



ACROSS THE FENCE

July 17, 2022

So many of us are not traveling this year, we have many activities to help you enjoy your stay-cation. We are trying to get in as many outdoor events as we can. For those of you venturing out in the world, please share your photos so the rest of us can travel vicariously.

Monday, July 18	Tuesday, July 19	Wednesday, July 20	Thursday, July 21	Friday, July 22	Saturday, July 23
3:30 p.m. William Yates Fitness	3:15 p.m. Yoga (note later time by 15 minutes)	8:30 a.m. Walking Club - Georgetown	1 p.m. Tap Dancing 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

Coming Up:



Summer Picnic

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

Members -- Not only will we have live music but Charlee Mize will be making an encore performance. Come kick up your heels with food and friends. For more information and to register click [here](#). The rain date is Friday, July 29.

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.

Thank you to all who have filled out the DC Village's Annual Member Survey! It is not too late and we have volunteers who can do it with you on the phone.

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.

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 ebblanton@palisadesvillage.org.

Another Great Happy Hour at Cafe Vino:



Have you tried the new **Hearst Pool**? The pool at [3701 37th Street NW](#) is the first outdoor DPR pool in Ward 3. Like the others pools, the one at Hearst is open Monday, Tuesday, Wednesday, and Friday from noon to 8 p.m., and on weekends from 10 a.m. to 6 p.m. It is closed on Thursdays. The pool at Volta (1555 34th Street, NW) is open on Thursdays but not Mondays. The Francis Pool remains closed for the summer.

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

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.

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 19 topic: goDigital with DC Public Library (movies, languages, legal)

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.

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.

Village to Village Event:

Wednesday, July 20, 2-3 p.m.

All about Pronouns -- Join Village to Village Network for a micro-learning session (short webinars) and post-event discussion on pronouns. This is part of a series focused on supporting LGBTQ+ elders in the Village environment. Event

page: https://www.vtvnetwork.org/content.aspx?page_id=4002&club_id=691012&item_id=1743860&event_date_id=255 Register

at: https://www.vtvnetwork.org/content.aspx?page_id=4008&club_id=691012&item_id=1743860

Community Event:

Thursday, July 28, 6 p.m. -- Join DC Attorney General Karl Racine and DC AARP State Director Louis Davis Jr. for a conversation about how the Office of the Attorney General helps protect older District residents from financial abuse and scams and how the office has become a national leader in stopping elder abuse so our older neighbors can live their golden years with dignity and security. Register [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.

<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 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 3:15 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](#)

Next Week at Palisades Village
July 24 — 30, 2022

William Yates Fitness

Mon 07 / 25 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 07 / 26 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 07 / 27 / 2022 at 8:30 AM

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

[More Information](#)

Summer Picnic

Wed 07 / 27 / 2022 at 5:00 PM

Where: Palisades Hub, 5200 Cathedral Ave NW, WASHINGTON, DC 20016-0403

[More Information](#)

Tap Dancing

Thu 07 / 28 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 28 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 30 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village