



Building an Engaged and Supportive Community of Neighbors

PALISADES VILLAGE

in Berkley, Foxhall, Kent, Palisades, Spring Valley, and Wesley Heights.



ACROSS THE FENCE

July 10, 2022

The office is open for business as usual, even in the summer. If the heat becomes an issue for you, let us know, and we can help get you to somewhere cool or lend you a fan. If you need transportation to a Cooling Center, call 202-399-7093 or 3-1-1. You know how your metabolism changes as you get older? It affects the way that you deal with heat as well. You may sweat more slowly and be more susceptible to heat exhaustion. Turn on the air conditioning and enjoy a book from your summer reading list and a pitcher of water. Come to our happy hour this week and share what you are reading.

Monday, July 11	Tuesday, July 12	Wednesday, July 13	Thursday, July 14	Friday, July 15	Saturday, July 16
1 p.m. Book Club 3:30 p.m. William Yates Fitness	3 p.m. Yoga	Walking Club <i>Cancelled</i> 5:30 p.m. Happy Hour	1 p.m. Tap Dancing 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

This week:



Palisades Village Happy Hour at Cafe Vino Wednesday, July 13, 5:30 p.m. - 7:30 p.m.

We had so much fun at Cafe Vino back in April that we are doing it again! Palisades Village will provide nibbles and there will be special prices on drinks. Feel free to bring anyone who might be interested in the Village. Please note that we are still following Palisades Village Covid protocols that require all members and guests to be fully vaccinated and to wear a mask (except when eating and drinking). The restaurant will be open to members of the public as well.

Register [here](#) so we order appropriately.

Coming Up:



Summer Picnic

Wednesday, July 27th, 5 p.m. - 7 p.m.

Members -- Are you ready to see your Palisades Village friends and neighbors? We are! Please join us at the Palisades Hub (Palisades Community Church) for a summer picnic. There will also be live music to enjoy! For more information and to register click [here](#).

Volunteers -- You can join in the fun too! We need volunteers to greet, set up, serve and clean up. Log in and [sign up](#) or contact the office.

*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**.*

DC Village's Annual Member Survey - have you filled it out yet? *We would love to hear from you!*

Palisades Village is seeking member feedback and input via a survey. We are committed to hearing from all of our members as we move forward to develop programs, provide volunteer services, and as we work to support you. This survey is part of a city-wide Village survey, so the data that is gathered benefits and informs Palisades Village but also all the DC Villages as a whole. By working with other DC Villages, we can identify trends, and common concerns, and develop best practices. Your answers, of course, remain confidential and are not associated with your name.

To complete the survey, simply click [here](#). This will not take much time, but the data we can gather from this survey is invaluable to us, so thank you for the feedback!

If you prefer to be interviewed, you may contact the office and we will arrange for a volunteer to collect your responses through an interview. If you have any questions, please contact the office at 202-244-3310.

July 4th Memories



Chief Pan Handler Bob taking his pie judging responsibilities very seriously.



At the line up ready to go!



Erica and Nanci enjoying the ride!



Palisades Village President Claudia de Colstoun threw candy to the enthusiastic crowd.



Palisades Village member Heidi Hertzson taking it all in.



Bill Wilson and Jude Michaels leading the charge.

Do you live in a house with a large accessible patio or deck? Would you like to host a Palisades Village event? The Palisades Pan Handlers come prepared with everything we need and leave things just as they were before. The Events Committee is looking for new venues for outdoor events. Contact the office at 202-244-1329 or eblanton@palisadesvillage.org.

Did you know?

Britain is pulling \$18B in bank notes as it switches from paper to polymer. Older bills will lose legal tender status in October. The transition will make Britain the world's largest economy that uses plastic-like bank notes. The Bank of England urges people with 20 - 50 pound bills to spend or deposit them with a financial institution before they are no longer legal tender. *(Thank you, Janet Tersoff, for this fun fact.)*

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.

Sunday, July 10, 4 p.m. - 6 p.m.

Summer concert - Enjoy a FREE classical music performance in the elegant garden of Woodley Park's Omni Shoreham Hotel featuring cellist Vasily Popov and pianist Ralitza Patcheva. Reserve a seat now! Go to www.CWPV.org, click on Calendar or call 202-615-5853.

Tuesday, July 12, 2 p.m.

Home, Health, and Heart: Virtual Art Tour with Walters Art Museum - Art is an expression of the human experience. Over time, many artists have depicted the experience of poor health, poverty, and lack of housing. These works teach us about the lives of those often removed from history, but also expose the biases of the artists and their cultural milieu. Take a closer look at art and objects from the Walters Art Museum in this genre with one of their docents, and then discuss how artists and the culture of their time shaped those portrayals. Sponsored by Chevy Chase At Home and Bethesda Metro Area Village. Register [here](#).

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

Osteoporosis -- 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](#).

Wednesday, July 20, 1 p.m. - 2 p.m.

What's the latest on our National Mall? - The Smithsonian is seeking locations in DC for two new museums, the National Park Service wants to move large public gatherings off the Mall. Flooding is an existential threat...What is the future of public activity on the Mall? Join art historian Judy Scott Feldman, chair of the nonprofit National Mall Coalition, to learn about the problems and ongoing efforts to address them, and to consider some solutions proposed by the architects, historians, and planners of the Coalition. Join on Zoom [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!

Wednesday, July 20, 3 p.m. - 4 p.m.

Accessibility Services at the DC Library -- Kathy Gosselin with the DC Public Library Center for Accessibility will talk about services that the library offers for those who are blind, low vision, DeafBlind, or print disabled. She will review programs that people can use to read using a phone, computer, Mobile App, or Amazon Echo device. This program will be available on Zoom and will be a conversation. More information and registration [here](#).

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 July 12 topic: Intro to Online Safety

Fridays, 10 a.m.

Strength, Balance, and Core in person, now at Iona -- 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 [here](#).

Fridays, 11 a.m. (beginning July 1)

Tai Chi -- Join Jerry Simpson at the Palisades Library in studying the art of Tai Chi. Jerry is a patient instructor who will break down this martial art form into numbers and movements so that it is easy to learn. Tai chi will help with balance, stretching, and focus. Please note that masks are required in the library. This is offered through **Around Town DC**. Please sign up through them [here](#).

Fridays, 11 a.m.

Cardio Chair Kickboxing at St. Albans - Chair Cardio Kickboxing is a low impact class using music with aerobic exercise moves mixed in with some martial arts moves such as punching and kicking. It is a great exercise for improving endurance, core, and balance. [See a sample of the class here](#). Read more and [register here](#).

Sibley Seniors Events:

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

Other Community Events:

July 14-16, 5:30-9 p.m.

Gesel Mason Dance at Hillwood -- Spend an evening in Hillwood's gardens, enjoying *Yes, And* by [Gesel Mason](#), a collection of dance performance experiments, presented with [Dance Place](#). Gesel Mason's choreographic project centers on an expansive vision of Black womanhood as the operating force in the creative process. It is a series of performance events activated by the questions: "Who would you be and what would you do if, as a Black woman, you had nothing to worry about? What would you create and how might you be in community with others?" This program has pay-what-you-wish pricing. More information and tickets [here](#).

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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<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. 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. 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.</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-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 July 10 — 16, 2022

Book Club

Mon 07 / 11 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 07 / 11 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 07 / 12 / 2022 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 07 / 13 / 2022 at 8:30 AM

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

[More Information](#)

Happy Hour

Wed 07 / 13 / 2022 at 5:30 PM

Where: Cafe Vino, 4885 MacArthur Blvd. NW, WASHINGTON, DC 20016-0403

[More Information](#)

Tap Dancing

Thu 07 / 14 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 14 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 16 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
July 17 — 23, 2022

William Yates Fitness

Mon 07 / 18 / 2022 at 3:30 PM

[More Information](#)

Planner Group

Tue 07 / 19 / 2022 at 9:30 AM

[More Information](#)

Yoga

Tue 07 / 19 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 07 / 20 / 2022 at 8:30 AM

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

[More Information](#)

Tap Dancing

Thu 07 / 21 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 21 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 23 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village