



ACROSS THE FENCE

June 26, 2022

As we wrap up Pride month, we would like to highlight the great work that Capitol Hill Village (CHV) is doing. They have taken the lead in developing all kinds of LGBT+ programs that all the Villages in DC benefit from. Their upcoming program on [Supporting LGBT+ Grandchildren](#) on Wednesday is the perfect opportunity to talk with peers about how to communicate and be there for their grandchildren. This first event is a "get to know you session" focused on what attendees want to get out of participating, sharing experiences, issues, or concerns, establishing group rules, and discussing future event topics. CHV also offers LGBT+ brain health programs, coffees, teas, and other social events as well as an upcoming symposium in September. To learn more contact sross@capitolhillvillage.org or call 202-543-1778 x204.

Monday, June 27	Tuesday, June 28	Wednesday, June 29	Thursday, June 30	Friday, July 1	Saturday, July 2
<p>10 a.m. Living Your Best Life After Retirement</p> <p>3:30 p.m. William Yates Fitness</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 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.



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.](#)

Coming Up for the Forth of July:



Do you love to bake? If so, consider entering the **PIE BAKING** contest at the Palisades Hoedown on Sunday evening, July 3rd from 6 p.m. to 8 p.m. at the Palisades Rec Center. Bakers should arrive by 6 p.m. with their pie. Judging will start at 6:30 p.m. and the winner will be announced at 7:30 p.m. Our very own Palisades Village member Bob Bourdaud'hui is one of the judges! You can also take in the **PIE EATING** contest, live music by Bob Perilla's bluegrass band and free ice cream compliments of Mr. Kim at MacMarket.



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. The parade is on Monday, July 4th at 11:00 a.m. and ends at the Palisades Rec Center where there is a free picnic for all.

*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**.*

Summer is officially here!



**Are you 60 and older and live in NW Washington, DC?
Have you participated in an Around Town DC or a Ward 3
village art class?
Would you like to participate in a group show at Iona
Senior Services this Fall?**

Your work will be on display during the wonderful
Tenleytown **Art All Night Celebration** on **Saturday,
September 24, 2022**. Plus, we will keep your art up on exhibit
at Iona Senior Services through October 28, 2022, so you will
be able to bring family and friends to show them your work!

One - five works will be accepted at Iona Senior Services. *Work
must be framed and ready to hang. Please put your name,
address, the title, medium, dimensions, and price of the work
(or the words "Not for Sale") on the back of each piece of your
art. Group Show Exhibit Gallery Agreement Fall 2022 (2)*—
please complete and bring with your artwork.

Register below by **September 2, 2022 so we can contact
you about drop-off information and can plan the space.** Let
us know if you have any questions by
emailing Community@iona.org.

Thanks to Olga Hudecek for letting us use her pastel, "Mermaid Rising From The Sea."



Looking for something to do over the long summer months? Check
out [KANOPY](https://www.kanopy.com/en/dclibrary/category/62994) - DC Public Library's streaming site. You can watch up to 10
films per month and watch up to three series of The Great Courses. You
register for an account with your DC library
card: <https://www.kanopy.com/en/dclibrary/category/62994>



By popular demand, with the support of Iona Senior Services and
AroundTownDC, **tai chi** is back at Palisades Library. Classes are free,
geared towards seniors, and will begin on July 1, 11a.m.-noon. Please
join us. Please note that masks are required in the library. This is
offered through **Around Town DC**. Please sign up through them [here](#).

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 28, 3 p.m. - 4 p.m.

Ukrainian Book Circle - During the past months, many of us have realized how little we know about Ukraine, its people and its history. The Book Circle will meet via Zoom and focus on learning about Ukrainian culture by reading and discussing English translations of short stories, novels, and poetry written by Ukrainian authors. All books are available free for those willing to download or read them online. Examples of fiction to discuss in future meetings are "Dancing in Odessa," a collection of poems by Ilya Kaminsky (free ebook at BooksVooks.com), and "Tiger Trappers," a novel by Ivan Bahrianyi (free ebook at Archive.org). To register, email park21217@aol.com.

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 28th topic: Play Online with Google Arts and Culture

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](#).

Sibley Seniors Events:

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

Other Community Events:

Sunday, June 26, 5 p.m.

Cabaret at the Palisades Hub - Jeff Hayes will play audience favorites from his years performing at hotels, lounges and parties. For more information and to register, click [here](#).

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.

Saturday, July 2, 7:30 p.m.

THE YACHTSMEN & THE AIRPORT 77S "INDEPENDENCE BALL" *

(tickets [here](#) or @ the door)

Rockland's BBQ Truck will be there from 6 p.m. - 8 p.m.

Sunday, July 3, 6 p.m. - 8 p.m.

Hoedown on the Green - Join your neighbors for a pie-eating contest, a pie baking contest, live music by Bob Perilla's bluegrass band, and ice cream compliments of MacMarket. All are invited to this free event. Palisades Rec Center

Monday, July 4, 11 a.m.

Palisades July 4th Parade and Picnic - Do not miss the Palisades Community Association's 56th annual parade followed by a free picnic at the Palisades Rec Center. The parade kicks off on Whitehaven Pkwy at 11 a.m. March with Palisades Village or cheer us on from the sidewalk. Contact the office if you would like to march with us.

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	Bi-Weekly on Fridays, 1 - 2 p.m. The Art of Looking --By sharing observations, interpretations, questions, and ideas, participants build on their own
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<p>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>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

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](#)

Next Week at Palisades Village
July 3 — 9, 2022

Office Closed

Mon 07 / 04 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

July 4 Parade

Mon 07 / 04 / 2022 at 10:45 AM

Where: Start of Parade Route, Whitehaven Pkwy NW, Washington, DC

[More Information](#)

Yoga

Tue 07 / 05 / 2022 at 3:00 PM

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

[More Information](#)

Canceled: Walking Club - Georgetown

Wed 07 / 06 / 2022 at 8:30 AM

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

[More Information](#)

Tap Dancing

Thu 07 / 07 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 07 / 07 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 07 / 09 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village