



ACROSS THE FENCE

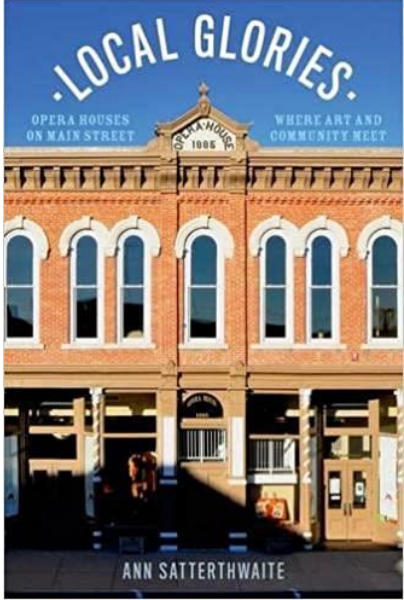
March 27, 2022

We will be kicking off April with a number of opportunities to see each other face to face. Our Living on Purpose session and Board meeting will be held on Zoom. We are hosting an in-person Happy Hour on Wednesday, April 6 and the newest addition is an opportunity to get together and explore our artistic sides. The world outside is starting to bloom and with the help of our art therapy student, Laura Mahon, we thought it would be a perfect inspiration. We are hoping for a warm, sunny day so we can set up in the garden outside our office.


As we have more in-person events, please register to let us know how many people to expect. Some events have limits on the number that we can safely accommodate. While the weather is nice, we hope to enjoy it outdoors.

Monday, March 28	Tuesday, March 29	Wednesday, March 30	Thursday, March 31	Friday, April 1	Saturday, April 2
3:30 p.m. William Yates Fitness In-person or on Zoom	9:30 a.m. Planner Group 3 p.m. In-person Yoga	8:30 a.m. Walking Club	1:30 p.m. Author Talk with Ann Satterthwaite on "Local Glories: Opera Houses On Main Street Where Art And Community Meet" 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting


This Week at Palisades Village:

	<p>Thursday, March 31, 1:30-2:30 p.m.</p> <p><u>Author Talk with Ann Satterthwaite on <i>Local Glories: Opera Houses on Main Street Where Art and Community Meet</i></u></p> <p>For most people, the term opera house conjures up images of mink-coated dowagers accompanied by tuxedo-clad men in gilded opera houses like the Met in New York and La Scala in Milan. However, the opera house in the United States has a far more varied- and far more interesting- history than the stereotype implies. In <i>Local Glories</i>, Ann Satterthwaite explores the creative, social, and communal roles of the thousands of opera houses that flourished in small towns across the country. By 1900 opera houses were everywhere: on second floors over hardware stores, in grand independent buildings, in the back rooms of New England town halls, and even in the bowels of a Mississippi department store. With the newly expanded rail system, thousands of actors, regional troupes, and minor league magicians, lecturers, and lyceums along with well-known actors like Sarah Bernhardt, lecturers like Mark Twain and Charles Dickens were performing in towns large and small all over the country. This was the golden age of live entertainment.</p>
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Coming Up:

	<p>Living on Purpose</p> <p>Monday, April 4, 9:30 a.m. - 10:30 a.m.</p> <p>Kick-off your week with intent! We have expanded on our previous 'Living Life to the Fullest' program with this new bi-weekly series. Discover how to appreciate and embrace each and every day with techniques for living a life you enjoy. Coach Roseanna Stanton will</p>
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	introduce you to simple ways that you can enhance your life, enjoy the present, and move forward with purpose. Register here .
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	<p>Happy Hour at Cafe Vino!</p> <p>Wednesday, April 6, 5:30 p.m. - 7:30 p.m.</p> <p>We can't wait to see you -- in person! Palisades Village has ordered some nibbles, and drinks will be available at special prices. This is also a great opportunity to introduce your neighborhood friend to your village friends. Register here. Cafe Vino is at 4885 MacArthur Blvd NW.</p>
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<p>Save the Date: Thursday, April 7, 5 p.m. Board Meeting -- The Board meeting is held via Zoom and is open to the public and visitors may comment and/or ask questions, but only Palisades Village Board members may vote. Register here.</p>	
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	<p>Inspired by Blossoms</p> <p>Friday, April 8, 10:45 - noon</p> <p>Join us on Friday, April 8th at Palisades Hub Garden (5200 Cathedral Ave) for a morning of painting, drawing, and chatting inspired by the cherry blossoms and blooms around! As we enter into spring, join us for an outdoor* cherry blossom session where we will use the blooms around us as inspiration in our artmaking.</p>
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No artmaking experience is required, just bring yourself and maybe a friend for a morning of artmaking and/or chats with your fellow Village members!

If you would like to bring along your own art materials, that is welcomed, however art materials will be provided on the day. Register [here](#).

*outdoors weather permitting, the event will be moved inside in the case of bad weather.

*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**.*



In honor of spring, we present this beautiful painting of a flower called Plumeria Rubra. According to Wikipedia, the Prumeria Rubra or Red Frangipan is a "deciduous plant species belonging to the genus Plumeria. Originally native to Mexico, Central America, Colombia and Venezuela, it has been widely cultivated in subtropical and tropical climates worldwide and is a popular garden and park plant, as well as being used in temples." Thank you to Roberto Werebe for sharing this exquisite painting!

PV Pilot Safety Program:

Do you need grab bars in your bath or shower? PV has grant funding available to help 8 members get professionally installed grab bars in one bath area. Please contact the office for details: 202-244-3310.



Tech Tip:

Find yourself missing calls and texts?
Experiment with different ringtones and volume settings to better alert you. Go to *Settings>Sounds* and choose from countless combinations for each notification. Do you have hearing aids? Some hearing aids allow you to connect to your iPhone!



Smithsonian
Craft Show

Interested in going to the Smithsonian craft show?

The 2022 Smithsonian Craft Show will be in person this year for the first time since 2019! The show will be held at the beautiful National Building Museum in Washington DC, **April 20-24**. The show will be featuring over 120 of the country's best craft artists. It's the show's 40th anniversary and the Smithsonian's 175th birthday!

Groups of at least 10 can purchase tickets at the 50 percent off price of just \$10 each. If you would like to go for the discounted rate, please let Anne Ourand know by emailing aourand@palisadesvillage.org or calling the office at 202-244-3310 by **Friday, April 8th**. If we can get at least 10 people interested, PV will buy the group tickets in bulk and you can reimburse us.

Share with us your take on a book, movie, show, album, or exhibit that intrigued you. Send contributions to ebanton@palisadesvillage.org.

Covid Corner:

The Palisades Village [Reopening Policy](#) has been updated to include in-person events for masked and fully vaccinated participants.

The new [COVID Center](#) for Ward 3 has opened at Chevy Chase Pavilion (5335 Wisconsin Avenue, NW). Individuals have access to vaccinations, boosters, take-home rapid antigen tests, PCR tests, and KN95 masks. Seniors are **invited to the front of the line** at public testing and vaccination sites.

PCR tests are also available at the Palisades Library and Rec Center. You can pick one up, take the test at home and then drop it off before 8 p.m. You will get the results in 3-5 days.

Palisades Village has some rapid antigen tests and N95 masks. Please contact the office if you need one. You can also pick them up for free at the Cleveland Park Library. Supplies are limited but you can check availability before you go at <https://coronavirus.dc.gov/rapidantigen>.

Mayor Bowser has updated the city's masking and vaccination requirements. See the details (pages 7 and 8) [here](#).

Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

For at-home, on-demand care, and COVID testing, the DC website lists Ready Responders at [\(202\) 602-0814](tel:(202)602-0814). Ready comes to your home, is open 8 a.m. to 8 p.m., seven days per week, and serves all 8 Wards. Ready is currently offering rapid antigen testing only, with results in 15 minutes. If you require a PCR test, please utilize another testing option.

This week, DC Health also launched Digital Vaccine Record (DVR), a web-based portal that gives District residents secure, easy, and free access to their official COVID-19 vaccination records. To optimize the user experience, DVR will be replacing MyIR for residents to access their COVID-19 vaccination records. MyIR will no longer be available as of March 1, 2022. [Click here to learn more or to sign up](#).

Maintaining your mental health while you wait for test results is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health's mental health hotline: **1-888-793-4357**.

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.

Monday, March 28, 7:00 p.m.

Capitol Hill Village will be hosting Dr. Anneta Arno who will address health outcome disparities in DC and beyond. This event will be held on Zoom. Register [here](#).

Thursday, March 31, 2 p.m.

Warhol's Women -- Some people may have heard about Andy Warhol's close, lifelong relationship with his mother, but that relationship was about more than just love and blood. Blake Gopnik, author of *Warhol*, the first comprehensive biography of the Pop artist, will tell us about new research shows that Julia Warhol played an important role in her son's artmaking, as did several female colleagues who influenced him. [Registration](#) required.

March PT Shorts -- Physical Therapy in only 15 minutes - Two sessions left!

March 29 -- GWU/Physical Therapy Department graduate students will design and conduct PT SHORT sessions to keep you STRONG, ACTIVE, and SAFE. Register for as many as you want! All sessions will be on zoom and recorded so that you can make

them part of your weekly fitness routine. See details following. If you have any questions, please contact Nadia Taran at nadiataran@mindspring.com.

1. ***Keeping Arthritic Joints Healthy and Happy, Tuesday, March 29, 12:30-12:45 pm*** – Are you sitting out some of your favorite pastimes? Join Renee, Roberto, Brian, and Chloe for a brief overview of arthritis and learn some do's and don'ts. The team will show you exercises you can do at home to improve your range of motion safely. Register [here](#).
2. ***Exercises/Stretches after Long Sedentary Periods, Tuesday, March 29, 1:00-1:15 pm*** – They say that “sitting” is the new smoking. If you can't break yourself from the habit of sitting for long periods at the computer, or watching TV, then this session is for you. Join Devni, Caro, Tesia, and Caroline for a short but much-needed stretch break. Warning: the exercises may be habit forming. Register [here](#).

Community Events:

Go to [Around Town DC](#) to find classes in technology, art, dance, advance planning, fitness, improv, and much more. Create an account and take a look at the “In-Person Events” under “Upcoming Events” or email program manager, Frances Bucien Fbucien@iona.org. You are also welcome to call her at **202.656.5488**. Sign up for the Newsletter while you are there!

Thursday, April 7, 2 - 3 p.m.

[What is a “Village” and how can it help you?](#)--Learn more about this grassroots movement with Erica and her colleagues at Northwest Neighbors Village and Cleveland 7 Woodley Park Village.

Tuesdays, 11 a.m.

Technology Tuesday -- Refresh your skills on a variety of topics with B Milenkovic from the [Labs at MLK library](#). Sign up for the programs and you will receive a Zoom link for each session. Ignore the invite if the topic isn't of interest to you. The March 22nd topic: Intro to Google Drive.

[Sibley Seniors Association](#) (SSA) offers programs and support groups online.

Other Community Events:

March 16 - April 10

Theater J and Folger Theatre Present Gotthold Lessing's Classic *Nathan the Wise*

For info and tickets, call the Box Office at 202-777-3210 or click [here](#). Hurry! The show is almost sold out. **VILLAGERS ENJOY A 15% DISCOUNT: code VILLAGES**

Sunday, March 27, 5 p.m.

Jazz Club @ The Palisades Hub Social Hall -- featuring Tim Whalen & Zack Pride. For more information click [here](#).

Tuesday, March 29, 6 p.m.

Rep. Norton's Women's History Month Event -- "*How a Black Woman Jurist Will Impact The Supreme Court and our Country: A Conversation with Black Women Lawyers and the D.C. Community*" Please email NortonEvents@mail.house.gov to RSVP for the event and receive the Zoom link.

Saturday, April 2, 10 a.m.

The Palisades Community Association Annual Easter Egg Hunt & Potluck Breakfast -- Are the grandchildren visiting? If so, head on over to this annual event. Bag decorating at 10 a.m., followed by the egg hunt at 10:30 sharp and lawn games including an egg toss after that. With or without children or grandchildren, this is sure to be a cute event and all are invited!

Sunday, April 10, 1 p.m.

Palisades Tree Walk with Capital Nature -- Join Casey Trees and Capital Nature for an easy-paced tree appreciation and identification walk at Palisades Community Center. Registrants will learn to identify key tree species and learn about the unique role each tree plays in the ecosystem. No prior tree identification experience is necessary! For more information, including COVID policy, and tickets (\$20), click [here](#).

Saturday, April 30, 10 a.m. to 2 p.m.

National Prescription Drug Take-Back -- Drive up to Sibley Hospital and drop off your unused or expired prescription medications. On-site staff will dispose of them for you safely and securely. No questions asked. Drive to the circle at Building A. Please remember the entrance to Sibley Memorial Hospital is on Dalecarlia Parkway. Contact the Palisades Village office if you would like a ride.

Ongoing Events:

Wednesdays, 10 a.m.

Strength, Balance, and Core in person at the Palisades Rec Center -- Emma Swain will be joining us to help us with strength, balance, and core. This class combines dynamic and functional strength and balance exercises using seated and standing exercises.

Wednesdays, 1:30 p.m.

Yoga at Palisades Library -- Specifically geared towards older adults. Registration is required [here](#). The poses are all standing or seated, so no mats are required. Please note, masks are still required at the library.

<p>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)</p>	<p>Bi-Weekly on Fridays, 1 - 2 p.m.</p> <p>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.</p>
<p>Mondays, Wednesdays, and Fridays at noon.</p> <p>Smithsonian National Museum of Asian Art's free 30-minute online meditations--Led by DC-based meditation teachers, these</p>	<p>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-</p>

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

ALL OUR EVENTS ON THE VILLAGE WEBSITE

This Week at Palisades Village
March 27 — April 2, 2022

William Yates Fitness

Mon 03 / 28 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 03 / 29 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 03 / 29 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 03 / 30 / 2022 at 8:30 AM

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

[More Information](#)

Author Talk with Ann Satterthwaite on Local Glories: Opera Houses on Main Street Where Art and Community Meet

Thu 03 / 31 / 2022 at 1:30 PM

[More Information](#)

Virtual Yoga

Thu 03 / 31 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 02 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
April 3 — 9, 2022

Living On Purpose

Mon 04 / 04 / 2022 at 9:30 AM

[More Information](#)

Book Club

Mon 04 / 04 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 04 / 04 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 04 / 05 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 04 / 05 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 04 / 06 / 2022 at 8:30 AM

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

[More Information](#)

Happy Hour

Wed 04 / 06 / 2022 at 5:30 PM

Where: Cafe Vino, 4885 MacArthur Blvd NW, WASHINGTON, DC 20007

[More Information](#)

Virtual Yoga

Thu 04 / 07 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 04 / 07 / 2022 at 5:00 PM

[More Information](#)

Inspired by Blossoms Art Session

Fri 04 / 08 / 2022 at 10:45 AM

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

[More Information](#)

Mindful Knitting

Sat 04 / 09 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village
