



Across the Fence

April 18, 2021

The latest information that we have on the COVID vaccinations is in our weekly COVID Corner below or on our [website](#).

*If you see a word in **red** in this newsletter you can click on it for more information and/or registration.*

Upcoming Palisades Village Events:

Our events on Zoom now have closed caption availability. If you would like to see it, please remind your host.

If you missed **Len Downie**, you missed a special evening. We even learned that a scene in his novel, *The Rules of the Game*, was based on Potomac Avenue. If you see him out walking in the neighborhood, please thank him for sharing the story of his time at the Washington Post. You can watch a recording of his talk (and past Palisades Village talks) on our Palisades Village YouTube channel at https://youtu.be/eCXO_VcqYKY.



[Fitness](#) class will be held on **Monday, April 19 at 3 p.m.** Now you can keep moving with Mr. Yates in his Basic Training classes on Tuesdays and Thursdays at noon. You can register [here](#) for those classes hosted by the YMCA. Yoga class continues on **[Tuesdays](#)** and **[Thursdays](#)**.

The **[Planner group](#)** will be meeting this week on **Tuesday at 9 a.m.** They are taking control of 2021 and making every day special and rewarding. It is never too late to join them.

For those who have already registered for the **Life Stories** memoir writing workshops, the first one is this **Tuesday at 11 a.m.** Registration is currently full.

Chef Tahar will be teaching you how to make Quinoa, Leek, Ginger and Seaweed Soup this [Wellness Wednesday](#) hosted by Glover Park Village. Join her at **1 p.m. on April 21** for a delicious meal!

[Trivia](#) with college volunteer Jennifer Howell on **Thursday, April 22 at 4:30 p.m.** will test your knowledge on Broadway and Cinema! Don't miss the perfect opportunity to put all of your quarantine entertainment binging to use!

Our college volunteers Jamie Dickstein and Lucy Hirsch will be hosting a discussion on the complexities of residential segregation in the place we call home- Ward 3. The George Washington University students will lead attendees on an educational journey to better understand Ward 3's long history with residential segregation and how housing discrimination still manifests today. This interactive session will challenge attendees to think critically about this pressing community issue and encourage participants to consider how Ward 3 can aid in the fight against residential segregation. Don't miss [Looking to the Past, Present, and Future: A Discussion on Residential Segregation](#) in Ward 3 on **Friday, April 23 at 2:00 p.m.**

Maybe you read that [Vice President Harris is a crocheter](#). She hasn't responded to our invitation to join our [Mindful Knitting](#) group but you can this Saturday, April 24 at 9:30 a.m. We welcome knitters, crocheters, and all needleworkers. If you're new to knitting or a bit rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started.

We were so interested in the tour that docent Mary Ellen Michel led in February on Romance among the artists that we brought her back again for another virtual tour on **Wednesday, April 28, 1 p.m. to discuss [Great Women Artists and Their Sitters from the Smithsonian's National Portrait Gallery](#)**. In 1971, art historian Linda Nochlin wrote a provocative essay, "Why Have There Been No Great Women Artists?" In 1976, she and Ann Sutherland Harris co-curated a show, "Women Artists: 1550-1950," at the Los Angeles County Museum of Art that featured numerous prominent women arts, and demonstrated that women had played a role in western art for many years. In 2021, women artists, many of them portrait

artists, contribute to a vibrant art scene. The Smithsonian National Portrait Gallery (NPG) features portraits of women who have contributed to the culture and history of the U.S., many of them by women artists. One of the most famous recent paintings is of First Lady Michelle Obama painted by Amy Sherald in 2018. Looking carefully, we can see the influence of women artists throughout the collection: Angelica Kaufmann, Cecilia Beaux, and Elaine de Kooning. Come along and explore a “two-for-one” offer of great American women, painted by great women artists. A beautiful example:



Poet Alice Dunbar Nelson, painted in 1927 by Laura Wheeler Waring

Save the Date for these special events in May:

On **Tuesday, May 4 at 3 p.m.** Ralph Buglass will join us to talk about [Presidents in Unexpected Places](#). Washington DC is synonymous with the federal government--with the White House and its occupant at the center of it all. But you can find past presidents--at least memorials or reminders of them--in all kinds of surprising places that few tourists visit--and even many native Washingtonians don't know about. This richly illustrated, fast-paced talk will cover a good number of those little-known spots.

Palisades Village is pleased to welcome our neighbor [Andrea Mitchell](#) to discuss her perspectives on changes in journalism over the years, the impact of greater diversity, of increased politicization and partisanship, and the interplay of social media and broadcast journalism. There will be time for questions and answers following her talk. This event is scheduled for **Wednesday, May 19 at 7 p.m.**

The following day, **Thursday, April 20 at 9:45 a.m.**, the DC Villages, including Palisades Village, are hosting a special virtual event to celebrate Older Americans Month and share our members' and volunteers' stories. **DC Strong: Recognizing Our Community's Collective Response to Helping Older Adults Thrive** will be a city-wide event. Stay tuned for special guests and hearing from our very own community members!

All events are being held on Zoom. You must register to get the link for each event. 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](#).

COVID Corner:

If you have not done so already, please complete our Palisades Village very short survey and let us know your vaccination status and if you still need help getting the vaccine. Click [here](#). All responses will be kept confidential. Our Village goal is to get everyone vaccinated!

Beginning Monday, April 19, DC residents who are 65 and older will be able to get vaccinated without an appointment at walk-up sites across DC. Each site, which will administer either the two-dose Pfizer vaccine or the two-dose Moderna vaccine, will be able to accommodate up to 30 walk-in appointments each day. Residents 65 and older can walk up during the days and times listed below while appointments last. The appointments at the Bald Eagle Recreation Center are limited to residents from Wards 7 and 8 and are open to any resident from those two wards who is 18 or older.

VACCINATION SITES FOR DC RESIDENTS 65 AND OLDER

Vaccination Sites

- | | |
|---|---|
| 1 Walter E. Washington Convention Center (GW MFA)
801 Mt Vernon Pl., NW
Mon-Fri 7:00 a.m. - 5:00 p.m. | 6 Rosedale Recreation Center (Safeway)
1701 Gales St., NE
Mon/Thurs/Fri/Sat 9:00 a.m. - 1:00 p.m. |
| 2 Lamond Recreation Center (Safeway)
20 Tuckerman St., NE
Wed-Sat 9:00 a.m. - 1:00 p.m. | 7 Kenilworth Recreation Center (Giant)
4321 Ord St., NE
Tues/Wed/Fri 10:00 a.m. - 4:00 p.m. |
| 3 Langdon Park Community Center (Safeway)
2901 20th St., NE
Mon-Thurs 2:00 p.m. - 7:00 p.m. | 8 Bald Eagle Recreation Center (District Urgent Care)
18+ years old Ward 7&8 residents only
100 Joliet St., SW
Wed/Thurs 9:00 a.m. - 6:00 p.m. |
| 4 Turkey Thicket Recreation Center (Giant)
1100 Michigan Ave., NE
Tues/Wed/Fri 10:00 a.m. - 4:00 p.m. | 9 Entertainment & Sports Arena (One Medical)
1100 Oak St., SE
Mon-Fri 9:00 a.m. - 5:00 p.m. |
| 5 Arena Stage (MedStar)
1101 6th St., SW
Thurs-Sun 8:00 a.m. - 5:00 p.m. | 10 Fort Stanton Recreation Center (Safeway)
1812 Erie St., SE
Mon-Thurs 2:00 p.m. - 7:00 p.m. |



CORONAVIRUS.DC.GOV



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Everyone over 16 in DC can now get their vaccines! To ensure that they are able to get the vaccine out as efficiently as possible, the Mayor is calling on all DC residents to pre-register for a vaccination appointment by going to vaccinate.dc.gov or calling **1-855-363-0333** (M-F, 8 a.m.-7 p.m. and Sat & Sun, 8 a.m.-4 p.m.).

Got your shot and need to get off the DC Health list? Individuals who previously pre-registered for an appointment through the portal and who have already received their vaccination elsewhere can email vaccinatedc@dc.gov or call **1-855-363-0333** to have their information removed from the pre-registration list.

Eligible DC residents are also reminded of other ways to make an appointment, including:

- Directly through their health care provider
- Veterans and veteran spouses can get vaccinated through the [VA Medical Center](#) and can learn more by calling **(202) 745-4342**

- DC residents 65 and older, teachers and school staff, child care workers, and health care workers can book appointments through the [CVS site](#) (when appointments are available)

Encourage neighbors, friends, and family to preregister. You can add more than one email so two people can see if an invitation has been sent. Palisades Village can help with the registration process and drive our members to their vaccination appointments. If we can help you, let us know.

Information on the vaccine and other COVID-related resources can be found on our [website](#).

Need an N95 mask? We have some in the office. Please contact us at **202-244-3310** or ebanton@palisadesvillage.org.

Volunteer Corner: Help Wanted!

Sill looking for **chess players** and **soup makers**. Let the office know if you can help with either at **202-244-3310** or ebanton@palisadesvillage.org.

Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance--zoom training, email assistance via phone, etc. -- including help with registration for COVID vaccinations
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the “front porch,” outside at a safe social distance.

- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- Access to our in-house library inventory and free delivery to your door! (Ask us how you can access these great books!)
- Transportation following safe and social distance protocols (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Creative Corner:



Virginia bluebells, Potomac River Gorge, DC captured by member Sally Strain



Cherry Blossoms in Foxhall Village this week (Photo:Erica Blanton)

D.C. Bar Survey:

The D.C. Bar's Global Legal Practice Committee is conducting a survey of D.C. residents about regulated nonlawyers who provide certain legal services. The goal is to understand whether the licensing of trained nonlawyers would be a viable means to provide more legal service providers for low- and moderate-income residents to address their civil legal problems. Please assist with providing responses to the survey – <https://www.surveymonkey.com/r/DDNGGTQ>.

The deadline to respond is COB April 30, 2021. The survey will take about 10 minutes to complete.

The committee is still studying the issue and has not made a proposal at this point. Responses to the survey are completely anonymous but aggregate data may be utilized and reported in any forthcoming report or recommendations made by the committee to the D.C. Bar Board of Governors.

Please do not retake this survey if you received it from another source. Thank you for your help with the survey.

Compost Your Veggies at the Palisades Farmer's Market:

As you may know, our amazing Palisades Farmer's Market features a ZeroWasteDC Food Waste kiosk where you can drop off your household food scraps for composting. This Sunday, April 18, 50 caddies will be available at the kiosk for pick up on a first-come-first-served basis. The caddies make it easy to collect and transport your food waste to the market. Throughout the week you can fill your caddy with fruit & vegetable scraps, eggshells, nutshells, and any bread, grains, cereals, rice, pasta, coffee grounds, coffee filters, tea bags, and household flowers otherwise destined for the rubbish bin, and then bring it to the market kiosk each Sunday. It will all be composted and cycled back to our local farmers to grow more incredible veggies!

For details on the program and what may and may not be included in the food waste, please visit: <https://dpw.dc.gov/foodwastedropoff>

METRO Pass Updates:

If your Metro SmartCard does **NOT** have a serial number that begins with 0167, then you will need to replace it. Here's the info from WMATA:

<https://www.wmata.com/about/news/Metro-begins-phasing-out-older-SmarTrip-cards.cfm>

Palisades Village Connect and Learn: On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!



The DC Area Villages work closely together to share resources and access to some 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.

Weekly on Tuesdays

[**Intergenerational LGBTQ Poetry Workshops**](#)-- Participants will learn about poetry, engage in activities for writing poetry, and workshop one's work with other participants. We will provide a safe space for participants to write about gender identity and/or sexual orientation if they are interested in doing so. These events are open to LGBT* individuals over 18 and of any experience level with poetry. Attend one or all of the workshops if you would like! The workshops are on **April 20** and **April 27** from 7 p.m. to 8

p.m. These events are a partnership with Capitol Hill Village, Visible Magazine, and Terrific Inc.

Monday, April 19, 10 a.m.

Village Committee on Safe Spaces for LGBTQ Older Adults-- Capitol Hill Village is excited to partner with the 12 other DC Villages to ensure Villages are spaces where LGBTQ older adults feel safe and welcome. In March, CHV distributed a survey to Villages to learn about LGBTQ inclusions and needs at each Village. Villages were asked about their marketing materials, programs, referral lists, competency trainings offered, outreach efforts, and anything else regarding their Village's state of LGBTQ inclusion and safety. We received a range of responses as well as an enthusiastic commitment to becoming more inclusive. There is an expression "if you've seen one Village, you've seen one Village." This is because Villages are built by and designed around the unique communities they serve. We are forming a Village Committee on Safe Spaces for LGBTQ Older Adults. Representatives may be a Village employee, volunteer or member and may be in the LGBTQ community or an ally. At the initial focus group, we will discuss the creation of the Village Committee on Safe Spaces for LGBTQ Older Adults and its goals. The committee will work on an ongoing basis to identify strengths, areas in need of improvement and goals towards which we can work together. We will develop a schedule for future meetings where we will work on concrete actions that will help each Village meet its own goals for inclusivity. The representatives will identify where their needs lie and seek guidance and tools from experts as well as volunteers within the LGBTQ community.

Monday, April 19, 1 p.m.

Artists and Social Change-- This virtual tour of the Smithsonian American Art Museum will be led by docent Bob Ferguson. We will examine how artists have responded to periods of turmoil in American history, including the Indian Removal Act, the Civil War and Reconstruction, The Great Migration and Harlem Renaissance, and other more recent issues. African American artists and themes have a prominent role in this tour.

Monday, April 19, 4 p.m.

What the Holocaust Means to Me-- April 8-9 was the date observed this year as "Yom HaShoah" (Hebrew for "Day of The Holocaust"). In preparation for this meeting, if you so choose, you can view online: Yom HaShoah 2021: The Land We Always Dreamed Of - YouTube. Yom

HaShoah is important not only to Jews, as genocide continues to occur in our world. Before the session, please take time to think about “What The Holocaust Means to Me” for sharing with others or questions you wish to ask. Zoom link: <https://jcfb.zoom.us/j/95337145723>

Monday, April 19, 6:30 p.m.

George Washington's Final Battle: The Epic Struggle to Build a Capital City and a Nation--

Robert P. Watson, professor of American history at Lynn University, discusses his book on the role of George Washington in the creation of the District of Columbia. The first president is remembered for leading the Continental Army to victory, presiding over the Constitutional Convention, and forging a new nation, but less well known is the story of his involvement in the establishment of a capital city and how it nearly tore the United States apart. Hosted by the American Revolution Institute of the Society of the Cincinnati.

Tuesday, April 20, 11 a.m.

Postcards from the Border: Poems and Watercolor Meditations--

Author, poet, and artist Nancy Arbuthnot will do a reading and slide presentation of Postcards from the Border, highlighting some of her reflections on the border wall and her experiences in 2019 in the border towns of Douglas, AZ and Agua Prieta, Mexico.

Tuesday, April 20, 3 p.m.

Traumatic Brain Injury Isn't Only Happening in Sports-- Head injuries can happen to anyone at any time from falls at home, car/bike accidents, or physical assaults. The largest growth in traumatic brain injury (TBI) is with those 65+, followed by children 4 years and younger. Even if the patient isn't diagnosed with severe TBI, neurocognitive impairment can persist for several months, affecting normal functioning as well as psychiatric conditions (e.g., depression, anxiety, sleep disorders). Mary Ellen Michel, former NIH program director for research grants involving TBI and neuroplasticity, will help us understand TBI's potential impacts and what current research is showing. Email park21217@aol.com to register.

Tuesday, April 20, 6:30 p.m.

Community Conversations with Returning Citizens--Join the first installment of community conversations with returning citizens, a panel discussion with men and women who have been justice-involved. Learn about their experiences, triumphs, and challenges related to transitioning to

society – from jobs to housing to family. Following the panel discussion, hear a brief policy perspective from Chiquisha Robinson, Deputy Chief, Prisoner & Reentry Legal Services, D.C. Public Defender Service, Community Defender Division. This event is co-sponsored by **Neighbors for Justice** and [Capitol Hill Village](#). See [flyer](#) and [register now!](#)

Wednesday, April 21, 2 p.m.

[DC Planning Process for Friendship Heights Shopping Area](#)-- The closure of Friendship Heights (FH) department stores and smaller retail outlets is concerning. Much of the FH commercial area is in DC. Erkin Ozberk, Senior Neighborhood Planner for Wards 3 and 4, the DC wards bordering Montgomery County, will speak on the DC planning process. The topic of planning for Ward 3 will be discussed by the DC City Council this year. Mr. Ozberk will discuss plans for the Wisconsin Avenue corridor and DC neighborhood concerns.

Wednesday, April 21, 4 p.m.

[Home Modifications to Improve Safety and Comfort](#)-- The National Association of Home Builders promotes safety for older adults through its Safe at Home program. The program instructs design and construction employees on home modifications that can better accommodate those with mobility issues and other physical challenges. These home modifications include handrails, grab bars, bathtub cuts, shower seats, furniture risers, and chair lifts, among others. Come to this session with Certified Aging-in-Place Specialist Russ Glickman and his staff to learn about the latest developments in home modifications for older adults.

Wednesday, April 21, 7:30 p.m.

[Distinguished Neighbor Marie McKeon, Viruses and Toxicology: Lessons Learned](#)-- After a career of more than 40 years studying genetic toxicology, Marie was asked to return to work on the intense efforts by drug companies to find therapies and vaccines for Covid-19. She will talk about her science career and how she got started in genetics and toxicology. So what is toxicology and what does it have to do with viruses? Toxicology is basically the study of how physical, chemical, or biological agents cause harm to living things. Viruses are in that class of biological agents and they can be both beneficial and harmful. Marie will be sharing some of the insights she has gained over the years. Marie has a BS from New York University and earned her Masters in Genetics from George Washington University.

Thursday, April 22, 1 p.m.

[The Golden Era at the Washington Post](#)-- "Bob Levey's Washington" appeared daily in the Washington Post for more than 23 years and he still produces special assignments for the newspaper. Bob worked at the Post for more than 36 years during the tenures of Ben Bradlee, Katharine Graham, Woodward and Bernstein, and many others. His new novel, *Larry Felder, Candidate*, draws heavily on his time at the Post. Bob will regale us with his tales about the Post and his new book.

Friday, April 23, 1 p.m.

[Memory Related Diseases and Caregiving Among the LGBT* Community](#)-- The National Capital Area Chapter of the Alzheimer's Association and Capitol Hill Village are partnering to provide a series of events addressing memory-related diseases and caregiving among the LGBT* community. This event will be the second in the series and will be an informative presentation based on feedback from the previous event. All LGBT* individuals and allies are invited to attend, registration for each event is required.

Tuesday, April 27, 11 a.m.

[Centurion Justice for the Innocent and Imprisoned](#)-- The science of DNA has been of immense help in freeing the innocent from prison. However, most claims of innocence do not have a scientific element available that would be probative of innocence. Countless cases require a complete field investigation and expert post-conviction legal assistance to help them obtain their rightful freedom. Centurion is dedicated to the vindication of the wrongfully convicted. Since 1983, Centurion has freed 63 men and women who were serving life or death sentences for crimes they did not commit. Paul Casteleiro will share updates about Centurion's ongoing fight for justice for the wrongfully incarcerated.

Wednesday, April 28, 7 p.m.

[Making Your Home Safer and More Comfortable for Older Adults](#)-- Our speaker, Jay Berger, is an expert on AARP's HomeFit program, which takes a room-by-room look at the homes we live in and provides suggestions on how to make changes and what to acquire for greater safety as we age and become less able. She'll share her expertise, help us understand how to examine if our homes now fit our needs - or if they don't. We'll also share information on specific devices and equipment, such as

cost and where to purchase. AARP's 36-page HomeFit Guide will be referenced. Click on <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide-download.html> to download or order a free printed copy in advance.

Thursday, April 29, 11 a.m.

Asian Americans - Combating Hate, Xenophobia and Violence-- MD State Senator Susan Lee, Aryani Ong of the AA Justice Task Force, and Paula Park of the Korean American Community Association will speak about how Asian Americans and Pacific Islanders (AAPIs) are battling two pandemics - Covid-19 and Racism - where emboldened bigots have nicknamed Covid-19 the "Wuhan" virus and "Kung flu." Members are now speaking out to describe abuses and to help non-Asians understand their blind spots regarding the AAPI community. Help provide support to stem the tide of anti-Asian hate crimes while standing with the AAPI community.

Thursday, April 29, 2 p.m.

Ocean Plastic Pollution: Source to Solution-- Plastics pollute all dimensions of our ocean from the sea surface to the seafloor, on remote beaches and in Arctic sea ice. An estimated 11 million tonnes of plastic waste flows into the ocean annually including plastic bags, bottles and other single use plastics as well as fishing gear, dangerous to the environment and economy. Unabated, the situation will worsen exponentially. Nick Mallos will discuss urgently needed global action and commitment to change. Ocean Conservancy has been driving systemic solutions for 35 years, and is committed to science-based interventions that reduce, manage and clean-up plastic pollution to stabilize ocean health.

Thursday, April 29, 2 p.m.

Treason! - How Local Leaders of Montgomery County Helped Launch the American Revolution-- This interesting session will be presented by Susan Cooke Soderberg of the Montgomery County Historical Society. Learn about the Repudiation Act of November 23, 1765 and the Hungerford Resolves of June 11, 1774; what led the citizens of what is now Montgomery County into a revolt against Great Britain; who the leaders were; how they fought in the Revolution; and how they contributed to the newly forming government of the State of Maryland. Among others, the well-known surnames, Brooke, Wooten, Thomas, Magruder, Bowie, and Griffith will be featured.

Thursday, April 29, 7 p.m.

[Return of Periodical Cicadas: Fear, Fascination, and Fun in 2021--](#)

Plan on joining an exciting program presented by Professor Emeritus and Fellow of the Entomological Society of America, Dr. Michael Raupp. Mike has authored more than 250 scientific and lay publications and delivered more than 1300 presentations. Cicadas are coming soon! Known for their 13- and 17-year life cycles and massive synchronous emergences, periodical cicadas are unique in the insect world. We will explore the natural history, ecology, and behavior of the seven species of periodical cicadas indigenous to North America. Predator satiation, the periodical cicada's bizarre strategy for survival, will be contrasted with defenses of their kin, the dog-day cicadas. Learn when cicadas will appear and how they will impact humans, pets, wildlife, and plants in our region.

Friday, April 30, 1 p.m.

[CC@Home Guest Speaker: Round House Theatre's Ryan Rilette--](#)

Hear from Ryan Rilette, who is in his eighth season as Artistic Director of Round House Theatre, where he has also acted in Annie Baker's new version of *Uncle Vanya*, directed Oslo by J.T. Rogers, *Small Mouth Sounds* by Bess Wohl, *Master Harold...and the Boys* by Athol Fugard, *The Book of Will* by Lauren Gunderson, *Angels in America Part II : Perestroika* by Tony Kushner, *The Night Alive* by Conor McPherson, *Fool for Love* by Sam Shepard, *This* by Melissa James Gibson, and *How to Write a New Book for the Bible* by Bill Cain.

Friday, April 30, 6 p.m.

[Open Mic Night for the LGBTQ Community--](#) Come to listen to or share your poetry and any work that inspires you! Open to LGBT* individuals over 18 years old.

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. They have a new registration process so you will need to make sure your account is current. Here are some examples (register by clicking on the links.):

Tuesday, April 20, 11 a.m.

[Technology Workshop: Intro to YouTube--](#) Become familiar with the basics of the video streaming platform YouTube with B Milenovic from the Tenley-Friendship Neighborhood Public Library.

Wednesday, April 21, 2 p.m.

Reading Marcel Proust with Professor Josette Wisman-- Are you ready to read Proust? If so, Josette proposes that we read and discuss the first volume of Proust's seven novels called collectively in English *Remembrance of Things Past*. This volume is called *Swan's Way*. It is quite long and is divided into three parts that can be read almost independently. We will read the first part of this volume called "Combray". There have been a number of English translations. The very first one done by Scott Moncrieff is the one that we would use, but you could also use Moncrieff's translation revised by Terence Killmartin. The second meeting, on April 21, will focus on "Swann in Love". "Swann in Love" is quite often read on its own, that is you don't have to have read "Combray" before. But Josette recommends that you read Book 1 part 1 before.

Thursday, April 22, 3 p.m.

Healthy Eating: How Sweet it is! with Dr. Amy Schweitzer-- Dr. Amy Schweitzer, a licensed, registered dietitian with the University of the District of Columbia, will have you actively participating in a lively discussion about how to control sugar in your diet instead of letting it control your health. The goal of this workshop is to: demonstrate how to find hidden sources of sugar, discover the problems sugar may cause, find ways to control your sweet tooth before it controls your health and demonstrate recipes that will help control that sweet tooth.

Friday, April 23, 2 p.m.

Book Discussion Group-- Jaime (Jim) Campomar is a graduate student in the English Department at the George Washington University studying Herman Melville's works and their film adaptations. He will be speaking about Melville's first novel *Typee: A Peep at Polynesian Life*.

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-2021-quarter2-newsletter.pdf

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:

Monday, April 19, 1:00 p.m.

AARP Chapter Meeting-- Please join them for a Zoom social gathering. Bring your dessert and plan to catch up with your fellow chapter members. In addition, we plan to discuss where our chapter is headed in the future, both as we continue with Zoom meetings and when we return to in-person gatherings. We want our future meetings to meet your needs and interests. If you have ideas for interesting and informative programs, please let us know. Do you know someone who has an interesting hobby, has written a book or has a story to tell? Please let us know about them. What programs interest you? Possible areas of interest are Lifestyle, Financial, Medical, History/Geography, Arts, Music, Nature, Travel. Do you even want to continue meeting? We need to have better attendance to invite speakers to join us. How can we recruit new members and keep the interest of those on our roster? If you plan to join us on the 19th, and we hope you will, please send your name, email address, and/or telephone number to Bobby Turnbull, bobbyturnbull@comcast.net, (301) 320-4154.

Tuesday, April 20, 12 p.m.

Communicating with Alzheimer's Patients and Their Families: Strategies for Success--

Communication with patients with memory loss is a challenge. Family members of these individuals often have even more difficulty understanding their loved one's needs. This seminar will focus on ways to enhance patient care by enhancing your understanding of your patients and improving the Alzheimer's patients' understanding of you, and facilitating better communication between patients and their family members.

Tuesday, April 20, 2 p.m.

What People Get Wrong About Alzheimer's and Dementia: Popular Myths, Misconceptions, and Outdated Ideas-- Join Paula Spencer Scott, author of "Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers." A longtime caregiving advocate and health communications specialist, Scott's articles have appeared in Parade, PBS

Next Avenue, AARP, and many other outlets. According to Scott, sometimes what we “think” we know about Alzheimer’s disease and other forms of dementia simply isn’t true. And these persistent notions can work against us and those we love who have these conditions. On this webinar, we will take apart some of the most common and enduring falsehoods, from “People with Alzheimer’s can’t learn anything new” to “There’s nothing you can do about it, so why find out?” Find out what the latest research says, and along the way, help fight stigma and fuel more effective care and a better quality of life.

Wednesday, April 21, 6 p.m.

Climate Change Town Hall-- Citizens’ Climate Lobby is excited to announce a Climate Town Hall with Congresswoman Norton. On April 21st, Representative Norton will share her beliefs and strategies around climate action and answer questions from the Citizens’ Climate Lobby about viable solutions to climate change. Attendees will also be invited to raise their own questions, comments, and concerns with Representative Norton during the meeting. Guests are invited to stay after the Town Hall for a brief orientation on climate change and climate activism.

Saturday, April 24, 10 a.m.-2 p.m.

National Prescription Drug Take-Back Day. -- The event will be held throughout the country, so please feel free to share this information with others: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/ In Ward 3, both Sibley Hospital and the Second District Police Precinct on Idaho Avenue (near the Giant) are participating. For Sibley Hospital, it will be held outside of the Medical Office Building at 5215 Loughboro Road, NW, Washington, DC 20016. Drive up and drop off your unused or expired prescription medications. More details can be found at: <https://www.hopkinsmedicine.org/about/drug-take-back-day.html?fbclid=IwAR3DWy2fT4c7yGbqJQvqtVywICX1liHcry0UgZluBHE7wT0EBNDTo6esr6M> For the Second District Police Station, it will be held outside of the Police Station at 3320 Idaho Avenue, NW, Washington, DC.

Tuesday, April 27, 6 p.m.

A Conversation with Congresswoman Norton on D.C. Statehood and Voting Rights -- Open to all DC residents. Event will be held via Zoom (link: <https://georgetown.zoom.us/j/94899734356>)

Tuesday, April 27, 6:30 p.m.

AARP's All the Lonely People: Easing Loneliness and Isolation-- Join AARP North Carolina from 6:30 to 8:00 p.m. ET on April 27 for A Discussion About Chronic Loneliness and Isolation in the LGBT Community. The conversation will focus on the ways that social isolation impacts people in the LGBT community and family caregivers, and the event will include select scenes from Stu Maddux & Joe Applebaum's latest documentary, "All The Lonely People."

Thursday, April 29, 12 p.m.

D.C. Veterans Round Table-- MOVA's Veteran's Roundtable. This event aims to connect the District's veterans with information, resources, and organizations that may be beneficial to a successful military transition. The event consists of an informal discussion that revolves around varying topics including housing, employment, healthcare, and legal services. Upon the conclusion of the discussion, all resource providers in attendance offer feedback on any topics discussed or how they can assist the veteran or their family in a positive capacity.

Thursday, April 29, 2 p.m.

Culinary Explorations with Charles E. Smith Life Communities -- April's Culinary Explorations are filled with "Oh-So-Good" recipes, from savory to sweet. Join them for this month's installment of the Zoom culinary explorations series as their chef takes you step-by-step through delicious recipes you'll love! "Oh-So-Good" Eggplant-Wrapped Salmon, "Oh-So-Good" Oatmeal Chocolate Chip Cookie, and "Oh-So-Good" Pumpkin Mousse will be prepared. Everyone who joins us for Culinary Explorations will be entered in a drawing for a **\$50 gift card**. The winner will be drawn at the end of April's Zoom presentation. [Register Here for April's program](#)

Friday, April 30, 7 p.m.

"Reaching for the Moon" Watch Party with DC Public Library-- Join the Mayor's Office of LGBTQ Affairs and DC Public Library for the #DCQueerFlix viewing of "Reaching for the Moon." Reaching for the Moon is a biographical drama inspired by the 1995 Brazilian best seller "Rare and Commonplace Flowers," Bruno Barreto's "Reaching for the Moon" likewise imagines Elizabeth Bishop's extraordinary relationship with the Brazilian architect Lota de Macedo Soares. - NY Times We will watch together via the Kanopy streaming service, free for DC Library patrons. Watch the movie here: <https://bit.ly/3dfgTT8>. You will need a DC Library card to watch with us, but cards are free for everyone!. [Sign-up online to get your card](#)

[now](#). On Friday, April 30th right at 7 pm, we'll all hit "Play" and watch together! Please join us on [Twitter](#) for an interactive chat using the hashtags #DCQueerFlix #ReachingForTheMoon

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

Ongoing Events:

Theater J Classes for Theater Lovers -- "Join" the rehearsal room of Neil Simon's *Last of the Red Hot Lovers* to discover how a director and actors put it all together. Get the inside scoop on the casting process, including watching auditions. Learn how to evaluate film acting with an acclaimed actress and nominator for the Screen Actors Guild Awards. Explore the role of clothing, onstage and off, with a top costume designer. Discover the business of show business. All this and more. Details and registration at: <https://theaterj.org/classes-for-theater-lovers/> or call (202) 777-3210. **Enter or mention code VILLAGES for your \$20 discount.**

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 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 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.

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](#).

COMING UP IN PALISADES VILLAGE

The following 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 eblanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village

April 18 — 24, 2021

William Yates Fitness on Zoom

Mon 04 / 19 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Planner Group

Tue 04 / 20 / 2021 at 9:00 AM

Where: Via Zoom

[More Information](#)

Life Stories

Tue 04 / 20 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 20 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

WELLNESS WEDNESDAYS: NUTRITION AS WE AGE, LECTURE AND COOKING DEMONSTRATION

Wed 04 / 21 / 2021 at 1:00 PM

Where: Glover Park Village

[More Information](#)

Virtual Yoga

Thu 04 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 22 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Looking to the Past, Present, and Future: A Discussion on Residential Segregation in Ward 3

Fri 04 / 23 / 2021 at 2:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 24 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

April 25 — May 1, 2021

William Yates Fitness on Zoom

Mon 04 / 26 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Life Stories

Tue 04 / 27 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 04 / 27 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 27 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Cooking Demo

Wed 04 / 28 / 2021 at 1:00 PM

Where: Dupont Circle Village Zoom

[More Information](#)

Great Women Artists and Sitters from the Smithsonian's National Portrait Gallery

Wed 04 / 28 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 04 / 29 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 29 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 05 / 01 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village