




# ACROSS THE FENCE

## May 29, 2022

Before kicking off the summer holiday season, let's take a moment to honor and remember those who made the ultimate sacrifice in service to our nation. There is a wall of 645,000 red poppies on the Mall to honor the American lives lost to military service since World War I.

Monday, May 30	Tuesday, May 31	Wednesday, June 1	Thursday, June 2	Friday, June 3	Saturday, June 4
 <p>Office is closed for Memorial Day</p>	<p>9:30 a.m. <a href="#">Planner Group</a></p> <p>12 p.m. <a href="#">Art Introspection - Georgia O'Keeffe</a></p> <p>3 p.m. <a href="#">Yoga</a></p>	<p>8:30 a.m. <a href="#">Walking Club</a></p> <p>7 p.m. <a href="#">Ward 2 City Council Candidate Virtual Forum</a></p>	<p>1 p.m. <a href="#">Tap Dancing</a></p> <p>3 p.m. <a href="#">Virtual Yoga</a></p> <p>5 p.m. <a href="#">Board Meeting</a></p>	<p>10 a.m. <a href="#">National Donut Day</a></p>	<p>9:30 a.m. <a href="#">Mindful Knitting</a></p>

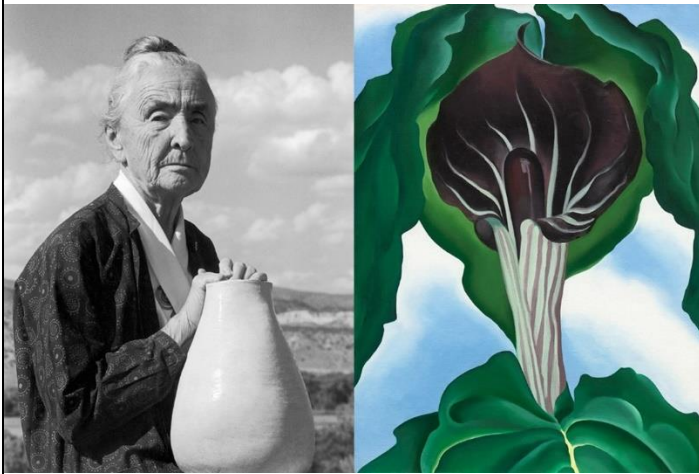
## This week:

### Tuesday, May 31, 12 noon - 1 p.m. ART INTROSPECTION - GEORGIA O'KEEFFE on Zoom

Georgie O'Keeffe is one of America's most prolific modern painters. Known for her paintings of flowers, New York skyscrapers, and New Mexico landscapes, she is often called the *Mother of American Modernism*.

As a hardworking professional, she rejected the gendered interpretations of her work and forged a new path for herself, using photography, Modernist ideas, and aesthetics

of Asian art as her inspiration. She helped to establish a new and significant space for female artists in a realm that has often been dominated by men.



Join us on May 31<sup>st</sup> from 12-1 p.m. for an inter-village discussion on the life of Georgia O'Keeffe, as told through her paintings.

If you have any questions, please contact Laura, our art therapy intern at [lauramahon@gwmail.gwu.edu](mailto:lauramahon@gwmail.gwu.edu) or contact your DC Village office.

Register [here](#).

**Wednesday, June 1, 7 p.m.**

### **Ward 3 City Council Candidates Virtual Forum**



#### **TOPIC — AGING/OLDER ADULTS**

The candidates will be asked about their priorities impacting older adults (specifically in Ward 3 and, if time allows, citywide). The remaining questions will address the specific topics of transportation, housing, isolation, health/food, and economic security.

If you have a question related to health/food for older adults in Ward 3, please submit it to the PV office by May 30.

More information can be found [here](#). Join the Zoom meeting [here](#). Meeting ID: 868 4139 0840 Passcode: 677431

## **Tap Dancing with Charlee - In person or Zoom**

**Thursdays, 1 - 2 p.m. starting June 2**



Palisades Village is excited to announce a new tap dancing class for all those 50+ (open to members and non-members).

A one-hour tap dancing class will be offered in the social hall of the Palisades Hub from 1-2 p.m. every Thursday starting June 2nd. 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. They can be purchased at [Footlights](#) in Silver Spring, [Target](#), or [Amazon](#). Register [here](#).



**June 3rd is National Donut Day and we are celebrating in person!**  
**Friday, June 3, 10 - 11 a.m.**

Join us from 10 - 11 a.m. on Friday, June 3rd to enjoy a donut and fellowship with your Palisades Village friends (weather permitting). We will be outside in the garden area facing Cathedral Avenue. Register [here](#).

## ***Coming Up:***

**LIVING YOUR BEST LIFE AFTER RETIREMENT on ZOOM**  
**Monday, June 6, 10 a.m. - 11 a.m. (and will continue the first and third Monday of the month)**



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.

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](#).

### *Gilded Age Mansions of Dupont Circle*



### **GILDED AGE MANSIONS OF DUPONT CIRCLE ON ZOOM**

**Tuesday, June 7, 1:30 p.m. - 2:30 p.m.**

This richly-illustrated presentation—a virtual tour of still-standing mansions in the Dupont Circle area built by an eclectic mix of business moguls, politicians, newspaper publishers, and others of means—will look at the varied architecture and recall the lives—and foibles—of the residents.

Speaker: Ralph Buglass previously spoke at Palisades Village on “Presidents in Unexpected Places.” That talk, like the upcoming one, draws on a popular course he gives at American University’s Osher Lifelong Learning Program titled “Off the Beaten Path in the DC Area.” He also has spoken at the DC Preservation League and George Washington University Museum.

Register [here](#).

### **Virtual Volunteer Training - Medical Note Taking on Zoom**

**Friday, June 10, 12 - 2 p.m.**



Please join us for our upcoming training on how to become a Medical Note Taker! Northwest Neighbors Village executive director, Stephanie Chong, will be presenting the Medical Note Taking training. The training is required to volunteer for all medical note taking requests. A medical note taker is a volunteer



who accompanies a member to a medical appointment, listens well, takes notes, and provides notes to the member in a timely fashion.

**You will learn:**

- Understand why medical notes matter in today's healthcare environment
- Understand the role of the medical note taker
- Understand the differences between medical note taking and medical advocacy
- Understand how confidentiality and HIPAA guidelines are applied

Materials will be sent to all attendees in advance of the training.

*This training is open to all active volunteers at Cleveland & Woodley Park Village, Northwest Neighbors Village, and Palisades Village. Register [here](#).*

**Crime Prevention with Officer McElwee**

**Tuesday, June 14, 1:30 - 2:30 p.m. on Zoom**



Officer Tony McElwee has been a part of the Palisades community for over 21 years. As the lead Traffic Officer, he is responsible for keeping our community streets safe (among many other things). You may not see him because he drives an unmarked car, but trust us, he is out there faithfully working hard. Not only he is out on the streets enforcing traffic laws, he gives crime and

traffic updates at the Palisades Community Association Town Halls every month, organizes the police presence at the annual July 4th parade and even judges the annual pie eating contest every July 3rd at the Hoedown at the Palisades Rec Center. Officer McElwee has been invited to give an update on crime and traffic statistics in the Palisades and neighboring communities and will share crime prevention tips and information on DC's private camera security rebate program. He is happy to answer any questions you may have. Please join us for this informative talk. Register [here](#).



**Spring Fling Garden Party - in person**  
**Wednesday, June 15, 5:30 p.m. - 7:30 p.m.**

You're invited to celebrate the final days of Spring and enjoy the lovely gardens at the Halal's beautifully landscaped yard. The Palisades Pan Handlers will be crafting scrumptious hors d'oeuvres to accompany the wine and beverages.

Rain date: Thursday, June 16th

PV Members only (Full and Associate). Register [here](#).

*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**.*



Our series of Art Introspectives on Picasso culminated in a great outing to the Phillips Collection on May 18th. We got to appreciate and discuss the work in the museum before the public was admitted. The education team was phenomenal.

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](mailto:ebanton@palisadesvillage.org).

## 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.

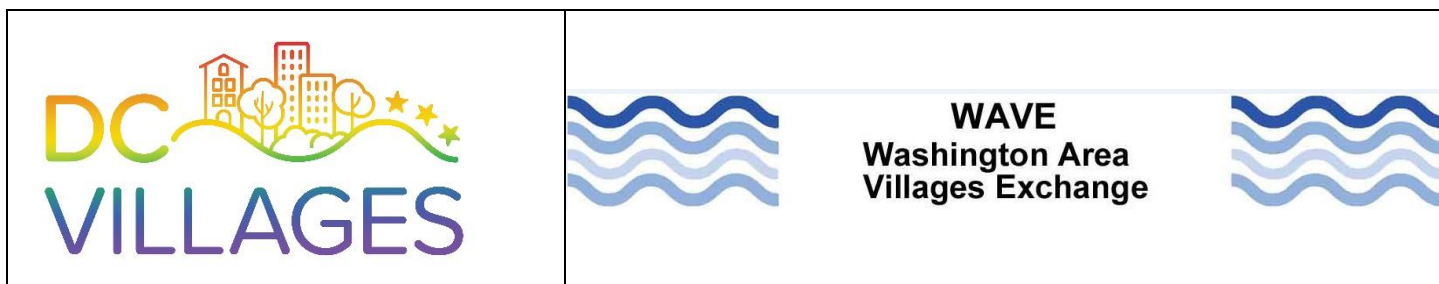
Can't get out of the house for a vaccination? DC Health will come to you. Call **1-855-363-0333** to request a home visit.

**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 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>.

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.



**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, May 31, 11 a.m. - noon**

**Fiona Hill on "Finding Opportunity in the 21st Century"** -- Hill will discuss her book, in which she shares lessons learned, and explains that only by expanding opportunity can we save our democracy. Register [here](#).

**Wednesday, June 1, 2 p.m.**

**Slavery in the President's Neighborhood** - Many people think of the White House as a symbol of democracy, but it also embodies America's complicated past and the

paradoxical relationship between slavery and freedom in the nation's capital. The White House Historical Association's Slavery in the President's Neighborhood initiative explores this history and shares the lives of the enslaved workers who built, lived, and worked at the White House. Join White House Historian Sarah Fling as she shares this research and highlights a few of these fascinating individuals. Register [here](#).

**Tuesday, June 14, 11a.m.**

**Virtual Speaker Series - Notre-Dame: Restoring an Icon** - The devastating fire that engulfed Notre Dame Cathedral in April 2019 destroyed beloved parts of that iconic structure, including the timber roof framework and crossing spire. But other crucial elements survived miraculously intact. The rebuilding of Notre Dame is posing hard questions of historic preservation and revealing strong opinions about what constitutes a proper reconstruction of this iconic cathedral. Register [here](#).

**Thursday, June 16, 6 p.m. - 8 p.m.**

**DC Villages 2022 Pride Celebration** - All are invited to join us as we celebrate LGBT+ older adults and the entire LGBT+ community with us. This event will include food and drink, socializing, trivia, and more. We will be at St Matthew's Church (222 M St SW, 20024). 20 on-site parking spaces will be available, carpooling is encouraged. Our venue is located two blocks from the Waterfront Metro Station. Register [here](#).

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## 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](mailto: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 May 31st topic: Play Online with Google Arts and Culture

**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

### Saturday, June 4, 10 a.m. - 2 p.m.

Tired of having that stack of old electronic equipment in your home? Bring the items to the next E-waste collection: 4450 Wisconsin Ave. (near Tenley-Friendship Library). For a complete list of what is accepted, click [here](#).

### June 9 through July 3

***Fires in the Mirror*** -- Theater J presents Anna Deveare Smith's groundbreaking documentary play. Performed more than 30 years after the life-changing riots in Crown Heights, Brooklyn, this theatrical event offers a tour-de-force solo performance and a story that touches upon every American today, regardless of race, color, or beliefs. 15% **VILLAGE DISCOUNT** (code **VILLAGES**). Tickets and more information [here](#) or at Box Office (202-777-3210)

### Tuesday, June 21

**Primary Election Day**-- All active registered voters will be sent a mail-in ballot at their registered address. You can return your completed mail-in ballot to any Mail Ballot Drop Box, USPS location, or at any Early Vote Center or Election Day Vote Center. There are various accommodations for those who want to vote in person. For more information, click [here](#).

## Ongoing Events:

### 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.

<b>Bereavement Support Groups</b> --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 <b>202-537-4942</b> for more information or go to <a href="#">Calendar   Widowed Persons Outreach (wpodc.org)</a>	<b>Bi-Weekly on Fridays, 1 - 2 p.m.</b> <b><a href="#">The Art of Looking</a></b> --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.
<b>Mondays, Wednesdays, and Fridays at noon.</b> <b><a href="#">Smithsonian National Museum of Asian Art's free 30-minute online meditations</a></b> -	<b>Weekly on Mondays from 2 - 3:15 p.m.</b> <b>Just Us at the National Gallery of Art</b> -- Provides interactive, discussion-based experiences for people with memory loss

- 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.	and their care partners. For more information go to <a href="https://www.nga.gov/calendar/guided-tours/just-us.html">https://www.nga.gov/calendar/guided-tours/just-us.html</a> . To register, please email <a href="mailto:access@nga.gov">access@nga.gov</a> .
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**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](#).

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### 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](mailto:aourand@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
May 29 — June 4, 2022

**Memorial Day - Office Closed**

Mon 05 / 30 / 2022 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**Canceled: William Yates Fitness**

Mon 05 / 30 / 2022 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 05 / 31 / 2022 at 9:30 AM

[More Information](#)

**Art Introspection - Georgia O'Keeffe**

Tue 05 / 31 / 2022 at 12:00 PM

[More Information](#)

**Yoga**

Tue 05 / 31 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 06 / 01 / 2022 at 8:30 AM

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

[More Information](#)

**Ward 3 City Council Candidate Virtual Forum**

Wed 06 / 01 / 2022 at 7:00 PM

Where: via Zoom

[More Information](#)

**Tap Dancing**

Thu 06 / 02 / 2022 at 1:00 PM

[More Information](#)

**Virtual Yoga**

Thu 06 / 02 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Board Meeting**

Thu 06 / 02 / 2022 at 5:00 PM

[More Information](#)

**National Donut Day**

Fri 06 / 03 / 2022 at 10:00 AM

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

[More Information](#)

**Mindful Knitting**

Sat 06 / 04 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village

June 5 — 11, 2022

**LIVING YOUR BEST LIFE AFTER RETIREMENT**

Mon 06 / 06 / 2022 at 10:00 AM

[More Information](#)

**Book Club**

Mon 06 / 06 / 2022 at 1:00 PM

[More Information](#)

**William Yates Fitness**

Mon 06 / 06 / 2022 at 3:30 PM

[More Information](#)

**Planner Group**

Tue 06 / 07 / 2022 at 9:30 AM

[More Information](#)

**Gilded Age Mansions of Dupont Circle**

Tue 06 / 07 / 2022 at 1:30 PM

[More Information](#)

**Yoga**

Tue 06 / 07 / 2022 at 3:00 PM

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

[More Information](#)

**Walking Club - Georgetown**

Wed 06 / 08 / 2022 at 8:30 AM

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

[More Information](#)

**Tap Dancing**

Thu 06 / 09 / 2022 at 1:00 PM

[More Information](#)



## **Virtual Yoga**

Thu 06 / 09 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Volunteer Training - Medical Note Taking**

Fri 06 / 10 / 2022 at 12:00 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 06 / 11 / 2022 at 9:30 AM

[More Information](#)

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

Thank you!

Palisades Village