




ACROSS THE FENCE

June 19, 2022

Happy Father's Day!

Father's Day is an opportunity to reflect on the wisdom passed down through the generations. Are there stories that you haven't shared with your family? If there are things that you would like to record, please let us know. Or maybe you need help going through the family photos. We have volunteers who really enjoy hearing the stories and helping members with these things.

The story of Juneteenth has been passed down for generations in Texas and is now celebrated as a national holiday. Freedom did not come until June 19, 1965, for over 250,000 enslaved people despite the Emancipation Proclamation becoming effective in 1863. The story is a reminder to never give up in times of adversity.

Monday, June 20	Tuesday, June 21	Wednesday, June 22	Thursday, June 23	Friday, June 24	Saturday, June 25
 <p>Office Closed</p>	<p>Primary Election Day</p> <p>9:30 a.m. Planner Group</p> <p>3 p.m. Yoga Cancelled</p>	<p>8:30 a.m. Walking Club</p>	<p>1 p.m. Tap Dancing</p> <p>3 p.m. Virtual Yoga Cancelled</p>		<p>9:30 a.m. Mindful Knitting</p>

This week:



Tap Dancing with Charlee

Thursdays, 1 p.m. - 2 p.m. - on Zoom and in person at the Palisades Hub

This class for all those 50+ (open to members and non-members)

A one-hour tap dancing class taught by Charlee Mize is offered in the social hall of the Palisades Hub from 1-2 p.m. every Thursday starting June 2nd and going through July.

This class is an introduction to rhythm tap dance.

Participants will learn basic movements, as well as talk about the pioneers of the art form and their contributions to the dance. Please join us for a rhythmic challenge and a good time! This class will be offered in-person and on Zoom. \$5.00 per class. Tap shoes are recommended but not mandatory.

Coming Up:



LIVING YOUR BEST LIFE AFTER RETIREMENT on ZOOM

Monday, June 27, 10 a.m. - 11 a.m.

Without a plan for life after retirement, many retirees may find themselves feeling restless and craving something more but not knowing where to start or what that something might be. Life coach Roseanna Stanton will introduce you to simple ways to enhance your life, enjoy the present, and move forward with purpose and meaning. This will be the last in this series.

Roseanna Stanton is an experienced life coach who has helped many clients transition into new phases in their lives. This will be time well spent so that you can get the most out of your retirement years. Register [here](#).



Supporting LGBTQ Grandchildren

Wednesday, June 29, 10-11:30 a.m. - This virtual event is the first in a series focused on supporting LGBTQ grandchildren. This event is for anyone who is or may become a grandparent of an LGBTQ grandchild, or wants to support someone who is. [Click here to learn more or to register.](#)



C'mon, you know how we love to march in the **Palisades Fourth of July Parade**. Would you like to join us this year? We are still working out the details. Please let us know if we can count you in! Register [here](#) and we will keep you posted with details.

*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**.*

Some Enchanted Evening:

The Spring Fling this past Wednesday in the Halal's beautiful garden was a delight. It was so enjoyable seeing everyone catching up with old friends and making new ones. A member described it as "stunningly well organized and superbly

victualized." Thank you to everyone who contributed but especially our hosts Carol Lynn and Bill.



From Caroline Timothy, one of our high school volunteers:

I wanted to let you know that I was awarded the Van Hollen Public Service Award which came with a Certificate of Congressional Recognition presented by US Senator Chris Van Hollen. I could never have achieved such an honorable award without you and Palisades Village! Thank you for letting me be a part of such a special community. It allowed me to

find my passion of community service and to meet people that would have such a huge impact on my life that I will forever cherish. Thank you for everything!



Our Treasurer, Ellen Myerberg, came across this beautiful hydrangea on a recent walk. The splendor of spring never ceases to amaze!

Share with us your take on a book, movie, show, album, or exhibit that intrigued you. Traveling somewhere cool? We'd love to post some pictures. Send contributions to ebanton@palisadesvillage.org.

DC Homeowner's Assistance Fund:

Do you need help with your housing payments? DC is getting \$50 million in federal funds to help homeowners. The fund will be opening on June 22, 2022 for applications. For more information, visit DC's Homeowner Assistance Fund (HAF) at <https://haf.dc.gov/> or call 202-540-7407.

Covid Corner:

What should you do if you test positive? Isolate and read this helpful [article](#).

Need a booster or vaccination? Head to the [COVID Center](#) for Ward 3 that 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. No need for an appointment.

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.

Need Tests? PCR tests are also available at the Palisades Library and Rec Center as well as the Ward 3 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 just got a new supply of rapid antigen tests and N95 masks. Please contact the office if you need one.

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.

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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.

Tuesday, June 21, 11 a.m.

The National Parks: Lessons in Environmental Quality, Diversity and Justice -

Robert G. Stanton, the 15th director of the National Park Service (Ret.), will speak about the history and functions of the National Park Service (NPS). He will focus on the management of the 85-million-acre National Park System, which comprises 425 park areas located in every state, DC, Puerto Rico, American Samoa, Guam, and the U.S. Virgin Islands. Zoom registration is required. 24 hours before the event, attendees will receive the Zoom link in an email from Northwest Neighbors Village titled "Northwest Neighbors Village Event Reminder" with the event name included.

Register [here](#).

Tuesday, July 12, 2:30 p.m.

The ever-popular Dr. Janson is back for a summer fitness class on "Osteoporosis –what it is and what we can do about it!" Her classes are always a hit with villagers as her demonstrations are clear and easy to follow. Register [here](#).

The DC Village Movement was recently spotlighted in The Sourcebook, the leading resource for senior housing, aging in place, and professional resources. Read the complete article [here](#).

Around Town 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 community@iona.org or call 202-459-9634. Sign up for the newsletter while you are there!

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 June 21st topic: Intro to Google Slides and Microsoft PowerPoint

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. This is offered through [Around Town DC](#). Please sign up through them.

Sibley Seniors Events:

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

Other Community Events:

Sunday, June 19, 2022, 9 p.m.

PUBLIC LIGHT PROJECTION WITH RECLAIMING THE MONUMENT-- From June 19—21 Washington National Cathedral is partnering with [Reclaiming the Monument](#) for a special public light projection in celebration of Juneteenth. Reclaiming the Monument is a public art project based out of Richmond, VA whose light projections on Richmond's Lee Monument in 2020 gained international attention. The temporary exhibit will transpose images of the Cathedral's own stained-glass onto the west façade of the building along with images of emancipation figures. The lighting is part of the Cathedral's [Light in the Darkness](#) project focused on the removal and replacement of two stained-glass windows dedicated to Confederate generals.

Tuesday, June 21

Primary Election Day

Tuesday, June 28, 6:30 p.m.

American University Community Town Hall and Reception - Gather with President Sylvia M. Burwell and enjoy food and drinks with your AU neighbors. [RSVP](#) by June 21st.

Ongoing Events:

Wednesdays, 1:30 p.m.

Yoga at Palisades Library -- FREE! 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.

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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

Bi-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

<p>go to Calendar Widowed Persons Outreach (wpodc.org)</p>	<p>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--</p> <p>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.</p>	<p>Weekly on Mondays from 2 - 3:15 p.m. Just Us at the National Gallery of Art -</p> <p>- Provides interactive, discussion-based experiences for people with memory loss and their care partners. For more information go to https://www.nga.gov/calendar/guided-tours/just-us.html. To register, please email access@nga.gov.</p>
<p>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.</p>	

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
June 19 — 25, 2022

Juneteenth - Office Closed

Mon 06 / 20 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

Canceled: William Yates Fitness

Mon 06 / 20 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 06 / 21 / 2022 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 06 / 21 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 06 / 22 / 2022 at 8:30 AM

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

[More Information](#)

Tap Dancing

Thu 06 / 23 / 2022 at 1:00 PM

[More Information](#)

Canceled: Virtual Yoga

Thu 06 / 23 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 06 / 25 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
June 26 — July 2, 2022

LIVING YOUR BEST LIFE AFTER RETIREMENT

Mon 06 / 27 / 2022 at 10:00 AM

[More Information](#)

William Yates Fitness

Mon 06 / 27 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 06 / 28 / 2022 at 9:30 AM

[More Information](#)

Canceled: Yoga

Tue 06 / 28 / 2022 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 06 / 29 / 2022 at 8:30 AM

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

[More Information](#)

Tap Dancing

Thu 06 / 30 / 2022 at 1:00 PM

[More Information](#)

Canceled: Virtual Yoga

Thu 06 / 30 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 02 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village