



ACROSS THE FENCE

November 7, 2021



This Week at Palisades Village:

Monday, Nov 8	Tuesday, Nov 9	Wednesday, Nov 10	Thursday, Nov 11	Friday, Nov 12	Saturday, Nov 13
3:30p.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. Taking Charge of Your Healthcare Decisions	OFFICE CLOSED - VETERANS DAY 3 p.m. Virtual Yoga	11 a.m. Virtual Open Art Studio	9:15 a.m. Mindful Knitting

The [Storytelling](#) group is meeting on Tuesday afternoon at 3 p.m. Newcomers welcome - bring a story or just join them to hear what they do.

This **Wednesday, November 10 at 11 a.m.** MaryAnn Griffin will talk about [Taking Charge of Your Healthcare Decisions in Advance -- Who Will Decide if You Cannot.](#) This is the second in her [healthcare series](#) that has been getting great reviews. It is open to the community -- please invite your friends and neighbors.

The office may be closed on Thursday, but the Yoga group will meet on Zoom.



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: Please let us know if you need art supplies.

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.

Coming Up:

PV Members (full and associate): We will be having a [Harvest Fest](#) like last year on **Tuesday, November 16** from 2-4 p.m. Pick up your sausage sandwich or have it delivered. Sign up now and let us know which you prefer. And let us know if you would like to make deliveries by emailing ebanton@palisadesvillage.org or calling **202-244-3310**.

PV members and volunteers: Brave the cold for a small outdoor happy hour at a member's home on **Thursday, November 18**. We are [Chillin' with Chili](#).

*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**.*

Just a shot in the arm:

Our members as well as our neighbors came out for our vaccination clinic last Friday. It may have been chilly, but everyone was so enthusiastic about getting their Covid boosters and flu shots. Some were so appreciative they filled out applications to become volunteers or pulled out their checkbooks. Thank you to volunteers Janet, Peggy, and Mary for making it all go so smoothly.



Covid Corner:

Members: If you missed our vaccination clinics and need help getting a vaccination or booster, call the office at **202-244-3310** and we will be glad to help you.

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? Perhaps sing outdoors with a group or share a musical piece on Zoom? Please let the office know at **202-244-3310** or eblanton@palisadesvillage.org.

LGBTQ Community Representative:

Palisades Village is looking LGBTQ community representative on the DC Villages LGBTQ group. Please contact Erica at eblanton@palisadesvillage.org or call **202-244-3310** if you are interested.



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.

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.

Tuesday, November 9, 11 a.m.

[Russell Lee: A New Deal Photographer's Life and Legacy](#) with Mary Jane Appel

Wednesday, November 10, 2:30 p.m.

[Fall Prevention Class](#)

Film & Conversation Series: Gender and Sexuality -- Join Capitol Hill Village and the Interactivity Foundation for a film and conversation series about gender and sexuality! Each of the events (November [12th](#), and [19th](#) from 4:00 p.m. to 5:30 p.m.) will start with viewing a different short (10-20 minute) film. The Interactivity Foundation will facilitate small group conversations about the main ideas of the films in a safe, inclusive, and fun environment. This is a series for all ages and perspectives. This is the second in the series.

Monday, November 15, 3 p.m.

[Follow-Up Session on Personal Medical Alert Systems](#) - On September 23 we had a very well-attended overview session on personal medical alert systems with Dr. Richard Caro. A number of participants at the session requested a follow-up program where Dr. Caro would walk us through the Tech-Enhanced Life website sections designed to help us answer the question: "Which medical alert system is right for me?" The website presents the wide range of features available, discusses the pros and cons of various features, provides senior-tested reviews of many brands, and offers a Selection Tool some might want to use. Anyone who missed the September 23 session should watch the [video of that talk here](#) as background to this presentation. All might benefit from exploring the medical alerts section of the [Tech-Enhanced Life website](#) before the session. [Find more info and register here](#).

Thursday, November 18, 11 a.m.

[Ageism Unmasked](#) with Tracey Gendron

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

[Fall Prevention Class](#)

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:

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

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village November 7 — 13, 2021

William Yates Fitness

Mon 11 / 08 / 2021 at 3:30 PM

[More Information](#)

Planner Group

Tue 11 / 09 / 2021 at 9:30 AM

[More Information](#)

Storytelling

Tue 11 / 09 / 2021 at 3:00 PM

[More Information](#)

Yoga

Tue 11 / 09 / 2021 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 10 / 2021 at 8:30 AM

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

[More Information](#)

Taking Charge of Your Healthcare Decisions in Advance - Who Will Decide if You Cannot

Wed 11 / 10 / 2021 at 11:00 AM

[More Information](#)

Office Closed - Veterans Day

Thu 11 / 11 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Virtual Yoga

Thu 11 / 11 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Open Art Studio

Fri 11 / 12 / 2021 at 11:00 AM

[More Information](#)

Mindful Knitting

Sat 11 / 13 / 2021 at 9:15 AM

[More Information](#)

Next Week at Palisades Village

November 14 — 20, 2021

William Yates Fitness

Mon 11 / 15 / 2021 at 3:30 PM

[More Information](#)

Harvest Fest

Tue 11 / 16 / 2021 at 2:00 PM

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

[More Information](#)

Yoga

Tue 11 / 16 / 2021 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 11 / 17 / 2021 at 8:30 AM

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

[More Information](#)

Virtual Yoga

Thu 11 / 18 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Chillin' with Chili Happy Hour

Thu 11 / 18 / 2021 at 5:00 PM

Where: Private Home, please log in to see more

[More Information](#)

Mindful Knitting

Sat 11 / 20 / 2021 at 9:15 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village