




ACROSS THE FENCE

December 19, 2021

We are Hiring! We are looking for a new **Assistant Director** to work with our wonderful volunteers and members. Please circulate the [job description](#) to your networks -- or consider applying yourself.

This Week at Palisades Village:

Monday, Dec 20	Tuesday, Dec 21	Wednesday, Dec 22	Thursday, Dec 23	Friday, Dec 24	Saturday, Dec 25
3:30 p.m. William Yates Fitness - online only	9:30 a.m. Planner Group Celebration			Office Closed until the new year	Merry Christmas! 
4:30 p.m. Virtual Holiday Gathering	3 p.m. Yoga				

If you are joining Mr. Yate's **fitness class** this week or next, please register to get the Zoom link. It will not be the usual Palisades Village Zoom link. If you click the "Join Meeting Now" button in your confirmation it will take you to the right place.

We will be gathering this Monday, December 20 at 4:30 p.m. to share our [Holiday Traditions](#) on Zoom. in addition to your stories of holiday tradiitons, we have a great lineup with games, comedy and even a demonstration of how to make Dicken's Holiday Punch. We will also name our 2021 Volunteer of the

Year.

Coming Up:

There will not be an issue of Across the Fence next Sunday. Happy New Year! Stay tuned for the next issue on January 2, 2022.

The [Book Club](#) is reading ***The Beekeeper of Aleppo*** by Christine Lafferti. You have until Monday, January 3 to finish the book and join in the discussion.

MaryAnn Griffin is back on Wednesday, January 12 with the next in her healthcare series, [The Anatomy of Long-Term Care Insurance; What's It Cover, How To Use It?](#)

Just wait until you see what the Events committee has planned for next year. Can you believe that they lined up Fergus Shiel to talk about the Pandora Papers in January?

*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**.*

You can still benefit from the Charitable Deduction Rules for this year:

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.

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]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.

Friday, January 7, 2022, 1:00 p.m.

[Navigating Life's Journey: Independent Living Options](#)

Tuesday, January 11, 1:00 p.m.

[Arts of the Islamic World](#)

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

Other Community Events:

Tuesday, December 21, 7 p.m.

PCA Town Hall -- Join Zoom Meeting

<https://us02web.zoom.us/j/81630393890?pwd=Y3lMWTdhL3RsWDdDSkFScjdTQVpvQT09>

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)	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 .
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 .	
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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 or call the office at **202-244-3310**.

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This 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](#)

Next Week at Palisades Village
December 26, 2021 — January 1, 2022

Office Closed

Mon 12 / 27 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

William Yates Fitness - Virtual only

Mon 12 / 27 / 2021 at 3:30 PM

[More Information](#)

Office Closed

Tue 12 / 28 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Office Closed

Wed 12 / 29 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Office Closed

Thu 12 / 30 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Office Closed - New Year's Eve

Fri 12 / 31 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!