisades Farmers Market

[More Information](#)

Virtual Volunteer Training - Reducing Social Isolation Among Older Adults

Sun 12 / 05 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Book Club

Mon 12 / 06 / 2021 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 12 / 06 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 07 / 2021 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 07 / 2021 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 08 / 2021 at 8:30 AM

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

[More Information](#)

Need Help at Home? Home Care vs. Health Care, What's the Difference and Who Pays?

Wed 12 / 08 / 2021 at 11:00 AM

[More Information](#)

Art Introspection – Renoir's Luncheon of the Boating Party

Thu 12 / 09 / 2021 at 2:00 PM

[More Information](#)

Mindful Knitting

Sat 12 / 11 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
December 12 — 18, 2021

William Yates Fitness

Mon 12 / 13 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 12 / 14 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 12 / 14 / 2021 at 3:00 PM

[More Information](#)

Yoga

Tue 12 / 14 / 2021 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 15 / 2021 at 8:30 AM

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

[More Information](#)

Virtual Open Art Studio

Wed 12 / 15 / 2021 at 11:00 AM

[More Information](#)

Virtual Yoga

Thu 12 / 16 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 12 / 18 / 2021 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village