



## Across the Fence

### August 1, 2021

**This Week at Palisades Village: We have updated our indoor COVID policies regarding masks (see below)**

Monday, August 2	Tuesday, August 3	Wednesday, August 4	Thursday, August 5	Friday, August 6	Saturday, August 7
1 p.m. <a href="#">Book Club</a>  3:30 p.m. <a href="#">Fitness with William Yates</a>  (offered in person and via Zoom)	9:30 a.m. <a href="#">Planner Group</a>  3 p.m. <a href="#">Yoga</a>	8:30 a.m. <a href="#">Walk with Wally</a>  National Chocolate Chip Cookie Day	6 p.m. <a href="#">Volunteer Potluck</a>		

#### **This week:**

The [Book Club](#) will meet on Zoom at 1 p.m. on Monday to discuss *State of Wonder* by Ann Patchett.

William Yates is [back in person](#) with **Fitness 4 Your Body** [tomorrow, August 2](#). We will be back at **3:30 p.m.** (instead of 3 p.m.) in MAP Hall (Palisades Hub/Palisades Community Church at 5200 Cathedral Ave). We will continue to offer the class on Zoom and broadcast from the Hub.

**Yoga** will be at 3 p.m. on Tuesday, but there will be no yoga on Thursdays this week or next.

The **Mindful Knitters** will be on holiday during August.

**Volunteers:**

Our annual volunteer [potluck](#) is this Thursday, August 5 at 6 p.m. There is no shame in picking up a dish made elsewhere if cooking is a challenge this week. Please [register](#) to let us know if you can come.

**Coming up:**

Mark your calendars for a Palisades Village [Community Happening](#) on Thursday, August 26 from 3-6 p.m.!

- Enjoy mingling with friends and neighbors
- Bring documents and papers to be shredded (no binders but staples and paperclips are fine)
- Get your blood pressure checked by an RN
- Get a taste of our fitness classes
- Enjoy some refreshing ice cream
- Learn more about our community
- Listen to sweet tunes by the Loungers
- Check the safety of your bike
- *Looking for volunteers to help make this event a success! Please let the office know how you can help!*

*Please register for all Palisades Village events that are held in-person or on Zoom. Click on the title in red 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 after. 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**.*

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## COVID Corner (Updated):

We are very concerned about the rise in COVID cases with the Delta Variant and protecting our community.

The Mayor announced that beginning on Saturday, July 31, mask wearing will be required indoors regardless of vaccination status. Palisades Village is concerned about your safety and will rely on the Mayor's directive. For your safety, Palisades Village has reinstituted our mask policy. Regardless of your vaccination status, please wear a mask at all our indoor activities and programs. We will have masks available for your use at all events.

Palisades Village will continue to closely monitor the situation and follow the guidance provided by the CDC and the DC Department of Health. We are committed to ensuring your safety.

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## Phasing Out Gas-Powered Leaf Blowers:

This is the last year that gas-powered leaf blowers will be permitted for use in the District. Following unanimously passed legislation spearheaded by Councilmember Cheh and Quiet Clean DC, lawn maintenance companies were provided with a three-year phase-in period to transition from old gas equipment to new electric or battery-powered equipment.

This is the last year to make the switch. Yard maintenance workers using gas-powered blowers *risk serious, non-reversible hearing loss* in addition to *exposure to high concentrations of lung-penetrating smoke particles and toxic gases*.

The new battery-operated leaf blowers are non-polluting, safer for the user, and much quieter.

Let's do our part in protecting workers and our neighborhoods by encouraging lawn maintenance companies who provide us with this valuable service to phase-out dangerous machinery and switch over to the quieter, non-polluting battery-powered equipment (saving our hearing!) before the December 31 deadline.

*From the office of Councilmember Mary Cheh*

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## More Photos from our Backyard BBQ:



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### DC Village Collaboration



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 (and a couple that are not included). Register by clicking on the link in the title or in the description.

**Wednesday, August 4, 5:30 p.m.**

**Cocktails, Conversation & Community “The Latest in Mobility for All!” with Dr. Marc Gruner, DO, MBA, RMSK** -- Please join us to hear Dr. Marc Gruner, who is a Mayo-trained sports medicine physician, as we examine the latest techniques in mobility for seniors and others. He attended Virginia Tech for his joint medical and business degrees, completed his residency in physical medicine and rehabilitation at Georgetown University and National Rehabilitation Hospital in DC, as well as a sports medicine

fellowship at Mayo Clinic in Rochester, MN. During the pandemic, many of us became more sedentary than we have in the past or may have had pre-existing problems we need to address. Join us to find out the latest procedures, technologies, and techniques to get yourself moving again!! This Georgetown Village program is free and open to the community! To sign up please contact the GV Office at **202-999-8988** or Email: [lynn@georgetown-village](mailto:lynn@georgetown-village).

**Wednesday, August 4, 7:05 p.m.**

**Join Ward 2 Villages: Take Me Out to the Ballpark-** Free tickets are available for Village members to enjoy a Nats Game and the pleasure of joining our sister Villages! Want tickets? Contact Lynn at the Georgetown Village office at [lynn@georgetown-village](mailto:lynn@georgetown-village) or call her at 202-999-8988.

**Wednesday, August 18, 1-2 p.m.**

**Coping with Medicare** -- Case manager Barbara Scott will be joined by Chris DeYoung. Chris is with the DC Office on Aging and specializes in Medicare and Medicaid. He will give a brief overview of Medicare and talk about Medicaid programs (QMB/EPD Waiver) and make sure members know who they can call when they have questions or issues come up. He will do a Q&A after he speaks.

**Wellness Classes:**

**Cleveland & Woodley Park Village**

**August 4 - Morning Stretch - 10:00 a.m .**

**August 7 - Village Walkers: Cathedral Commons - 9:30 a.m.**

**Duport Circle Village** -- Please sign upon their [Calendar](#) for any of these classes:

**Mondays, 3:30-4:30 p.m.**

**Accessible Mat Yoga**

**Tuesdays, 10:30-11:30 a.m.**

**Chair Yoga**

**Mondays and Thursdays, 9-9:30 a.m.**

**Meditation with Christina**

**Wednesdays, 10-11 a.m.**  
**Feldenkrais Method Awareness Through Movement**

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**Community Events:**

**Summer Boxed Lunches at Iona Senior Services**

Iona is delighted to offer in-person programs and boxed lunches for seven weeks this summer at Iona Senior Services from **July 19-Sept. 3**. Please register by day of the week as programs vary. Once you register for one day, you will remain on the list for that day of the week for the summer.

Registration is necessary! Please arrive by noon to ensure that the lunch is available. Need help registering? Email us at [community@iona.org](mailto:community@iona.org) or call us at **(202) 895-9485**.

[Monday registration and program](#)

[Tuesday registration and program](#)

[Wednesday registration and program](#)

[Thursday registration and program](#)

[Friday registration and program](#)

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Here are some examples (register by clicking on the links.):

Join the Department of Aging and Community Living for their **4th Annual Brain Games**, a city-wide trivia competition for District seniors. Come to an [initial planning meeting](#) on **Tuesday, August 3 at noon** so we can plan our Ward 3 team(s) and choose the team name(s). Participants will receive a package of the questions and answers to memorize before the initial competition. The first competition will be held on **Friday, August 13 at 1:00 p.m.** at Iona Senior Services (lunch at noon). The winner of the first competition will advance to the city-wide competition on September 21st.

**Wednesday, August 11 at 3:00 p.m.**

**Understanding Options to Pay for Long-Term Care with Rick Gow -**

- Are you worried that you might not be able to pay for long-term care (LTC)? There are a variety of ways to afford it. Learn from expert Rick Gow about different options to consider. Rick Gow is a Certified Senior Advisor



and Wealth Management Advisor with Life Plan Retirement Partners, LLC.  
[Read more and register here.](#)

**Thursday, August 12, 3- 4 p.m.**

**[Technology for Aging in Place: Lessons from the Pandemic with Scott Code](#)** -- Scott Code, Senior Director of Leading Age CAST (Center for Aging Services Technology), will share with us how technology can help assist older adults living in the community with communication and engagement, health and wellness, home safety and security, and lifelong learning during the COVID-19 Pandemic and beyond. He will discuss lessons learned from the COVID-19 Pandemic and new resources that are available to keep older adults connected to the community.

**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-q3-2021-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/docs/sibley-senior-q3-2021-newsletter.pdf)

**Monday, August 16, 12 noon**

**Living Alone** --The Sibley Senior Association (SSA) invites you to join a discussion group on coping with living alone. Living alone presents its own opportunities and issues, whether the reason is by choice or loss of a spouse/ partner. All are welcome. Experiences show us that there is value to those living alone from sharing experiences and needs about their special situation. Living Alone meets on the third Monday of every month and Ken Gordon moderates the group. For the Zoom link, register by calling SSA at **202.364.7602**, or by emailing [kengordon@alum.mit.edu](mailto:kengordon@alum.mit.edu).

**DPR** -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

**Other Community Events:**

**Tuesday, August 3, 5-8 p.m.**

**National Night Out --** The Metropolitan Police Department (Second District) invites you to join them as they celebrate the 38th Annual National Night Out. This year, MPD Second District's event will be held at the Guy Mason Recreation Center located at 3600 Calvert Street NW. FOOD, DJ, MOON BOUNCE, 22 FT SLIDE, SACK RACE, KIDS & COPS BASKETBALL, CPR DEMONSTRATIONS, K-9, POSTER CONTEST, AGENCY RESOURCE TABLES, AND SO MUCH MORE!!!

### **Friday, August 6**

**First Friday: Dupont Circle –** The dog days of summer are upon us, and art galleries will be open in the heat for First Friday this August 6th. Check out the list to see which galleries to visit; note staggered closing times. [www.firstfridaydupont.org](http://www.firstfridaydupont.org)

### **Open Friday until 5:00 p.m.**

The **Korean Cultural Center** presents Tertium Quid, a new exhibition featuring unconventional sculpture, installation, and painting works by three Korean emerging artists. The gallery walk-in hours are 10:00-12:00 noon and 1:00-5:00 p.m., Monday – Friday. The virtual guided tour, offering an inside look at each artist's creative themes, processes, and inspirations, will release virtually on Friday, August 6 at 6:00 p.m. on the KCCDC YouTube and Instagram channels (@KoreaCultureDC) For more information, please visit <https://washingtondc.korean-culture.org>. The Korean Cultural Center is located at 2370 Massachusetts Avenue, NW.

### **Open Friday until 6:00 p.m.**

**Studio Gallery** is showing "*Joy in Convergence*," an exhibition to reflect upon the hardships of this past year to celebrate the return to the simple joys in life. Studio Gallery is an artist cooperative featuring 40 members in their 2108 R Street NW location. Studio Gallery will be open Friday until 6:00 p.m. Visit [www.studiogallerydc.com](http://www.studiogallerydc.com).

### **Open Friday until 8:00 p.m.**

The **Chinese American Museum** is the only museum in our nation's capital dedicated to the Chinese American story. They will be hosting a special exhibit, "Wild Cranes: Visual Poetry," a reminder that we are all human. The chief artist, Nirmal Ghosh, will be on site from 6:00-8:00 to answer questions and guide guests through the space. The Chinese American Museum is located at 1218 16th Street NW. To learn more, visit [www.chineseamericanmuseum.org](http://www.chineseamericanmuseum.org).



**KGP Design Studio** is hosting a multimedia art exhibit titled “Aging With Edge” by Jeanne Batalova and Ben Amare. The exhibit blends visual art, storytelling, and augmented reality elements to view aging as an empowering experience with the possibilities for new beginnings. Download a free phone app, Artivive, for the Augmented Reality experience. KGP Design Studio will be open from 6:00-8:00 p.m. during First Friday. Visit 1777 Church Street, NW; [www.agingwithedge.com](http://www.agingwithedge.com).

Visit the **Museum of the Palestinian People** to see their new show “Cities in the Heart,” a calligraphy exhibit by Nawaf Soliman about exploring Palestine through its cities. The gallery is open in person on First Friday, August 6th from 6:00-8:00 p.m. at 1900 18th Street, NW. To experience their virtual gallery, click <https://mpp-dc.org/TourSupport/?entry=2>.

**Q Street Fine Art Gallery** will feature new and colorful oil paintings by artist Rafael Gallardo. The gallery will be open in person this First Friday from 6:00-8:00 p.m. (and open daily 11:00 a.m. until 6:00 p.m.) Q Street Fine Art Gallery is located at 2015 Q Street NW. To view and purchase paintings by Rafael Gallardo, visit <https://www.gallardo.net/>.

**Saturday, August 28, 7 p.m.**

**Opera in the Outfield: Rossini's Cinderella** -- For full information please go to: <https://www.kennedy-center.org/wno/home/education/opera-in-the-outfield/> Note that the gates open at 5 p.m. for pre-opera activities. The audience will sit OUTSIDE in National Stadium. It will be open captioned

Check out [American University's Newsletter](#) and [Live & Learn Bethesda's Class Catalog](#) for some interesting spring events!

### Ongoing Events:

**Bereavement Support Groups**--Widowed Persons Outreach (WPO) offers both a twice-monthly ongoing support group and a twice a year, 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. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public and is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact [looking@nga.gov](mailto:looking@nga.gov) to request access or for more information.

**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. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email [access@nga.gov](mailto:access@nga.gov).

**Tuesday, Thursday, and Friday from 2:30 - 4 p.m.**

**Dance for PD** -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). 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](mailto:ebanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

## This Week at Palisades Village August 1 — 7, 2021

### **Book Club**

Mon 08 / 02 / 2021 at 1:00 PM

[More Information](#)

### **William Yates Fitness**

Mon 08 / 02 / 2021 at 3:30 PM

[More Information](#)

### **Planner Group**

Tue 08 / 03 / 2021 at 9:30 AM

[More Information](#)

### **Virtual Yoga**

Tue 08 / 03 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Walking Club - Georgetown**

Wed 08 / 04 / 2021 at 8:30 AM

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

[More Information](#)

### **Volunteer Potluck**

Thu 08 / 05 / 2021 at 6:00 PM

Where: Sreedhar Home, 5110 Sherier Place, NW, Washington, DC 200016

[More Information](#)

Next Week at Palisades Village  
August 8 — 14, 2021

**William Yates Fitness**

Mon 08 / 09 / 2021 at 3:30 PM

[More Information](#)

**Virtual Yoga**

Tue 08 / 10 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Storytelling**

Tue 08 / 10 / 2021 at 3:00 PM

[More Information](#)

**Walking Club - Georgetown**

Wed 08 / 11 / 2021 at 8:30 AM

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

[More Information](#)

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Thank you!

Palisades Village