



Across the Fence

March 21, 2021

It's Finally Here! Happy Spring!

The latest information that we have on the COVID vaccinations is in our weekly COVID Corner below or on our [website](#).

Upcoming Palisades Village Events:

Improve your strength and balance at [Fitness](#) class on Monday at 3 p.m. so you can enjoy long walks in the sunshine. The regular Tuesday and Thursday Yoga classes are on spring break but you can join the Chair Yoga class this Wednesday as part of the DC Village Wellness Wednesday (see below for link).

This is the fourth Tuesday which means our [Storytelling](#) Group is back at 3 p.m. Come find out why this group has been meeting the second and fourth Tuesday for years. They will inspire you to share a story of your own.

Join villagers from across the District on March 24 from 1-2 p.m. for [Wellness Wednesday Chair Yoga Class](#) with Antonia. East Rock Creek Village is sponsoring this week. Here is the Zoom link to join the class: <https://us02web.zoom.us/j/85628785908?pwd=Ylp1VzZ5dzBDUFA1aFRWMkVmalpNZz09> Wear loose clothing and take off your shoes. Find a chair without wheels and with a high back and clear some floor space where you can see your Zoom screen.

Bring a cup of tea (or beverage of your choice) and enjoy some piano [tunes](#) with our GW intern (our trivia game host...she's multi-talented!) Jennifer Howell on **Wednesday, March 24 at 4 p.m.** The program will stretch from classical to movie music to new age and include the works of Nino Rota, Will Jennings & Joe Sample, Alan Menken, David Lanz, and J. S. Bach.

Today's Trivia: Did you know that DC had [an official song](#) penned by Jimmie Dodd who went on to lead the Mouseketeers in the original "Mickey Mouse Club" in 1955? [Trivia](#) on Thursday, March 25 at 4:30 p.m. Our GW intern and host Jennifer Howell leads with a list of questions with multiple choice answers. Typically there is a little debate among the attendees about which would be the correct answer. After explaining the answer, Jennifer shares fun related facts. Last week the attendees shared great questions of their own. This week will focus on the royal family.

[Mindful Knitting](#) will take place at 9:30 a.m. this Saturday, March 27. Whether you're a beginner or a long-time knitter, spend a relaxing hour working on the project of your choice. If you're new to knitting or a bit rusty, email Roseanna at rschwamm@yahoo.com to set up a time to help you get started.

And next week we can look forward to learning about [Margherita Sarfatti](#) and the Novecento Italiano art movement. Erich Keel is going to share the story of her fascinating life as an art critic and the mistress of Benito Mussolini. This talk will focus on this remarkable woman, born to a wealthy family in Venice and taught by some of the best tutors the country could offer. With her formidable education, she began to write art criticism, eventually becoming the spokesperson for a new movement in Italian art in the Twenties. First an asset, her association with Mussolini turned later, in the years before WWII, into a liability. It was her innate smartness (and luck) that allowed her to avoid the tragic fate of so many of her faith, escape Italy, and continue her career in Argentina before returning home after the war. Join us on **Tuesday, March 30 at 2 p.m.** to learn more.

All events are being held on Zoom. You must register to get the link for each event. 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](#).

COVID Corner:

The new preregistration system for getting COVID vaccines in DC is getting good reviews. Last week, all of those over 65+ who preregistered were offered an appointment. Preregister now! **Pre-registration is now open to all District residents, not just for those who are currently eligible for the vaccine.** Current eligibility remains limited to seniors, certain workers,

those with qualifying medical conditions, and [now restaurant/bar/coffee shop staff](#), but it is important that everyone pre-register now so you're in the system come May 1st when eligibility will expand to all District residents per [President Biden's directive](#). Residents may pre-register through [vaccinate.dc.gov](#) or by calling the coronavirus call center at **1-855-363-0333**.

Remember, with the new pre-registration system, individuals can register online at any time on any day via [vaccinate.dc.gov](#), or register by phone by calling the call center Monday-Friday from 8:00 a.m. to 7:00 p.m. or on Saturday and Sunday from 8:00 a.m. to 4:00 p.m. Language translation services are available through the call center. Call center staff are also able to take calls from 711, a free video relay service from the FCC that allows individuals to sign with a hearing interpreter who is then talking on the phone with a call taker.

Register and if you are currently eligible for the vaccine in DC will be part of the randomized selection process when appointments open. Once invitations go out, individuals have 48 hours to book their appointment. If an individual does not book their appointment, their name will go back in the pre-registration system (after three unanswered invitations an individual will need to register in the system again).

Appointment invitations will be sent:

- Thursdays by 10:00 a.m.
- Sundays by 10:00 a.m.
- And, only if any appointments still need to be filled, Tuesdays by 10:00 a.m.

Preregister and you will get an invitation to get an appointment. It may not happen today but it will happen. Encourage neighbors, friends, and family to preregister. We can help with their registration! Palisades Village is getting our members to their vaccination appointments. If we can help you, let us know.

DC has a YouTube video on the <https://coronavirus.dc.gov/vaccinatedc> website that walks you through the process. **If you need assistance, please call the Palisades Village office and we will find a volunteer to help you.** *Our goal is to have 100% of our Village vaccinated! We are here*

to help!

Information on the vaccine and other COVID-related resources can be found on our [website](#).

Palisades Village Stands with our Asian American Neighbors

This is a troubling time and we are very saddened by the rising violence and hate crimes against the Asian American community. The FBI has warned of a continued surge in hate crimes against this community, and many of them are unfortunately aimed at older adults.

Palisades Village fosters an environment in which all feel safe, valued, and cared for, and are given opportunities to form meaningful connections. We embrace differences in age, race, gender identity/gender expression, sexual orientation, ethnicity, national origin, religion, ability, financial means, education, and political perspective.

Here is a link to some [Anti Asian Violence Resources](#).

Free Tax Help:

Wally Hamsher, one of our Board members who is a CPA with a lot of experience, is offering his assistance free for anyone who needs tax preparation advice or their tax returns completed. If interested please call Wally at **(202) 333-2408** home or **(202) 841-7952**.

[AARP Tax-Aide Service](#) is another free option. They are offering contact-free options this year.

Volunteer Corner:

Steve Williams: Accounting for Change

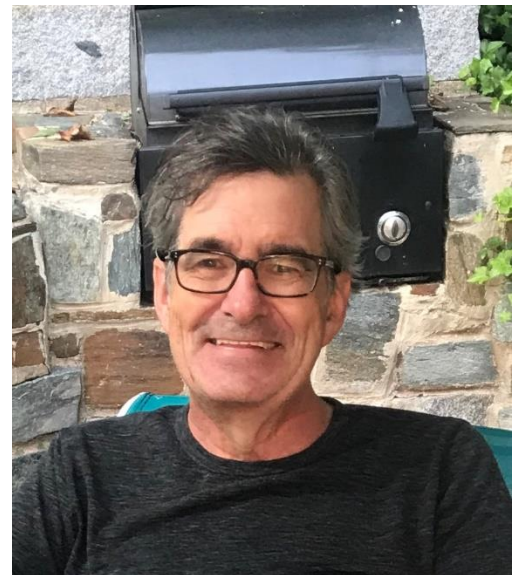
All those years we've walked or trucked along as the Palisades Village contingent in the Palisades' 4th of July Parade paid off recently in the person of one of our newest volunteers, Steve Williams. Seeing our cheery little banner-carrying posse



trouping along in the Parade, Steve's interest in our Village was piqued. Post-retirement, when he had time to think about volunteer work, he called our director, Andrea Saccoccia, to check us out: When COVID-19 hit, he was ready to lend a hand. He had been able to get appointments for vaccinations for himself and his wife, Mary Ann, and then he helped some of their friends secure appointments,

so turning to the Village to facilitate appointments for our members seemed the next logical step. To date, he's made appointments for and driven about a dozen of our members to their shots. He's enjoyed these contacts with our members and has found that being proactive and reaching out to help them and the Village has helped him combat his own Covid-induced boredom. In addition, he's found it gratifying to get to know our members, hear their stories, and enjoy a human connection with them. As things open up a bit and when social distancing is no longer the rule, Steve also looks forward to helping our members with small home repairs, as well as setting up their televisions and cell phones.

Steve and Mary Ann have lived in Wesley Heights for 34 years and love the neighborhood and our part of town, where they raised their two sons, Nick (33) and Chris (29), who now live in Northern California's Bay Area. Steve retired from his career as an international tax specialist with PricewaterhouseCoopers in 2018. His work in international business had taken him to many European countries, plus China, Japan, Singapore, Liberia, Brazil, and Mexico. BC (before Covid), his and Mary Ann's leisure travel was mostly to California to visit Nick and his wife, Taylor, and Chris, and his girlfriend, Blair. They also traveled to Southern California's Laguna Beach, where his great-grandparents retired in 1938 and where the extended family of 80 descendants now shares vacation visitation privileges to the family homestead there. Steve retains his French from his service teaching English with the Peace Corps in French-



speaking West Africa; Mary Ann taught high school French until her retirement in 2015, so France has been a favorite travel destination, too. Like the rest of us, they miss travel, movie theaters, museums, the zoo, dinner out, and time with friends, but they still enjoy walks in the neighborhood and in the forest. Steve has taken up bicycling again: he's looking into biking portions of the C & O Canal Trail.

Welcome to Palisades Village, Steve and Mary Ann. We look forward to getting to know you when we resume our in-person merrymaking ways!

Jude Michaels, Palisades Village Associate Member and Volunteer

Palisades Village Current Member Services:

Members: Please let the office know if you need help with any of the following:

- Contactless Grocery Shopping and Delivery services
- Prescription drugs pick up
- Meals, Soup, and Baked goods
- Mask and Hand Sanitizer Delivery and Distribution
- Reading and Financial Assistance
- Remote IT assistance--zoom training, email assistance via phone, etc. -- including help with registration for COVID vaccinations
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the "front porch," outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- Access to our in-house library inventory and free delivery to your door! (Ask us how you can access these great books!)
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

Creative Corner:



Dedicated to Claudia, the most special flower in my life

Painting by Roberto Werebe, Member and Volunteer

moveDC Survey:

DDOT wants your input on moveDC, the District's long-range transportation plan. Want faster travel times? Worried about safety for pedestrians, cyclists, or drivers? Have thoughts on how DDOT should use and dedicate roadway spaces? Take the moveDC Phase 2 Survey and tell DDOT what your priorities are! Your responses and comments in the survey help us make the District better for all! The survey closes on March 31st. Take the survey [here](#).

Palisades Village Connect and Learn: On the [Connect and Learn](#) page on our website, we have everything from neighborhood walks to virtual outings and fitness classes. Check it out!



The DC Area Villages work closely together to share resources and access to some events.

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them (and a couple that are not included). Register by clicking on the link in the title or in the description.

Monday, March 22, 11 a.m.

[Living Healthier and Happier in Retirement - Essential Steps](#) -- Learn how to Live Happier and Healthier in Retirement with Brad Bickford especially in this pandemic time. Key pillars to this entail focusing on one's emotional/psychological, physical, social, relationship, and spiritual components. In addition, learning how to keep our brains healthy is critical. Bickford, BCD, LCSW is an instructor of adult education at the Osher Lifelong Learning Institute (OLLI) at American University, lecturer, and practicing clinician. He will use humor and lead activities along with a PowerPoint presentation on this topic. Zoom login information will be emailed to registrants.

Monday, March 22, 3:30 p.m.

[Live & Learn: Social Media 101](#)-- Twitter, Facebook, Instagram. Many people use these Social Media platforms every day. Should you? Our March program will explore who uses these platforms, for what purposes. NOTE: This is an overview of these platforms and NOT hands-on instruction. You won't learn, for example, how to post on Facebook or Twitter but you'll learn why you may want to (or not).

Tuesday, March 23, 11 a.m.

[How to Avoid Being Defrauded in the Times of Covid-19](#)-- Fraudsters love a disaster – and COVID-19 is no different. Come listen to Suzanne and learn about the current investment frauds and scams, how to identify the red flags of fraud, and how to protect your hard-earned money.

Tuesday, March 23, 1 p.m.

[U.S. Army Women's Museum An Island of Integration](#) -- As our nation fought abroad in WWII, the stirrings of another fight were beginning at home. With an educator from the U.S. Army Women's Museum, follow the journey of African American men and women as desegregation began in the U.S. Army. Witness the history being made at home and abroad by examining original photographs, documents, newspapers, and artifacts. This story carries us from Fort Des Moines, Iowa in 1942 to Camp Lee, Virginia in 1952. Zoom login information will be emailed to registrants the day before the event.

Tuesday, March 23, 2 p.m.

[The Murrow Boys - News Broadcasting during WWII with Brian Belanger](#) -- From the National Capital Radio and TV Museum “And now we take you to London.” The dramatic “hard news” of World War II broadcast live by Edward R. Murrow and the young journalists he hired for CBS changed the way listeners experienced current events. This talk will describe Murrow and his colleagues and the way they reported the news, risking their lives to keep the world informed of events as they were happening--just as 50 years later CNN brought visual images of another war into our homes. You'll also hear audio clips of those significant broadcasts that are sure to heighten our appreciation of their commitment to meaningful journalism. Zoom login information will be emailed to registrants 24 hours before the event.

Tuesday, March 23, 7:30 p.m.

Going on a Plastics Diet: How to Reduce Your Use -- Plastics permeate our lives - household products and furnishings, packaging of our food, drinks, cosmetics, our Amazon purchases. They are cheap and convenient. Plus they are sometimes recycled and fabricated into inventive new products. But plastic recycling is mostly a myth, inventive new products often marketing hype. In truth, plastics clog our oceans and overflow our landfills. They endanger our health. But who has time to ferret out alternatives? Join Jeanne Lenehan, a typical consumer, and ardent environmentalist, as she describes her 10-year journey to reduce her use of plastics. Zoom

login <https://us02web.zoom.us/j/86259116900?pwd=disyeS8zV2NjWl1akxWeWJYeURSZz09> Meeting ID: 862 5911 6900 Passcode: 489784

Wednesday, March 24, 2 p.m.

Laughing Matters! -- The Smithsonian's National Museum of American History is well-known as the home of the Star Spangled Banner, Abraham Lincoln's Hat, and perhaps most of all, Archie Bunker's chair from All in the Family. It might seem absurd, but TV comedy has become an essential mover of American history, bringing the wider world into our living rooms and shaping perceptions of politics, social change, and our fellow citizens. The museum's entertainment curator Ryan Lintelman will share his thoughts on the history of the sitcom and the importance of comedy in American life in a multimedia presentation with photographs and video clips from some significant television programs. Lintelman cares for the national collection of entertainment history and is currently writing a book titled Laughing Matters: How Comedy Shaped American History. Zoom login information will be emailed to registrants 24 hours before the event.

Wednesday, March 24, 2 p.m.

A Tale of Two Counties: The Status of Women in Montgomery County -- Patricia Maclay MD, a Commissioner with the Montgomery County Commission for Women (CFW) will present an overview of the Commission's work in the community. Covering topics ranging from youth engagement to the Women's Legislative Briefing, Dr. Maclay will invite discussion about the issues facing women and girls in the County. Please feel free to look at the CFW website for even more information. Co-sponsored with Connie Morella Library. Zoom:

<https://zoom.us/j/92065319697?pwd=bWFqR3hCSIRZMTdqSGpMZTFoNXk0UT09>

Wednesday, March 24, 5:30 p.m.

Contested Histories with Nancy Hirshbein, Museum Docent and Founder of Dial-a-Docent

-- History might seem pretty straightforward - dates, places, and names. But the stories we tell about historical events are anything but. History is often deliberately obscured, shaped, and sometimes downright denied to serve particular purposes. Using artist Mark Bradford's monumental work "Pickett's Charge" as well as works by Titus Kaphar, Hirshhorn museum docent Nancy Hirshbein will lead us in a discussion of some of the ways in which artists interrogate historical narrative. This subject has particular resonance as we look toward ways that these historical narratives can shape world view. The interactive presentation will last approximately 45 minutes, followed by a question and answer period. To RSVP, email lynn@georgetown-village.org or call 202-999-8988.

Wednesday, March 24, 6 p.m.

DCV CelebSalon: Future Jazz Vocal Stars from Howard University

-- Students in the Music Department at Howard University will perform a special virtual tribute concert in a mix of musical genres. The program will include a classical vocal rendition and a video of a jazz vocalist who accompanies himself on piano. Professor Connaitre Miller, who directs the program says to expect a "Musical Smorgasbord." She will be the guest host along with Professor Kehembe Eichelberger. RSVP: [Register Online](#) or contact DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net

Thursday, March 25, 12:30 p.m.

Aging Well: Understanding Age-Related Hearing Loss

-- Estimates are that 25% of us will experience hearing loss in our 60s, more than 50% in our 70s, and 80% in our 80s. Hearing loss can have significant effects on daily functioning and relationships, but because the progression is gradual, many are not aware of the changes, and often wait years to seek help. Join us for a session with representatives from the University of Maryland Hearing and Speech Clinic to understand the changes that occur with age-related hearing loss, the signs that it's time to seek help, what to expect at a hearing assessment, and to get information on hearing aids and other resources for improving hearing functioning and communication. Zoom login information will be emailed to registrants prior to the event.

Monday, April 5, 1-2:30 p.m.

***Constitutional Patriotism, Partisanship and the Future of American Democracy* [with Congressman Jamie Raskin](#)** -- Congressman Jamie Raskin is the U.S. Representative for Maryland's 8th Congressional District. He recently served as the Lead House Manager during the second Senate impeachment Trial of former President Donald Trump, which ended with a 57-43 vote to convict. This event will also be recorded, and the link to that recording will be posted on the LFV event page after the event www.littlefallsvillage.org/Raskin. This event is presented by COFFE (Council of Former Federal Executives & Associates) in collaboration with Little Falls Village and in partnership with the Little Falls Library of Montgomery County Public Libraries.

Wednesday, April 7, 6 p.m.

DCV CelebSalon: Saul Lilienstein -- Musician, Conductor, Professor --
A musical Renaissance man, Saul Lilienstein has had a storied career as a musician, music historian, opera and choral director, conductor, professor, and writer about music. For the past several years, he has transformed his deep knowledge and broad experience into a series of phenomenally popular courses, ranging from opera to jazz, Bach to the Beatles, at the Smithsonian Institution, the Levine School of Music, and many other educational settings. His commentaries for symphonic concerts at the Kennedy Center and for The Washington National Opera (WNO) are legendary, and his highly acclaimed set of 85 CDs for WNO analyzing the opera repertoire remains the most extensive series of its kind in the English language. A former student of Leonard Bernstein, Lilienstein holds B.A. and M.A. degrees in music from Queens College, NY. **RSVP: [Register Online](#) or contact the DCV Office at (202) 436-5252 or admin@dupontcirclevillage.net**

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. They have a new registration process so you will need to make sure your account is current. Here are some examples (register by clicking on the links.):

Thursday, March 25, 3 p.m.

[Meet Artist Columbus Pearl Knox](#)--On Thursday, March 25 at 3 p.m. artist and writer Carol Lee Morgan will share the work and life of wonderful artist and friend, Columbus Pearl Knox.

Weekly on Fridays, 5 p.m.

[DISDance Party](#)-- Get the weekend started by dancing using the DC Public Library's [Freegal](#) music collection. We'll DISdance along to a variety of playlists. We will review how to use this wonderful resource at 5:00 p.m. and start dancing at 5:30-6:00 p.m. This program will be hosted by our dynamic friend B Milenkovic from the DC Public Library.

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at [sibley-senior-Q1-2021-newsletter.pdf \(hopkinsmedicine.org\)](#)

[DPR](#) -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

Other Community Events:

Sunday, March 21, 2 p.m.

[James Renwick Alliance Distinguished Artist Series: Bisa Butler](#)-- Join American University's Department of Art and the AU Museum for a virtual lecture featuring artist Bisa Butler. Trained as a painter at Howard University in Washington, DC, Butler shifted to a textile-based practice to add vibrancy and dimension she found lacking in her paintings. In turning to textiles, Butler also connected with her family history. She had learned to sew at a young age from her mother and grandmother. In revisiting these early lessons and joining them with her formal studies, she found her artistic path.

Monday, March 22, 11 a.m.

D.C. Statehood Hearing -- You may or may not know that on March 22, 2021, there will be a hearing on [H.R. 51](#), which is Congresswoman

Norton's bill to provide for the admission of the State of Washington, D.C. into the Union. You can [watch](#) on the House Committee on Oversight and Reform's webpage.

March 22, 12:30 – 1:30 p.m.

Community Partnership Forum Kick-Off: Webinar on a Democratic Economy -- Join nonprofit, business, government, and university leaders from the Washington, DC metro area for a [webinar](#) on March 22, 12:30 – 1:30 pm, that will explore how we can build a DMV region which is more equitable and ecologically sustainable and meets the essential needs of all residents. The March 22 event will feature authors Marjorie Kelly and Ted Howard from the Democracy Collaborative discussing their new book, *The Making of a Democratic Economy*, which offers a compelling vision for a just and sustainable future. Isaiah Poole from the Democracy Collaborative will moderate the discussion. Free event, via Zoom: [Register here](#).

Thursday, March 25, 9:45 a.m.

[The New Jewish Canon](#)-- Join American University's Center for Israel Studies and Jewish Studies Program for a conversation with Yehuda Kurtzer and Claire Sufrin, co-editors of *The New Jewish Canon: Ideas & Debates, 1980-2015*. The conversation will be moderated by AU professor Lauren Strauss. The late twentieth and early twenty-first centuries have witnessed major changes in Jewish life, stimulating major debates. *The New Jewish Canon: Ideas & Debates, 1980-2015* offers a conceptual roadmap to make sense of such rapid change. With more than eighty excerpts from key primary texts and corresponding essays by leading scholars on such topics as history and memory, Jewish politics and the public square, religion, and identity, *The New Jewish Canon* promises to start conversations from the seminar room to the dinner table. The conversation will be moderated by AU professor Lauren Strauss.

[DOEE's solar seminar series](#) -- DOEE invites residents, landlords, and clean energy stakeholders to join the solar seminar series to learn what steps they can take to go solar. Each of these events in the solar seminar series begins at 1:00 p.m. and focuses on a specific aspect of going solar. Register here: <https://www.eventbrite.com/e/how-to-go-solar-in-dc-a-solar-seminar-series-tickets-137898717777>

Upcoming sessions & topics:

March 25, 2021: Options & Incentives

April 8, 2021: Solar Renewable Credits
May 6, 2021: Community Solar

Wednesday, March 31, 7:30 p.m.

The McDermott Trio with Paul Neubauer -- Part of the National Museum of Women in the Arts Spring concert Series. Hailed for their "dazzling virtuosity and beautifully integrated ensemble," the McDermott Trio has been recognized as one of the most exciting trios of their generation. Since their Carnegie Recital Hall debut, they have performed throughout North America, Central America, and Europe. Violist Paul Neubauer's exceptional musicality and effortless playing led the New York Times to call him "a master musician." In 2018 he made his Chicago Symphony debut with conductor Riccardo Muti and his Marinsky Orchestra debut with conductor Valery Gergiev. Neubauer is the artistic director of the Mostly Music series in New Jersey and is on the faculty of The Juilliard School and the Mannes School of Music. [Reservation required, register here](#)

Thursday, April 1, 4 - 5 p.m.

Flood and Water Damage Forum -- The DC Department of Insurance, Securities and Banking (DISB) is hosting its virtual Flood and Water Damage Forum. The forum will take place on Thursday, April 1, 2021 from 4 – 5 p.m. DISB is partnering with DC Water, DC Homeland Security and Emergency Management Agency, the DC Department of Energy and the Environment and the District of Columbia Insurance Federation on the forum. The forum is designed to provide District residents, businesses and community stakeholders with access to resources and a transparent complaint process to address water damage issues. JOIN BY PHONE **1-650-479-3208 Access Code: 160-184-7600** or JOIN BY COMPUTER bit.ly/3qbSzGd

Ongoing Events:

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. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others,

and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout rooms for this program. Please contact looking@nga.gov to request access or for more information.

Mondays, Wednesdays and Fridays at 12 p.m.

[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. Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email access@nga.gov.

Tuesday, Thursday, and Friday from 2:30 - 4 p.m.

Dance for PD -- Bowen McCauley Dance Company provides those with Parkinson's disease and their care partners the opportunity to join us each Tuesday and Friday during the Pandemic. Classes are taught utilizing a chair (seated instruction only). Learn more about the program by [clicking here](#).

COMING UP IN PALISADES VILLAGE

The following 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 ebanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village

March 21 — 27, 2021

William Yates Fitness on Zoom

Mon 03 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 03 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Canceled: Virtual Yoga

Tue 03 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Chair Yoga

Wed 03 / 24 / 2021 at 1:00 PM

Where: Zoom via East Rock Creek Village

[More Information](#)

Tea and Tunes

Wed 03 / 24 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Canceled: Virtual Yoga

Thu 03 / 25 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 03 / 25 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 27 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

March 28 — April 3, 2021

William Yates Fitness on Zoom

Mon 03 / 29 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Presentation on Margherita Sarfatti, Art Critic in Fascist Italy

Tue 03 / 30 / 2021 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 03 / 30 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Mobility As We Age

Wed 03 / 31 / 2021 at 1:00 PM

Where: Zoom via Cleveland & Woodley Park Village

[More Information](#)

Virtual Yoga

Thu 04 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 01 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 04 / 01 / 2021 at 5:00 PM

Where: via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 03 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village