



ACROSS THE FENCE

November 28, 2021



This Week at Palisades Village:

Monday, Nov 29	Tuesday, Nov 30	Wednesday, Dec 1	Thursday, Dec 2	Friday, Dec 3	Saturday, Dec 4
3:30p.m. William Yates Fitness	9:30 a.m. Planner Group 3 p.m. Yoga	8:30 a.m. Walking Club	5 p.m. Annual Board and Member Meeting		9:30 a.m. Mindful Knitting

This Week:

[Palisades Village Annual Board & Member Meeting](#) -- The Palisades Village Board of Directors and members will meet at **5 p.m. on Thursday, December 2** via Zoom. The Board meeting is open to the public and visitors may comment and/or ask questions. All members are encouraged to attend this annual meeting. The members will have a chance to vote on the Board of Directors and officers. The annual budget will also be on the agenda for approval.

FA LA LA -- Join us for a holiday [singalong](#) at the Palisades Farmer's Market at **11 a.m. on Sunday, December 5**. Talent not required. We will supply songsheets.

Coming Up:

Only a week to finish your [book club](#) book, *Sold on a Monday* by Kristina McMorris. The group meets next Monday, December 6 at 1 p.m.



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.



We will be gathering on Zoom to share our [Holiday Traditions](#) on **Monday, December 20 at 4:30 p.m.** Please contact the office if you would like to share a story, or a short performance. We are also looking for cookie bakers and delivery people.

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**.

Virtual Volunteer Training - Reducing Social Isolation Among Older Adults on Sunday, December 5, 4-5 p.m.

Do you want to learn more about the signs of social isolation and what to do to address it? It is with generous support from All Souls Episcopal Church in Woodley Park, Cleveland & Woodley Park Village is hosting this training session on increasing the knowledge and skills of those serving older adults in our community.

Christine Bitzer, LICSW from Seabury Resources for Aging will explore:

- Signs of social isolation and loneliness among older adults.
- Strategies and tips to have more meaningful and effective engagement with older adults.

Register for this Virtual Training at

<https://clevelandwoodleypark.helpfulvillage.com/events/904>

For more information, contact Frank Finamore, Executive Director of Cleveland & Woodley Park Village, at frank@CWPV.org or call 202.655-1258.

Help Wanted:

Do you know of someone who would be great as the next Assistant Director for Palisades Village? Erica was recruited by one of our members when she came to Palisades Village. Please share the job description at [Work with Us - Palisades Village \(helpfulvillage.com\)](https://helpfulvillage.com/work-with-us).

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? Drop them by the office starting December 6. We are open Monday through Friday 10-4 p.m.

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]www.vaccines.gov. Not only are CVS, Giant, and Safeway offering them but local pharmacies like [Rodman's](#) and [Brookeville Pharmacy](#) as well.

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, November 30, 11 a.m.

[The Story of Opportunity Zones](#) with David Wessel

Friday, December 3, 2021, 1:00 p.m.

[Navigating Life's Journey: Financial and Legal Planning for Future Healthcare Needs](#)

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](#).

Thursday, December 9, 1 p.m.

[DC and the Covid-19 Recovery: Economic, Political, and Social Takeaways](#) with Shelley Tomkin

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

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

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:

Friday, December 3, 6 p.m. food, 8 p.m. music

The Nighthawks -- Rock & Roll at the Hub Cap Centre (5200 Cathedral Ave, NW)

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. <u>The Art of Looking</u> --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. <u>Smithsonian National Museum of Asian Art's free 30-minute online meditations</u> --Led by DC-based meditation teachers, these	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

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.

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](#).

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
November 28 — December 4, 2021

William Yates Fitness

Mon 11 / 29 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 30 / 2021 at 9:30 AM

[More Information](#)

Yoga

Tue 11 / 30 / 2021 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 12 / 01 / 2021 at 8:30 AM

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

[More Information](#)

Annual Board & Member Meeting

Thu 12 / 02 / 2021 at 5:00 PM

[More Information](#)

Mindful Knitting

Sat 12 / 04 / 2021 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
December 5 — 11, 2021

Holiday Singalong

Sun 12 / 05 / 2021 at 11:00 AM

Where: Palisades Farmers Market

[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](#)

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

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Thank you!

Palisades Village