



ACROSS THE FENCE

December 12, 2021

This Week at Palisades Village:

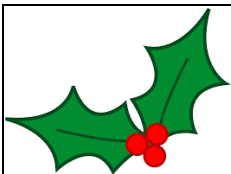
Monday, Dec 13	Tuesday, Dec 14	Wednesday, Dec 15	Thursday, Dec 16	Friday, Dec 17	Saturday, Dec 18
3:30 p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Storytelling 3 p.m. Yoga	8:30 a.m. Walking Club 11 a.m. Virtual Open Art Studio	3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

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.

Coming Up:

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.

Santa could use some elves on the 20th to help distribute treats on the 20th. Call the office at 202-244-3310 or email ebanton@palisadesvillage.org if you want to help out.

*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**.*

Holiday Sing Along:

With singers from age 4 to 104, Palisades Village brought holiday cheer to those at the Palisades Farmers Market last week. The group kept growing as neighbors joined in. We are already looking forward to doing it again in 2022.

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Charitable Deduction Rules for 2021:

The Taxpayer Certainty and Disaster Tax Relief Act changes the charitable deduction rules for 2021: non-itemizers can now deduct up to \$300 in charitable giving for an individual or \$600 for married couples. That means that even if you take the standard deduction, your charitable donation today will allow you to deduct up to \$600 when you file your 2021 taxes next year!

You may donate online to Palisades Village by clicking [here](#) or by sending a check to PO Box 40403, Washington DC 20008.

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:

Still need a booster shot: Most local pharmacies are offering Pfizer and/or Moderna boosters. To find a location near you, visit [\[www.vaccines.gov\]](https://www.vaccines.gov)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.

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

[The Current Political Scene with Dan Balz](#)

Tuesday, December 14, 4:00 p.m.

[Processing the Holiday Blues](#)

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

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Next Week at Palisades Village
December 19 — 25, 2021

William Yates Fitness - Online only

Mon 12 / 20 / 2021 at 3:30 PM

[More Information](#)

Virtual Holiday Gathering

Mon 12 / 20 / 2021 at 4:30 PM

[More Information](#)

Planner Group Celebration

Tue 12 / 21 / 2021 at 9:30 AM

[More Information](#)

Yoga

Tue 12 / 21 / 2021 at 3:00 PM

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

[More Information](#)

Office Closed

Fri 12 / 24 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village