



Building an Engaged and Supportive Community of Neighbors

PALISADES VILLAGE

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



ACROSS THE FENCE

July 31, 2022

Our annual Summer Picnic was so much fun. Kudos to all of you who braved the heat to come out and socialize. We applaud you for taking advantage of what the Village has to offer. You – our fabulous members – are the Village. Together, we are building community, staying active, meeting new people and having fun. Thanks for being a part of it!

Thank you to all who have filled out the DC Village's Annual Member Survey! The deadline to fill out the survey is **July 31st** at 11:59pm. If you haven't filled it out, we would appreciate you doing it now. To complete the survey, simply click [here](#). This will not take much time, and the data we can gather from this survey is invaluable to us, so thank you for the feedback!

Monday, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5	Saturday, August 6
1 p.m. Book Club 3:30 p.m. William Yates Fitness	3:00 p.m. Yoga	8:30 a.m. Walking Club - Georgetown	1:00 p.m. Tap Dancing 3 p.m. Virtual Yoga		9:30 a.m. Mindful Knitting

Coming Up:



Volunteer Potluck

Tuesday, August 9th, 6 p.m. - 8 p.m.
Sreedhar's Home, 5110 Sherier Pl NW

This year the Volunteer Potluck will be a Mexican fiesta! All you faithful volunteers, bring a dish (homemade, takeout, or store-bought) and join other volunteers for a relaxed evening. Y'all come now! PV will provide the beverages (including margaritas!). If you have a ukulele, bring it along! *It will be un buen tiempo!* Register [here](#).

Wednesday, August 10, 11 a.m. - 12 noon

ZOOM presentation: Traditional Medicare vs Advantage Plans

Mark your calendars for this important talk. More details in next week's newsletter. 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**.*

The annual Summer Picnic last week was so much fun. The menu of slow-roasted brisket, grilled kielbasa, Tuscan bean salad, roasted potatoes, homemade coleslaw, and key lime pie was delicious! Village members enjoyed catching up with old friends and meeting new ones while listening to the tunes of The Grandsons.



Wishing Palisades Village member **Julia Cancio** a
HAPPY 100th BIRTHDAY on August 3rd!
 Here's to 100 years of memories and 100 years of
 life!
Welcome to your new status as a Centenarian!



Beat the Heat Movie Series

Waterfront Village invites all DC Villages to join us for a summer movie series at Miracle Theatre on Barracks Row (535 8th Street SE). The Movie Monday Matinees have been scheduled in August to let folks relax in an air-conditioned theater watching some of the summer's hottest hits. All movies are just \$6.00 per ticket. Movies start at 1:00 p.m.

We ask that all participants be fully vaccinated. The theater has capacity for 300 people, so we expect that social distancing will be possible.

August 1 -- Phantom of the Open The first movie of the series is the feel-good movie of the year. *Phantom of the Open* tells the remarkable true story of Maurice Flitcroft, a crane operator and optimist who, with the support of family and friends, managed to gain entry to the 1976 British Open qualifying tournament, despite never playing a round of golf before! If you liked last year's Dream Horse, you will love this movie.

August 15 -- Mrs. Smith Goes to Paris In partnership with the House of Dior, "Mrs. Harris Goes To Paris" tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

August 29 -- Top Gun Maverick With more than \$647 million in tickets sold, this is the blockbuster movie of 2022. The sequel to Top Gun (1986) and the second installment in the Top Gun film series, the film stars Tom Cruise as Captain Pete "Maverick" Mitchell reprising his role from the original, alongside Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell, Lewis Pullman, Ed Harris, and Val Kilmer (who also reprises his role). It follows Maverick confronting his past while training a group of younger TOPGUN graduates.

Barracks Row also is home to some wonderful restaurants for those who would like to combine the theater experience with lunch or an early dinner.

Welcome to our New Art Intern, Sireen!



Sireen Jawdat is our new art therapy graduate student for the coming year. Sireen uses they/them pronouns. Sireen is a second-year student with GWU's graduate art therapy program. They are excited about working with the Villages.

Before starting the program at GW, Sireen studied fine art for several years. Sireen's favorite art modalities are portrait-painting, illustration, and found object sculpture. Sireen has a great appreciation for modern and contemporary abstract art, as well as folk art, the Dada movement and the Impressionist movement. Vibrant colors and landscapes are also included in

Sireen's favorite types of art. In addition to working with members individually, Sireen will also continue the group work of last year's art therapy intern with art introspections. The first one will be in August (date to be announced soon). Sireen is very excited about starting to meet our members and will likely show up at some village events this fall.

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.

Thursday, August 11, 4 p.m. - 5 p.m. - Tooth or Consequences: Be True to Your Teeth or They'll Be False to You! We've all been brushing our teeth since we were children but have we been doing it correctly? In this presentation, Dr. Sal Selvaggio will discuss the importance of proper brushing and flossing and the implications for our general health when the oral bacteria population "goes bad". He will also provide information about caring for dentures and helpful tips for communicating with your dentist. Register [here](#).

Thursday, September 8, 11 a.m. - 12 p.m. - Creative Wellbeing in Later Life - People over the age of sixty-five now outnumber those under the age of five for the first time in human history. Nevertheless, more older adults suffer from feelings of loneliness, boredom, and helplessness. However, older adults who maintain or adopt an art- or music-making practice often experience greater satisfaction in their lives. In this presentation, folklorist Jon Kay shares observations from more than twenty-five years of documenting the expressive lives of elders. Register [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 August 2nd topic: Zoom Refresher

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.

Community Events:

Sunday, July 31, 6 p.m. - 8 p.m. Palisades Community Association Summer Concert at Hardy Park 4500 Q St NW -- This free concert will feature The Hardy Park Allstars who will play rock cover songs. Come out to mingle with your neighbors and see the beautiful park renovation. Bring a picnic, blanket or a chair.

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	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
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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)	each meeting. Each session lasts one hour and is completely interactive. NGA educators will facilitate the conversation to create an environment for shared learning.
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.	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 .
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 .	

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 31 — August 6, 2022

Book Club

Mon 08 / 01 / 2022 at 1:00 PM

[More Information](#)

William Yates Fitness

Mon 08 / 01 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 02 / 2022 at 3:00 PM

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

[More Information](#)

Walking Club - Georgetown

Wed 08 / 03 / 2022 at 8:30 AM

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

[More Information](#)

Tap Dancing

Thu 08 / 04 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 08 / 04 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 06 / 2022 at 9:30 AM

[More Information](#)

Next Week at Palisades Village
August 7 — 13, 2022

William Yates Fitness

Mon 08 / 08 / 2022 at 3:30 PM

[More Information](#)

Yoga

Tue 08 / 09 / 2022 at 3:00 PM

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

[More Information](#)

Volunteer Potluck

Tue 08 / 09 / 2022 at 6:00 PM

Where: Private Home, please log in to see more

[More Information](#)

Walking Club - Georgetown

Wed 08 / 10 / 2022 at 8:30 AM

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

[More Information](#)

Traditional Medicare Vs. Medicare Advantage Plans

Wed 08 / 10 / 2022 at 11:00 AM

Where: Zoom

[More Information](#)

Canceled: Tap Dancing

Thu 08 / 11 / 2022 at 1:00 PM

[More Information](#)

Virtual Yoga

Thu 08 / 11 / 2022 at 3:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 08 / 13 / 2022 at 9:30 AM

[More Information](#)

ALL OUR EVENTS ON THE VILLAGE WEBSITE

Thank you!

Palisades Village