

## ACROSS THE FENCE

October 31, 2021



### This Week at Palisades Village:

Monday, Nov 1	Tuesday, Nov 2	Wednesday, Nov 3	Thursday, Nov 4	Friday, Nov 5	Saturday, Nov 6
1 p.m. <a href="#">Book Club</a>  3:30 p.m. <a href="#">William Yates Fitness</a>	3 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walking Club</a>	3 p.m. <a href="#">Virtual Yoga</a>  5 p.m. <a href="#">Board Meeting</a>	10 a.m. <a href="#">Vaccination Clinic</a>	9:15 a.m. <a href="#">Mindful Knitting</a>

### This week:

The next [meeting of the Board of Directors](#) is scheduled for this **Thursday, November 4** at 5 p.m. on Zoom. The Board meeting is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

Now that Moderna booster shots are now available, we are hosting another community **vaccination clinic** on **Friday, November 5** from 10-noon. Please register by November 3 and let us know which vaccine you would like.

## Coming up:

Don't miss the next in MaryAnn Griffin's terrific [healthcare series](#). On **Wednesday, November 10 at 11 a.m.** she will talk about [Taking Charge of Your Healthcare Decisions in Advance -- Who Will Decide if You Cannot](#). This is open to the community -- please invite your friends and neighbors.



OPEN ART  
STUDIO



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: We will supply you with some basic art supplies if you register by Friday, November 5.

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.

**PV Members:** Save the date for our [Harvest Fest](#) on **Tuesday, November 16** from 2-4 p.m.

And before it gets too cold to be outdoors, we are planning a small happy hour on **Thursday, November 18 -- 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**.*

## Covid Corner:

For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in [long-term care settings](#)
- Age 18+ who have [underlying medical conditions](#)
- Age 18+ who work or live in [high-risk settings](#)

The details of the announcement can be found on the [CDC website](#).

We will be offering both, as well as flu shots, at our [vaccination clinic](#) on Friday, November 5. Members: If you need help getting a Covid 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](mailto: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](mailto:eblanton@palisadesvillage.org) or call **202-244-3310** if you are interested.

## Volunteers:

We are in the process of updating our records and you may get a call or email from someone in the office checking on your availability. If you need training in how to use our software, please let us know. We want to make it easy for all of our volunteers to see what [requests are available](#) at any time.



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](mailto:pfkramer38@gmail.com).

**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 three events (**November [5th](#), [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. Participants are encouraged but not required to attend all three sessions.

**Wednesday, November 3, 5:30 p.m.**

**"Your Retirement Dream: How Planning Can Make It Come True" with Harriet Edleson, Author and Journalist** -- To reserve your spot for this exciting program, please contact the Georgetown Village office at 202-999-8988 or email [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

**Thursday, November 4, 1 p.m.**

**[The Civil War Defenses in Northwest Washington, 1861-65](#)** -- This presentation will explain what happened here during the Civil War, with a particular focus on the stretch of fortifications from Fort Reno over to Fort Totten.

**Friday, November 5, 1 p.m.**

**[Building a Life Plan to Age in Place](#)** -- This hour-long seminar via Zoom will feature an outstanding panel of social workers, case managers, and representatives from a variety of home care agencies

**Tuesday, November 9, 11 a.m.**

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

Thursday, November 18, 11 a.m.  
[Ageism Unmasked](#) with Tracey Gendron

## 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](https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-q4-2021-newsletter.pdf)

### Other Community Events:

Wednesday, November 3, 7 p.m.  
[ANC3D Meeting](#)

Friday, November 5, foodtruck at 6 p.m. and band at 8 p.m.  
**The Grandsons in Concert** -- Live at the Palisades Hub, 5200 Cathedral Ave.

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 \(wpodc.org\)](#)

**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

#### **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.

#### **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->

practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

[us.html](#). To register, please email [access@nga.gov](mailto: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 [ebanton@palisadesvillage.org](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

**[ALL OUR EVENTS ON THE VILLAGE WEBSITE](#)**

### This Week at Palisades Village October 31 — November 6, 2021

#### Book Club

Mon 11 / 01 / 2021 at 1:00 PM

[More Information](#)

#### William Yates Fitness

Mon 11 / 01 / 2021 at 3:30 PM

[More Information](#)



## **Yoga**

Tue 11 / 02 / 2021 at 3:00 PM

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

[More Information](#)

## **Walking Club - Georgetown**

Wed 11 / 03 / 2021 at 8:30 AM

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

[More Information](#)

## **Virtual Yoga**

Thu 11 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Board Meeting**

Thu 11 / 04 / 2021 at 5:00 PM

[More Information](#)

## **Vaccination Clinic**

Fri 11 / 05 / 2021 at 10:00 AM

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

[More Information](#)

## **Mindful Knitting**

Sat 11 / 06 / 2021 at 9:15 AM

[More Information](#)

Next Week at Palisades Village  
November 7 — 13, 2021

## **William Yates Fitness**

Mon 11 / 08 / 2021 at 3:30 PM

[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](#)

**ALL OUR EVENTS ON THE VILLAGE WEBSITE**

Thank you!  
Palisades Village