



Across the Fence February 21, 2021

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:

We know that you missed class with Mr. Yates last week and are ready to stretch those muscles with [Fitness](#) class on Monday, February 22 at 3 p.m. Yoga on [Tuesdays](#) or [Thursdays](#) may be relaxing and energizing.

Our [Storytelling Group](#) will also meet on Tuesday in the afternoon at 3 p.m. Do you have a story to share with the group?

Join DC Villages for their upcoming Wellness Wednesday on February 24 at 11:30 a.m. on [Eating for Heart Health](#). February is Heart Health Month. Ever wonder how the foods you eat affect your heart? Learn how to eat for your heart, manage cholesterol and hypertension, and improve your numbers (and your health). Emily Massi, RDN, LDN at Giant Nutrition, will provide heart-healthy product recommendations and inspiration that you can add to your cart.

Join us for [Tea and Tunes](#) on Wednesday, February 24 at 4 p.m. Come by our virtual space to unwind and relax with a cup of tea while listening to live piano music. Jennifer Howell will be playing a variety of music including Classical, New Age, and movie songs.

For those who missed our [Trivia](#) game last week, our leader Jennifer Howell will be back on Thursday, February 25 at 4:30 p.m. with even more challenging questions. Share an hour with friends as you test your general knowledge of trivia! This multiple-choice game will cover subjects such as

classic books and TV shows to nautical terms and animal knowledge, and everything in between. Come to keep track of points or just for fun without keeping score! Don't miss out on the fun! (And it was a lot of fun, you'll love our college-aged volunteer!)

Please join us at 5 p.m. on Fridays for our [Happy Hour!](#) Share your ideas and hear some great suggestions on hikes, books, movies. You're in for an engaging discussion!

Join us for [Mindful Knitting](#) at 9:30 am on Saturdays. Knitting can be a great way to relax and keep yourself in the present moment. Bring your project and a cup of tea and spend time with a group of fellow knitters. 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 for the first week of March, we have a special presentation by author and journalist Evan Thomas. Last April, Evan Thomas and his wife Oscie's author talk on First, the highly praised book about Sandra Day O'Connor, was one of our most popular and highly praised events of the year. Their wealth of knowledge and engaging style were impressive. So, we are pleased that Evan Thomas has agreed to do another Palisades Village session, this time on the topic of "Presidential Leadership." As a journalist, former Newsweek editor, regular panel member on Insides Washington, and the author of numerous books including several about US presidents, it is hard to imagine a better speaker on this timely subject than Palisades resident Evan Thomas. Please join us on Thursday, March 4 at 7 p.m. for ["Presidential Leadership"](#), a conversation with Evan Thomas.

And don't forget that our [Book Club](#) will be meeting Monday, March 1. They are reading *Eleanor and Hick* by Susan Quinn.

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 information on vaccinations is changing rapidly as the city tries to get vaccines to vulnerable residents. The Mayor has announced that more

people will be eligible for vaccines in addition to health care providers and DC residents over the age of 65. Beginning on February 18th, individuals who work in four categories will become newly eligible to book vaccination appointments through vaccinate.dc.gov or by calling the District's Coronavirus Call Center at **855-363-0333**:

- individuals who work in a grocery store setting,
- health and human services and social services outreach workers, **including volunteers providing direct services**
- individuals who work in manufacturing, and
- individuals who work in food packaging (e.g. persons who work at Food & Friends and other similar facilities).

This means, many more DC employees are now eligible to receive the vaccine based on the work they perform, including employees, contractors, and volunteers who currently perform direct, in-person health or social services to residents in vulnerable, at-risk, or special populations.

The good news is that the supply of vaccines to distribute is increasing and over half of all seniors in Ward 3 have gotten at least one dose. Based on the numbers of people that Palisades Village has assisted in getting vaccines, we suspect that number is much higher in our community.

DC Health now has an alternating schedule to register for vaccines. Last week, online and telephone appointments started at 6 p.m. on Friday (for us in Ward 3) and this week they are scheduled to open at 9 a.m. on Friday. If you have internet access, you should register for an appointment through vaccinate.dc.gov at that time. If you do not have internet access, call the District's hotline at **855-363-0333**. DC has a [Vaccination Information Guide](#) that walks you through the process of registering. If you need assistance, call the Palisades Village office and we will find a volunteer to help you.

Palisades Village continues to work with Dupont Circle Village and MedSTAR Georgetown at Lafayette to get adults 65+ vaccination appointments for COVID-19. Based on availability, you may be able to receive your first shot at MedSTAR Georgetown at Lafayette Square. It is located at 1120 20th Street NW (between L and M Streets), Building 1 South, Level A inside the Orthopedic Clinic.

However, it is short notice. You are alerted only a few hours ahead of an

appointment. Folks were called and e-mailed with the confirmation, just hours before their same-day appointment. If interested, please reply to this email with your information and we will pass it along. All personal information will be kept in the strictest confidence.

Once an appointment becomes available, Palisades Village will call you AND you'll receive an email from Dupont Circle Village confirming your appointment time with instructions.

In order to participate and expedite the process we need the following information from you:

- Last Name, First Name
- DOB
- Email
- Phone
- Address
- Do you have allergies?
- Have you had reactions to flu shots?
- Do you carry an EpiPen?

Someone from Palisades Village and Dupont Circle Village will follow up with a phone call and an email to confirm once your appointment is available.

Large medical providers are also distributing vaccines. Here are the process and contact information to help you get an appointment through them.

Sibley/Johns Hopkins

- Sibley Memorial Hospital is administering the COVID-19 vaccine to patients who are age 65 and older and live in Washington, D.C., per guidance from DC Health. A patient is anyone who has sought care with a Johns Hopkins Medicine provider within the last two years. If you meet the above criteria, you are on Johns Hopkins Medicine's list to be offered a COVID-19 vaccine. Over the next few weeks, individuals who meet these criteria will be contacted via email or phone when it is their turn to schedule a COVID-19 vaccine appointment in [MyChart](#). For privacy reasons, the notification will be

titled, “You have an appointment to schedule in MyChart.” Please check your MyChart account regularly.

- Appointment Information:
 - Appointments are required for COVID-19 vaccines and can be scheduled in MyChart.
 - No walk-ins are allowed.
 - Based on vaccine supply available to Johns Hopkins Medicine at any given time, they are randomly selecting eligible patients to schedule a vaccination.
- If you would like to get the COVID-19 vaccine, you will need to activate your [MyChart](#) account. MyChart is a secure portal protected by advanced encryption technology. Only you and your designated care partner will be able to access your account via a password.

Veterans Administration

- Veterans will be notified of available appointments directly from the Veterans Administration.

Kaiser Health and One Medical

- Those of you who participate in Kaiser Health or One Medical have probably already received notifications from those practices about their plans to administer vaccines.

George Washington Hospital/GW Medical Faculty Associates

- GW Hospital is scheduling anyone who has a doctor associated with the hospital or The GW Medical Faculty Associations. For more information go to [COVID-19 Update | George Washington University Hospital \(gwhospital.com\)](#) or call **202-677-6333**.

United Medical Center

- The appointment line is **202-574-6473**. Hours: 7:30 a.m.- 6:30 p.m.

[Medstar Georgetown Hospital](#)

- Georgetown Hospital is now providing immunizations to all District of Columbia residents age 65 and over. To get an appointment, call **202-444-8168** or **202-295-0669** if you are over 65.

Howard University

- Howard reopened appointments but they are not showing any slots currently available.
- To schedule (when available): <https://app.acuityscheduling.com/schedule.php?owner=21700170>

SECOND VACCINE:

If you are having trouble getting an appointment for a second dose, you should email vaccinatedc@dc. You should get an immediate response with links included.

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

Volunteer Corner:

Are you feeling more comfortable with providing assistance to our members? Please let us know.

We would like to welcome our students from George Washington University. Jennifer Howell is sharing her musical talent as well as hosting our new Trivia game. Jamie Dickstein and Lucy Hirsch started out by contributing to this edition of *Across the Fence*.

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)
- Holiday help.

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.

Have your bike fixed while supporting Palisades Village:

Have a bike needing repair and don't want to take it to a bike shop? How about having someone come to your home? Contact “Dr. Bike”, he makes house calls. Is your bike sitting in the garage collecting dust and rust? A visit by “Dr. Bike” who would work on your bike in your driveway or in your garage while you're inside. For a fee of \$20, “Dr. Bike” will come to your residence and spend up to one hour and will donate your \$20 to Palisades Village. Contact Charlie @ **(202) 436-5604** or chasblanman@gmail.com to arrange an appointment.

*** Special for the rest of February- pump up tires only for \$10 which will be donated to Palisades Village.

Charlie Lanman, Associate Member & PV Board Member

Creative Corner:

This week we have a delicious submission from Bob Bourdaud'hui, our Head Pan Handler and soup maker extraordinaire, for Chicken and Red Bean Soup! With some surprising ingredients, this is not your typical chicken soup.

Chicken and Red Bean Soup

Servings: four

Ingredients:

- One pound of chicken thighs or breasts, cut into one inch pieces
- 3 tablespoons of olive oil
- One medium yellow onion, diced
- One celery stick
- One large carrot
- Two garlic cloves, minced
- One cup of dried red beans soaked overnight in water (Rancho Gordo is my preferred supplier. The bean variety is 'Domingo Rojo')
- One teaspoon of tomato paste
- One teaspoon each of roasted ground cumin and coriander
- 1/2 teaspoon of cayenne
- One whole star anise
- Two cups - or more of chicken stock (One capsule of Knorr Homestyle Chicken is excellent. Better Than Bouillon is also very good)
- One teaspoon of red or yellow miso paste – (optional)
- 4 oz of white wine
- Juice of ½ lime
- Two teaspoons soy sauce
- One teaspoon fish sauce (optional)
- Kosher salt and black pepper to taste

Method:

1. Place the beans and the soaking liquid on medium heat and cook until tender – about one hour. (Don't discard the soaking liquid it adds flavor)
2. Place onion, celery, and carrot (mirepoix) in food processor and blitz for a few seconds

3. Heat up olive oil in a skillet on medium heat when hot add the mirepoix and a pinch of salt cook 'til translucent
4. Add minced garlic, tomato paste, cumin, coriander, cayenne cook for about two minutes until spices are fragrant
5. Add white wine, soy sauce, and chicken stock. Then the miso and fish sauce (if using)
6. Use stick blender or regular blender and puree the stock, spices, and mirepoix
7. Add whole star anise
8. Add chicken cook for 20 minutes or until chicken is just cooked
9. Add the cooked beans
10. Add lime juice
11. Cook soup for 20 to 30 minutes
12. Adjust seasoning

*Love soup but want someone else to make it? Palisades Community Church (PCC) hosts an annual, favorite neighborhood tradition of selling soup on Super Bowl Sunday to raise money for So Others Might Eat (SOME). Because of inclement weather, they had to postpone from the actual game day -- but it's a "go" for today, Sunday, February 21 from 12-2 p.m.! Come to the **Palisades Community Church** (5200 Cathedral Ave NW) for **Souper Bowl**, a socially distanced, masked, outdoor soup sale (soups pre-packaged) to support SOME.*

They will have a variety of home-made soups and stews, including corn chowder, chili, lentil, broccoli, chicken noodle, split pea, and more! Soup ingredients will be labeled for dietary restrictions. Suggested donation per bowl is \$5. This is a cash-only fundraiser, so please bring cash in increments of \$5.

*At the Soup Sale, PCC will also collect **canned or packaged foods** to donate.*

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!

Some examples:

Just before Christmas, German artist Michael Pendry installed the "Les Colombes" exhibit: a winding column of more than 2,000 origami paper doves in the grand nave of Washington National Cathedral. The exhibit will be available to the public when the Cathedral reopens. In the meantime, you can check out [the exhibit online](#), watch an [interview with the artist](#), and [create your own origami doves](#).

Check out *Washingtonian* magazine's "[5 Best Best Winter Hikes and Walks Around Washington](#)" for scenic views or wildlife spotting.



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

Register by clicking on the link in the title or in the description.

Sunday, February 21, 2-4 p.m.

"Stark Mad Abolitionist" -- Dr. Robert K. Sutton, the former Chief Historian of the National Park Service, has written, contributed to, and edited over thirty books and articles on American history. Bob will present an entertaining and informative talk of his recent book, "Stark Mad Abolitionists" and will show how John Brown, Reverend Henry Ward Beecher, Sam Houston, and Abraham Lincoln all figure into the story of Lawrence and "Bleeding Kansas." The story of Amos Lawrence's eponymous town is part of a bigger story of people who were willing to risk their lives and their fortunes in the ongoing struggle for freedom and equality. SPONSOR: Burning Tree Village ACCESS: Zoom login: <https://us02web.zoom.us/j/87372607992?pwd=K3U4SDZGVGJUOGI5bjdmOEtFL005dz09> Meeting ID: 873 7260 7992

Sunday, February 21, 3-4 p.m.

Journalism in Today's World: How to Make Sense of It All - with Bill Plante -- Mount Vernon At Home, Arlington Neighborhood Village and At Home in Alexandria are excited to present an afternoon conversation with

veteran CBS News journalist, correspondent and anchor, Bill Plante. Plante will provide his thoughts on how better to understand journalism, reporting and the cascade of information washing over us daily. And he will provide a unique, "insiders" perspective on American life over the last 50 years!

SPONSOR: Mount Vernon at Home ACCESS: Zoom

login: <https://us02web.zoom.us/j/85874822819?pwd=NWVPMGIydzJ3ck1rc09NRTYySVNMUT09> OR Dial-in: 301 715 8592 Meeting ID: 884 0121 0919

Monday, February 22, 11 a.m. - 12:30 p.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. SPONSOR: Bethesda Metro Area Village [Register Now!](#)

Monday, February 22, 2-3 p.m.

Virtual Tour of the George Washington Masonic National Memorial -- In honor of George Washington's birthday, explore the memorial in Alexandria, Va. that honors our first president as a Freemason. Chevy Chase At Home's Volunteer and Membership Program Manager Katharine Kosin, who has been a tour guide at the Memorial for 8 years, will virtually guide participants through the upper floors of the Memorial that are currently closed to the public due to COVID-19. SPONSOR: Chevy Chase at Home [Register Now!](#)

Tuesday, February 23, 11 a.m.

Knowing the Story of Your Food - A Journey with Soupergirl -- Soupergirl Sara Polon discusses the story of your food - from the field to the plate - and everything that goes into the journey. She'll cover topics such as the importance of seasonal eating, mindfulness, and food justice. She'll also cover some healthy eating tips that can help you through the dark, winter months! [Please click here to register.](#)

Tuesday, February 23, 2-3 p.m.

Treason! How Local Leaders of Montgomery County Helped Launch the American Revolution --The Village at Kentlands and Lakelands invites you to this interesting session presented by Susan Cooke Soderberg of the Montgomery County Historical Society. Learn about the Repudiation Act of November 23, 1765, and the Hungerford Resolves of June 11, 1774; what led the citizens of what is now Montgomery County into a revolt against Great Britain; who the leaders were; how they fought in the Revolution; and how they contributed to the newly forming government of the State of Maryland. The well-known surnames, Brooke, Wooten, Thomas, Magruder, Bowie, and Griffith will be featured among them. [Please click here to register.](#) Zoom login information will be emailed to registrants 2 days before the event.

Tuesday, February 23, 4 p.m.

[Home Modifications for Older Adults](#)--A Certified Aging in Place Specialist (CAPS) is someone who understands the aging-in-place home remodeling market and the technology, tools, and resources that are available for seniors to age in place. We have invited a CAPS specialist to join us for a review of the common home modifications that older adults should consider to lower risk and increase comfort in their homes.

Tuesday, February 23, 7:30-8:30 p.m.

Beyond the Yard Signs: A Look at the Vision of Amanda Gorman--"Black Lives Matter" yard signs are all over our community for more than six months. They continue to echo perhaps the most widespread attention to racial inequities in America since school integration. But what do they mean now? To look for clues, ponder the "The Hill We Climb" poem 22-year-old Amanda Gorman wrote and delivered at President Biden's inauguration. Come with your thoughts and questions to this community discussion by zoom. NCCC neighbor Dr. Ruth Enid Zambrana, distinguished professor of sociology at the University of Maryland, will facilitate. February is Black History Month. Registration is not required. Zoom:

<https://us02web.zoom.us/j/85874822819?pwd=NWVPMGIldzJ3ck1rc09NRUYySVNMUT09> Meeting ID: 864 1951 6846 Passcode: 297805 One tap mobile +13017158592

Thursday, February 25, 12:30-2 p.m.

Armchair Travel Adventures--Grab a cup of tea, sit back and let longtime world travelers, Lewis Morris and his wife Louise Jung take you on a virtual

adventure around the world! Enjoy photos and descriptions from faraway fantastic destinations. From lush, exotic Vietnam, to the exciting Kingdom of Morocco and the breathtaking Grand Canyon we will learn a little bit about each destination and have the opportunity to ask questions. [Please click here to register by Feb, 23](#). Zoom login information will be emailed to registrants prior to the event.

Thursday, February 25, 1 p.m.

Art Thursday – Art at Glenstone -- Glenstone museum in Potomac, MD is a place that seamlessly integrates art, architecture, and nature into a serene and contemplative environment. Guided by the personal vision of its founders, Glenstone assembles post-World War II artworks of the highest quality that trace the greatest historical shifts in the way we experience and understand the art of the 20th and 21st centuries. Led by guide Amanda Hays and Assistant Manager of Visitor Programs Kerri Huso, this virtual presentation will focus on the physical qualities of art. We will take a closer look at the materials and processes involved in the making of select artworks in Glenstone's collection, including works by artists Tacita Dean, Ruth Asawa, Richard Serra, and others. [Please click here to register](#). You will receive the Zoom link prior to the program.

Thursday, February 24, 2 p.m.

Establishing a National Historic Park Honoring Julius Rosenwald & the Rosenwald Schools --The Julius Rosenwald and Rosenwald Schools National Historical Park Campaign recently got federal legislation passed, which is the first step toward designating a new National Park. The Park would honor the life and legacy of Rosenwald, son of Jewish immigrants who, after achieving great wealth leading Sears, Roebuck & Co., became a visionary philanthropist. He partnered with African American communities across the South to build schoolhouses for children who otherwise would have had extremely limited access to public education. Join Campaign Board Member Jordan Tannenbaum as he talks about Julius Rosenwald, the significance of the philanthropist's contributions to African Americans, and the next steps to creating the park. [Please click here to register](#).

Thursday, February 25, 5:30 - 6:30 p.m.

[The Current Pandemic and Steps Forward](#) -- Jane Hyatt Thorpe serves as a Professor of Health Policy and Management and a senior member of the management team in the public health school at George Washington University. Also timely, Jane will discuss the current state of the pandemic

in which we find ourselves and the steps to move us past this crisis.

SPONSOR: Georgetown Village **ACCESS:** Zoom login information will be emailed to registrants the week of the event.

Thursday, February 25, 11-12 a.m.

Capitol Hill Village Low Vision Peer Group -- This is the first of regular zoom and telephone call meetings that will seek to connect District seniors experiencing Low Vision with professionals and to others living with similar eye symptoms. Through lectures and mutual feedback, this group will assist in helping to re-create and balance a healthy lifestyle. Caretakers, spouses, and children of loved ones experiencing vision loss are welcome. The speaker will be James Patrick Timony, Librarian/ Specialist in Adaptive Technology, DC Public Library Center for accessibility. He will speak on the wide variety and easy access to, audiobook options, regardless of technology aptitude. If you are interested in attending, please RSVP to Robin Blum at Blum50@comcast.net

Friday, Feb. 26, 1:30 - 2:30 p.m.

Off the Beaten Path in Montgomery County with Ralph Buglass -- Ralph Buglass will give us tips and suggestions of wonderful places to escape and explore in MoCo during the pandemic. Ralph Buglass, a Montgomery County native and avid history buff, has taught at lifelong learning institutes associated with Johns Hopkins and American universities and Montgomery College. He speaks frequently to community groups, businesses, and other organizations as well as at national conferences. He is also a docent at Montgomery Parks' restored Kingsley schoolhouse in Clarksburg's Little Bennett Park. A graduate of Winston Churchill High School, he has a B.A. in American history from Cornell and an M.A. in journalism from American University. Hosted by Chevy Chase At Home. Please register in advance on [Chevy Chase At Home's online event page](#)

Friday, February 26, 1 - 2 p.m.

17th Century Dutch Art at the National Gallery --The 17th century in the Netherlands was a time of remarkable prosperity and artistic output. It has been estimated that between five and ten million works of art were produced during this period. This tour will give us a chance to step back in time and get a feel for what it was like to live in those days. The works we will see give us insight into Dutch culture and the specialties of the artists in a very competitive art market. Estelle Quain, a National Gallery docent, will

lead this Zoom tour. SPONSOR:Silver Spring Village ACCESS: Zoom
<https://us02web.zoom.us/j/86358231251?pwd=NjN3UDNLZStTQ0RNdGZlSXZJaldPUT09>

Tuesday, March 2, 4:00 - 5:00 p.m.

OLDER DRIVERS: What we know that can save lives--Waterfront Village Volunteer Tara Kelley-Baker works as a researcher for the AAA Foundation for Traffic Safety, a research organization focused on understanding driving risks and promoting traffic safety. Her research has included a number of studies involving older drivers and road safety. She will share what she has learned and help separate the facts from the myths about older drivers. She also will provide tips on mitigating risks associated with older drivers. If you still get behind the wheel, this is one presentation you should consider attending. A link to the meeting will be sent after registration. [You may register by clicking here.](#)

Thursday, March 4, 7:00 - 8:30 p.m.

Clinical Hypnosis – What It Is and What It Isn't --Have you ever been intrigued with the practice of clinical hypnosis and wondered what it can do and what it cannot do? If your answer is yes to either or both of these questions, here is an opportunity to learn more about that area of medical practice which has been used as an efficacious intervention in medical, dental, and behavioral health care for many years. You will meet Dr. G. Lane Wagaman, EdD, Licensed Psychologist and Approved Consultant, American Society of Clinical Hypnosis, and his Co-Presenter, Maggie Dickens, Licensed Professional Counselor and Licensed Chemical Dependency Counselor who will discuss the many uses and benefits of clinical hypnosis. Please join us for what promises to be an interesting and fascinating evening. Dr. Wagaman and Ms. Dickens will welcome questions throughout the program so this will be the opportunity for you to ask questions related to clinical hypnosis. [Find more info and register here.](#)

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.):

Tuesday, February 23, 1-2 p.m.

Unracism: Monthly Discussions with Courtney Tolbert: Courtney Tolbert has agreed to host monthly discussions on how we can move forward at this time and improve our world. Each week will explore a different topic. We will be exploring these topics virtually, using Zoom.

Tuesdays, 1:30 p.m.

Beginners Acrylic Paint with Zola Monroe--This Acrylic Painting Essentials Course, meeting every Tuesday until March 16th at 1:30 pm, will teach you fundamental acrylic painting techniques that you can then apply to any subject matter you choose to paint. It covers things like materials, brushwork, color mixing, and tonal value. Many of the lessons in ZMAG, LLC other upcoming acrylics courses will assume you know the basics taught in this course, so this a great place to start if you're a newcomer to the medium. Discover the essential techniques you need to paint confidently with acrylics! Experienced instructor Dominique Hughes walks you through setting up your palette and introduces you to the colorful world of tints, tones, and shades. For more information and a materials list, click **HERE**.

Wednesday, February 24, 12:30 - 1:30 p.m.

African American Artists: Explore the work of African American artists including well-known and lesser-known contemporary artists and their predecessors with Chichi Lovett. She will use works of art created by African American artists to explore issues around race, culture, the art market, and feminism (among other issues), that these pieces can instigate. We take time to look at this art and consider what it represents to you, the viewer. Learn about the context of the art and artists in their own time and in ours. Art and artists discussed may include works by Kara Walker, Titus Kaphar, and Allison Saar.

Thursday, February 25, 1-2:15 p.m.

What if ... Films and Conversations -- The Interactivity Foundation are offering a new series called What If...? Films and conversation. Join them to watch some short films and discuss them. **Register here.**

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:

Tuesday, February 23, 2 - 3 p.m.

Culinary Explorations --February's Culinary Explorations are filled with "Oh-So-Good" recipes, from savory to sweet. Join Charles E Smith Life Communities for this month's installment of the Zoom culinary series as our chef takes you step-by-step through delicious recipes you'll love!

Wednesday, February 24, 6:30 – 7:30 p.m.

The Cabinet: Washington and the Creation of an American Institution -- Join the American Revolution Institute for a talk with Lindsay M. Chervinsky about *The Cabinet: Washington and the Creation of an American Institution*, an examination of the extralegal creation of the president's advisory body in response to the threats facing George Washington and the first administration. The book also demonstrates the importance of Washington's military experience to the formation of the presidency and the federal government. Registration Required.

Thursday, February 25, 1–3 p.m.

Harnessing the Power of Grief -- This conference is intended for anyone experiencing grief, especially from the loss of a loved one, and for those who would like to help bereaved individuals. Julie Potter points out that grief, the process by which we adjust to the losses in our lives, is often one of the most devastating and life-changing experiences in our lives. As the author of a book titled "Harnessing the Power of Grief," she will introduce us to ways that we can understand and start the process. She uses practices developed over the many years she worked in hospital-based wellness programs including Sibley Senior Association, as well as Widowed Persons Outreach. Registration: Contact Ken Gordon by email, kengordon@alum.mit.edu to receive the link to the Zoom webinar. Cost: There is no required fee. However, a donation of \$15 or more would help

cover the expenses of the conference. Please donate via the donate button at www.wpodc.org, or mail to WPO c/o Sibley Senior Assoc. 5255 Loughboro Road NW, Washington, DC 20016.

Friday, February 26, 7-7:45 p.m.

Chinese New Year's Lantern Festival -- It's been around since the Han Dynasty, but the Spring Lantern Festival may be a tradition less familiar to some. Learn about the craft of paper lanterns, see fascinating scenes of Hong Kong artisans, and share memories of the holiday. Special guests offer different perspectives about how the holiday shapes childhood memories from Hong Kong to Washington, DC. This program is co-presented by the Chinese American Museum DC and the Hong Kong Economic and Trade Office, with support provided by the Chinese American Museum of Chicago. Online Event - [Free Registration](#)

Tuesday, March 2, 7 p.m.

Theater J Reading of Israel Zangwill's, The Melting Pot -- Come together on Zoom for a reading of Israel Zangwill's 1908 hit *The Melting Pot*, a retelling of *Romeo and Juliet* that also examines immigrants' essential role – and dilemmas -- in the U.S. Sign up to read a part – no acting experience required – or just watch and listen to a theater classic that still speaks to us today. More information and registration here: <https://theaterj.org/community-reads/>

Ongoing Events:

Through February 28

UNITY | PEACE | FORWARD -- Featuring video projections and three installations positioned across the grounds of the REACH, the Kennedy Center's UNITY | PEACE | FORWARD exhibit offers a glimpse into the minds of creatives including Barbra Streisand, George C. Wolfe, Renée Fleming, Debbie Allen, and others. Explore how they harness the healing power of art in a world transformed. Patrons can experience UNITY | PEACE | FORWARD on the REACH campus from 7 a.m.–9 p.m., seven days a week. Video projections will be on exhibition Fri. and Sat. from 4:30–8:30 p.m. For the most up-to-date information regarding our response to COVID-19, please visit [our website](#)

2021 Brain Summit -- A Conference on Alzheimer's and Dementia

Session 4: Friday, February 26, 12:30-2:00 pm

This conference, hosted by Alzheimer's Association chapters in Virginia, DC, and Maryland, is comprised of four sessions in February 2021 that will address timely issues related to Alzheimer's and other dementias. Whether you are a family caregiver, a professional caregiver, a person with a diagnosis of dementia, or an interested member of the general public, you will learn from experts throughout our region regarding such topics as the latest research advancements, diagnosis, and caregiving during times of COVID restrictions.

This conference is free and open to the public, but registration is required. The four sessions will be presented via Zoom. Register individually for each session you want to attend; log-on links will be provided via email following registration. If you have difficulty registering online, please call 800.272.3900 for assistance. Time indicated for each session is Eastern time. Click here for details: https://www.alz.org/getattachment/seva/Events/Virtual-Brain-Summit-2021/BrainSummit2021_SEVA.pdf

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 ablanton@palisadesvillage.org or call the office at **202-244-3310**.

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

This Week at Palisades Village
February 21 — 27, 2021

William Yates Fitness on Zoom

Mon 02 / 22 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Washington Canoe Club with Author Chris Brown - To be rescheduled

Tue 02 / 23 / 2021 at 1:30 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 02 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 02 / 23 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

WELLNESS WEDNESDAYS: EATING FOR HEART HEALTH

Wed 02 / 24 / 2021 at 11:30 AM

Where: Northwest Neighbors Village

[More Information](#)

Tea and Tunes

Wed 02 / 24 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 02 / 25 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 02 / 25 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 02 / 26 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 27 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

February 28 — March 6, 2021

Book Club

Mon 03 / 01 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 03 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 03 / 02 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 03 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 03 / 04 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Evan Thomas on Presidential Leadership

Thu 03 / 04 / 2021 at 7:00 PM

Where: via Zoom

[More Information](#)

Virtual Happy Hour

Fri 03 / 05 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 03 / 06 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village