



Across the Fence April 4, 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:

Don't miss this month's [Book Club](#) on **Monday, April 5** at 1 p.m. We will be discussing *Blue Blood* by Edward Conlon.

Build your strength and resistance with our [Fitness](#) class on **Monday, April 5** at 3 p.m. For a lower-intensity workout, come to yoga on [Tuesdays](#) or [Thursdays](#).

The **DC Village Wellness Wednesday** for April 7 at 1 p.m. is **Caring for Family Caregivers: Finding Support in Your Village** with Vivian Lin. Vivian started the Mount Pleasant Village Caregivers Support Group in January 2020. Its purpose is to give those caring for family members a safe space to share the feelings and experiences that come with the intense caregiving relationship. Vivian will discuss the ups and downs of caregiving and the benefits of building a supportive community of those

whose lives are shaped by it. There will be ample time for Q & A, so do come prepared with your questions. To Join the Zoom Meeting, [click here](#).

If you missed the first round of "Making Your Planner Work for You," this is your chance to make up for it! Join Georgetown University certified coach Roseanna Stanton for [Planner Group](#) this **Thursday, April 8** at 10 a.m.

Think you know about the Presidents and First Ladies of the 20th and 21st centuries? Come to [Trivia](#) this **Thursday, April 8** at 4:30 p.m. to put your knowledge to the test.

Bring a cup of tea or coffee to our relaxing [Mindful Knitting](#) session this **Saturday, April 10** at 9:30 a.m. 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.

Special Events in April:

We are so excited that [Len Downey](#) has agreed to speak with his Palisades neighbors on **Wednesday, April 14 at 5 p.m.** Leonard Downie Jr. is the former executive editor and vice president of The Washington Post. During his 44 years in the Post newsroom, he was also an investigative reporter, editor on the local and national news staffs, London correspondent, and, from 1984 to 1991, managing editor under then-executive editor Ben Bradlee. As deputy metro editor from 1972 to 1974, Downie helped supervise the Post's Watergate coverage. He also oversaw the newspaper's coverage of every national election from 1984 through 2008. During his 17 years as executive editor, The Washington Post won 25 Pulitzer prizes.

[Memoir Writing Series Workshop](#): Don't let your **life story** get away! Have you been meaning to write some of your life stories and experiences? This 5-part series workshop will get you started writing your stories. No previous writing experience is necessary. Each workshop session is designed to help evoke memories of events, family, and common threads in the fabric of your life. We will share our writing in a small group. You will discover surprising insights as you write from the heart, and in that process, you will create lasting stories for your family--an ideal way to pass along the valuable stories and lessons of your life.

5 Week Series on Tuesdays: Starting [April 20](#), and then four consecutive weeks, April 27, May 4, May 11, and May 18, from 11:00 a.m.-12:30 p.m. NO PREVIOUS WRITING EXPERIENCE IS NECESSARY

In this workshop you will:

- create a treasured gift for your children and grandchildren
- receive ideas each week that evoke your life memories
- write in class and at home
- discover the best way to preserve your life memories

Bea creates a safe place for the members to talk honestly about memories (some are happy and others are painful).

Bea Epstein is a writer, teacher, storyteller, and psychotherapist. She is a Certified Life Story Writing teacher. Many of Bea's life stories have appeared in literary journals. Her book, "Crossing the Bridge" was published in 2015. It is a collection of memoir stories of her childhood experiences as the first generation daughter of immigrants from Eastern Europe. Bea's strong belief is that when we tell our stories we see the larger meanings in our lives and connect with the generations that came before us. She is eager to share her knowledge and passion for helping people of all ages preserve their life stories. *This workshop series is funded by a DACL (Department of Aging and Community Living) grant.*

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:

Please complete our Palisades Village very short survey and let us know your vaccination status and if you still need help getting the vaccine. Click [here](#). All responses will be kept confidential. Our Village goal is to get everyone vaccinated!

Mayor Bowser and DC Health are urging all DC residents and workers to pre-register for a vaccination appointment. We want to support this effort and get all members of our community, regardless of current eligibility, to pre-register. Palisades Village is here if you need help.

If you are not yet vaccinated and you have not yet pre-registered, please pre-register for an appointment. **You can pre-register at vaccinate.dc.gov or by calling 1-855-363-0333 (M-F, 8 a.m.-7 p.m. and Sat & Sun, 8 a.m.-4 p.m.).** If you are already vaccinated or if you have already pre-registered, please take a moment to reach out to at least five people in your community and encourage them to pre-register.

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. You can add more than one email so two people can see if an invitation has been sent. We can help with their registration! Palisades Village is getting our members to their vaccination appointments. If we can help you, let us know.

Last week, essential workers in Phase 1C Tier 2 became eligible for the vaccine. This includes individuals working in non-public transit transportation services (i.e. for-hire vehicles, rideshare); individuals working in logistics/delivery/courier services; and essential employees working in media and mass communications. All essential workers must be working in person in Washington, DC.

Currently, eligible individuals include: DC residents 65 and older; DC residents 18-64 with a qualifying medical condition; and members of an eligible workforce. This week, DC Health expanded eligibility to include all essential workers in Phase 1B Tier 3 and Phase 1C Tier 1 who are working in person (teachers, child care workers, and school staff are eligible

regardless of whether they currently work in person). In-person workers who became eligible this week include: staff working in courts and individuals providing legal services; frontline employees of public (mass) transit; employees of the U.S. Postal Service; staff working in food service; essential employees in local government agencies; essential employees of public utilities; essential employees in health, human, and social services organizations/agencies who were not vaccinated as outreach workers; individuals working in commercial and residential property maintenance and environmental services; individuals working in non-public transit transportation services (i.e. for-hire vehicles, rideshare); individuals working in logistics/delivery/courier services; and essential employees working in media and mass communications. Learn more about who is eligible at coronavirus.dc.gov/vaccine.

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.** *We have also heard there are some independent pharmacies (CVS, Walgreens) that are offering vaccine appointments through their website. 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](#).

Volunteer Corner:

Any **chess** players out there? We have a member who has missed having a partner this year.

Soup makers or delivery people: We are also looking for someone to make **soup** for a few members in April every other week to fill in for a couple of our regular volunteers.

Let the office know at **202-244-3310** or eblanton@palisadesvillage.org.



April is National Volunteer Month! Palisades Village is special because of you! Special thanks to all of our volunteers who are checking in with our members through phone calls, visits on the "front porch", picking up groceries and running errands, making batches of stock for delicious soups, whipping up dozens of cookies, dropping off special treats, grilling brats, reading, helping folks register for vaccine appointments, driving to medical appointments and vaccine appointments, helping members get ready for virtual fitness classes and programs and coming up with a robust calendar of events. We celebrate you! It Takes a Village to Make our Village (Special)! Thank you!

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:



In your easter bonnet, with all the frills upon it,
You'll be the grandest lady in the Easter parade.

Photos by Ellen Myerberg

Free Equipment Available:

Do you need a walker, commode, or cane? We have some available and would be glad to share photos with you. Call the office at **202-244-3310** or email eblanton@palisadesvillage.org.

National Poetry Month:

Palisades Library is celebrating National Poetry Month with a haiku contest. You may pick up entry forms at the library or enter online at <https://tinyurl.com/dcplhaiku>

Your poem should be on one of the following topics:

- 1) your love of books, stories, or libraries
- 2) something you've missed during the pandemic
- 3) cherry blossoms
- 4) something special/unique to DC

The contest is open to all ages. Your entries (maximum of 2 per person) must be received by April 30th.

Want to Tiptoe Through the Tulips:

The [Hillwood Estate, Museum & Gardens](#) is open for visitors but you must make reservations for a time entry for the museum and/or gardens. This week, on April 6, a new exhibit opens on *The Porcelain Flowers of Vladimir Kanevsky*. Or you can enjoy events online from the comfort of your home. *4155 Linnean Avenue, NW*

[Brookside Gardens](#) within Wheaton Regional Park is another alternative. Included in the gardens are several distinct areas: Aquatic Garden, Azalea Garden, Butterfly Garden, Children's Garden, Rose Garden, Japanese Style Garden, Trial Garden, Rain Garden, and the Woodland Walk. The Formal Gardens areas include a Perennial Garden, Yew Garden, the Maple Terrace, and Fragrance Garden. Brookside Gardens also feature two conservatories for year-round enjoyment. Admission to the gardens is free. *1800 Glenallan Avenue, Wheaton*

The outside grounds of the [U.S. National Arboretum](#) (USNA) are open daily to the public from 8 a.m. to 5 p.m. The National Bonsai & Penjing

Museum and Administration Building continue to be closed to the public. There is a self-guided [Beyond the Tidal Basin](#) tour that visits 27 stops spread across the Arboretum's 446 acres. You'll discover the amazing diversity of flowering cherry trees, which come in many shapes, sizes, and colors. Different types of trees bloom at different times, so the experience changes all spring long as you find trees in different stages of bloom and leaf. *3501 New York Avenue, NE*

Bring back some photos and we can include them in our Creative Corner.

It's Cherry Blossom Time:

Go on a **Blossom Hunt** in search of 26 giant sculptures, painted by 25 talented local and national artists and installed in various locations across Washington, DC, and in Maryland's National Harbor and Virginia's Aurora Highlands and National Landing neighborhoods!

Explore different neighborhoods to enjoy the views of these dynamic sculptures and interact with the map below to hunt down these pieces of art!

[Get the Map](#)

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, April 5, 1 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.

Tuesday, April 6, 1 p.m.

[A Workshop on Grief: Understanding the Process and How to Support Others Who Are Grieving](#)--

Discussion about grief, the pandemic's effect on grief, how to get help in grieving, learning to live without the physical presence of the one who died, and how to support others who are grieving. Participants are encouraged to watch the documentary "Speaking Grief" before the session, available online at <https://speakinggrief.org>.

Tuesday, April 6, 3 p.m.

[Intro to Improv](#)-- This is the perfect way for everyone to get an introduction to improv and theater. We'll play games that tap into your creativity while developing skills that enhance listening and engage your sense of humor. You don't need theater experience. You don't need to be a "funny person." Just come in ready to have a good time. Improv is an amazing way to help people connect with each other and have a reignite their sense of play. And we think everyone needs that pretty seriously. So join in on the fun.

Tuesday, April 6, 3:30 p.m.

[Fire Prevention and Safety in Your Home](#)-- Fire safety and injury prevention aren't dirty words. We should know what we should do to minimize the risks of a fire or other disasters that could affect ourselves, our families or our homes. Jim Resnick, retired Battalion Chief of the

Montgomery County Fire and Rescue Service (MCFRS), along with other local first responders, will explain new safety regulations and steps that each of us should take to drastically reduce the chance that we ever experience a fire, a carbon monoxide emergency, or any of a number of other disasters.

Tuesday, April 6, 4 p.m.

[The Power of Friendship, Faith and Courage to Overcome Profound Limitations](#)-- Book talk by local author "Hello Darkness, My Old Friend." Sanford (Sandy) Greenberg tells how he turned his blindness into an extraordinary vision for his life. His story is remarkable and inspiring. After losing his eyesight at nineteen to glaucoma, he found the power to break through the darkness and fulfill his vision for a life of great professional success and distinguished public service. For more information on the book: <https://hellodarkness-book.com>.

Weekly on Tuesdays

[Intergenerational LGBTQ Poetry Workshops](#)-- Participants will learn about poetry, engage in activities for writing poetry, and workshop one's work with other participants. We will provide a safe space for participants to write about gender identity and/or sexual orientation if they are interested in doing so. These events are open to LGBT* individuals over 18 and of any experience level with poetry. Attend one or all of the workshops if you would like! The workshops are on April 6, April 13, April 20, and April 27 from 7 p.m. to 8 p.m. These events are a partnership with Capitol Hill Village, Visible Magazine, and Terrific Inc.

Wednesday, April 7, 1 p.m.

[Smithsonian American Art Museum - Virtual Tour](#)-- April is the month we celebrate Earth Day and recognize our complicated relationship to our planet. We invite you to join us for an hour of looking at works of art from the Smithsonian American Art Museum's collection that let us explore how Americans have engaged with the land in pursuit of power and profit, as well as for purposes of stewardship and conservation. Smithsonian American Art Museum docent Melissa Clark will lead us in thoughtful conversation and close looking with artworks from the 1800s to the present.

Wednesday, April 7, 2 p.m.

["Dress Codes" What Our Clothing Reveals About Ourselves and Our Society](#)-- Rebecca Roberts, journalist and curator of Programming for

Planet Word Museum, interviews Richard Thompson Ford on his new book "Dress Codes," what our clothing says about ourselves and our society. Even in today's more informal world, dress codes still determine what we wear, when we wear it--and what our clothing means. People lose their jobs for wearing braided hair, long fingernails, large earrings, beards and tattoos or refusing to wear a suit and tie or make-up and high heels. When there are no written rules, implicit dress codes still influence opportunities and social mobility. Richard Thompson Ford is George E. Osborne Professor of Law at Stanford Law School. His scholarship includes work on critical race theory, local government law, housing segregation, and employment discrimination. There will be time for Q & A.

Wednesday, April 7, 5:30 p.m.

Cocktails, Conversations, and Community: "Georgetown in the Coming Months" with Joe Sternlieb, CEO of the Georgetown Business Improvement District-- Please join us as Joe Sternlieb, CEO of the Georgetown Business Improvement District, discusses "Georgetown in the Coming Months". Joe will speak to us about upcoming and proposed plans the BID has for 2021, including the C&O canal boat launch, plans to expand the strategy program, and how we can best help struggling Georgetown businesses survive. This is an excellent opportunity to learn about the future of Georgetown businesses and ask any questions you might have. To sign up please contact the GV Office at **202-999-8988** or email lynn@georgetown-village.org.

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

Thursday, April 8, 12:45 p.m

Skip the Scams-- Don't get scammed! All are welcome for this tech event on the various types of scamming- by email, phone calls, etc.- and ways to spot and avoid being caught by them. Given the recent increase in scams due to the pandemic, this is a timely presentation. Discussion will be encouraged. Please register by emailing information.fhnn@gmail.com with "scams" in the subject line of your message.

Thursday, April 8, 1 p.m.

[Art Thursday - Picasso Figures - a Virtual Tour](#)-- The Frist Art Museum in Nashville, Tennessee, is the only U.S. art museum to host the exhibition Picasso Figures from the incomparable collection of the Musee National Picasso-Paris. This exhibition includes works on paper and sculpture and offers an in-depth look at Pablo Picasso's career-long fascination with the human figure as a means of expressing a range of subjects and emotions. This 45-minute tour will be presented online by one of the Frist's docents who have been giving virtual tours for the past several months to online guests across the country.

Thursday, April 8, 1 p.m.

[What Is Old Age For?](#)-- Other great stages in the life cycle - childhood, adolescence, adulthood are pretty well-mapped; we know how to be a kid, a teen, a successful adult. They have their plans and purposes; they are for something. But at retirement, the map of life grows sketchy. The purpose of being old is usually described in vague and depressing terms if discussed at all.

Thursday, April 8, 3 p.m.

[Strathmore Music Center: Coping with Pandemic and Looking Ahead-](#)
- Monica Jeffries Hazangeles, President and CEO of Strathmore Music Center, shares how Strathmore is coping with Covid-19 pandemic restrictions and its plans for reawakening programs going forward. Strathmore presents world-class talent and serves as a launchpad for local artists. It presents nearly 300 events each year at the Music Center and related venues. Ms. Jeffries Hazangeles has helped transform Strathmore from a modest organization into one of the largest multi-disciplinary arts

presenters in the state of Maryland. She will be joined in this session by Leon Scioscia, Executive VP of Operations.

Memory Related Diseases and Caregiving Among the LGBT* Community -- The National Capital Area Chapter of the Alzheimer's Association and Capitol Hill Village are partnering to provide a series of events addressing memory-related diseases and caregiving among the LGBT* community.

Part 1: April 9, 1-2:30 p.m.

Hear from LGBT* individuals, caregivers, and other attendees thru open discussion.

Part 2: April 23, 1-2:30 p.m.

An informative presentation based on feedback from the Part 1 event.

All LGBT* individuals and allies are invited to attend, registration for each event is required. Please [Click Here](#) to register for April 9th and [Click Here](#) to register for April 23rd. Or contact Capitol Hill Village at 202-543-1778 or info@capitolhillvillage.org.

Friday, April 9, 1:30 p.m.

[Cooking with Claire: First Lesson - Crêpes!](#)-- Learn to make crêpes in a virtual cooking class with Dupont Circle Village member, Claire Erbes-Wagner. Claire earned her Baccalaureate in 1951 in Strasbourg, France, and then studied at the Institute of Home Economics, where she obtained her teaching degree. She taught in Alsace and in Charente Maritime before moving to New York in 1967. There she met Florence Fabricant of the New York Times, who pushed her into teaching French cooking for adults. Claire obtained her Teaching Certificate from the State of New York Education Department and taught in New York.

Tuesday, April 13, 11 a.m.

[An Update on the Political Landscape](#)-- More than two months after the inauguration, journalist Steve Roberts will help us take stock of where the new administration and the new Congress are heading. Steve will discuss the surprises (good and bad) so far and the challenges ahead.

Tuesday, April 13, 3 p.m.

Save Money: Maximize Your MD Property and Homestead Credits--

Know the difference between Homestead Credit and the Homeowner's Property Tax Credit in Maryland? Can you take advantage of either? Property values continue rising, especially in Montgomery County. This is great news if you want to sell your long-held home and move from the area. However, it can be discouraging if you are staying put, retired, and are balancing rising property taxes against a flat income. Join us for an informative and interactive presentation with a local attorney, who will use her 15 years of experience conducting real estate settlements in the county to help us understand and maximize the use of available property tax credits.

Wednesday, April 14, 10 a.m.

Healing Circle for Grief and Loss--The April - May 2021 Healing Circle serves as a place for safe sharing and moving through any type of grief or loss. At this time of uncertainty when grief and loss are in the foreground, a Healing Circle can be a place for you to find solace and non-judgmental support. Typically, Healing Circles begin with opening agreements, time to check in, time for meditation, and time to read a book on a shared topic of interest. While attending all sessions is not required, participants are encouraged to attend each session in an effort to build relationships and community. If you are interested in attending, please email goldberg@umbc.edu.

Wednesday, April 14, 2 p.m. SPARKLE: Earth Day - Change Starts with You-- Lisa Alexander, executive director of the Audubon Naturalist Society, will share planet-loving actions everyone can take to celebrate Earth Day. Zoom link:

<https://us02web.zoom.us/j/85605761996?pwd=c05TY2VQTnZVcEZQRHErTWRqaWpoUT09> PHONE: 301 715 8592 MEETING ID: 856 0576 1996 PASSCODE: 279374

Wednesday, April 14, 3 p.m.

Climate Change...What Are the Challenges Facing Us?-- Hear from Mike Tidwell, a nationally recognized expert, about how climate change will affect water, energy, transportation, wildlife, agriculture, ecosystems, and human health in the DMV. Learn what seniors can do personally and as advocates to help mitigate change so that our children and grandchildren will have a healthy and vibrant planet. Tidwell is director of the Chesapeake Climate Action Network, a grassroots nonprofit organization dedicated to

raising awareness about the impacts and solutions associated with global warming in the DMV. Zoom link:

<https://us02web.zoom.us/j/84018097926?pwd=YWIKSk5LRm1waDZvd0VVcTJOUjdFQT09> Meeting ID: 840 1809 7926 Passcode: 299919

Thursday, April 15, 6 p.m.

LGBTQ Social Hour-- LGBTQ folks of all ages and abilities are invited to Capitol Hill Village's LGBTQ social hour! Participants will come together twice a month to connect with others, combat isolation, and foster relationships.

Friday, April 16, 1 p.m.

Travels with Jan: The Silk Road-- Join intrepid traveler and Chevy Chase At Home volunteer Jan Augustine as she relives some of her most memorable trips in a series of Zoom presentations. This time our adventurous traveler takes us through five of the "stans" of Central Asia on the old Silk Road.

Friday, April 30, 6 p.m.

Open Mic Night for the LGBTQ Community-- Come to listen to or share your poetry and any work that inspires you! Open to LGBT* individuals over 18 years old.

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, April 6, 10 a.m.

Spring Introduction to Mindfulness and Meditation-- Are you feeling down lately, from stress, illness, or the "blahs"? Do you wish you had a greater capacity to enjoy life? In this hands-on and safe class, you will be introduced to time-tested mindfulness and meditation practices that can increase happiness, help cope with chronic pain and ease depression and anxiety. The course will include the latest research into the role of mindfulness and meditation in maintaining health and well-being.

Tuesday, April 6, 11 a.m.

Technology Workshop: Intro to Facebook-- Become familiar with the basics of the social media platform Facebook with B Milenovic from the Tenley-Friendship Neighborhood Public Library.

Wednesday, April 7, 3 p.m.

Making Good Choices in Times of Crisis and Uncertainty: Using Our Agency to Stay Grounded, Balanced, and Healthy-- The COVID-19 pandemic – and other unfolding crises – continue to disrupt our families, our work, the lives of our kids, and our personal sense of safety, security, and health. And yet, there's good reason for optimism. We have agency, the ability to take charge of our lives and put ourselves onto better paths. Drs. Anthony Rao and Paul Napper will present seven fundamental tools from their book *The Power of Agency*. They have identified specific behaviors and ways of thinking that high agency people use to help them stay focused, productive, and authentic despite the many negative forces and powerful distractions surrounding us today.

Thursday, April 8, 3 p.m.

The Pandemic- Our Collective and Individual Grief-- Julie Potter, LCSW, author of *Harnessing the Power of Grief*, will talk about the experience of grief during the pandemic, and how we can work through it with our natural human ability to grieve. Grief is the powerful way in which we name a loss, think and feel about it, adjust to our loss, incorporate it into our lives, and move forward in life.

Friday, April 9, 3 p.m.

Protect Your Money!-- Heading to Retirement? Retired? How do you protect your hard-earned money? Join Suzanne McGovern from the U.S. Securities and Exchange Commission's Office of Investor Education and Advocacy to discuss this important topic.

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:

Check out [American University's Newsletter](#) for some interesting spring events!

Tuesday, April 6, 1:30 p.m.

["I Wish" Book Talk with Author Daniel Handler](#)-- Tune in to Turning the Page DC where Daniel Handler aka Lemony Snicket will host a book talk for *I Wish*. He will share his reflections on the work, and also on the creations by Takoma Park Education Campus' fifth graders who created poems and drawings inspired by *I Wish*.

Tuesday, April 6, 7 p.m.

PCA Town Hall -- The feature this month is a presentation on the new schools proposed at Foxhall and MacArthur Blvd. Members of the Community Working Group from the PCA will present the scenarios DCPS is considering, and present the next steps in the process. There will be time for Q&A. Here is the zoom link to join

<https://us02web.zoom.us/j/84786106717?pwd=Nm5tL1VjSzE0ZGR5WUNYN0w5VEI4UT09> The zoom meeting will be recorded and will accommodate all who wish to join.

Wednesday, April 7, 7 p.m.

ANC 3D Meeting--Councilmember Mary Cheh is scheduled to speak around 7:30, although the time is not certain at this point. There will also be a short talk on the history of restrictive covenants in our neighborhoods of Palisades, Spring Valley, and Wesley Heights. Endorsement of a new protected bike lane on Virginia Avenue, which will make travel from our neighborhood by bike to downtown much safer, is also scheduled. You can find the link to the meeting at <https://tinyurl.com/4wuzdkr7>

Thursday, April 8, 6:30 p.m

[.Investigating the Poet-Playwright](#)-- Join us for a special four-part series with D.C.'s own Mosaic Theater for National Poetry Month. When does a poem cease being a poem and become a play? Join playwright Gethsemane Herron-Coward as she leads a series of workshops examining poetry and lyricism in playwriting. Attendees will create and share their own poetry-infused one-act play in the concluding session.

[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:

April 8, 2021: Solar Renewable Credits

May 6, 2021: Community Solar

Thursday, April 8, 6 p.m.

Hit the Road: A Conversation on Improving Surface Transportation in the District-- Join Congresswoman Norton for a Surface Transportation Roundtable and share your ideas about surface transportation (buses, Metro, bikes, trains, scooters, and pedestrian safety) in the District. Please email NortonEvents@mail.house.gov to RSVP for the event and receive the Zoom link.

Friday, April 16, 11 a.m.

[Touring The Stages Of Alzheimer's Disease: What To Expect During The Caregiving Voyage](#)-- Most caregivers are unaware of what to expect for the different stages of dementia. This program utilizes the metaphor of travel for navigating the early, middle, and late stages of Alzheimer's disease. Caregivers will leave this program better equipped to handle and manage all of the stages of dementia.

Tuesday, April 20, 12 p.m.

[Communicating with Alzheimer's Patients and Their Families: Strategies for Success](#)-- Communication with patients with memory loss is a challenge. Family members of these individuals often have even more difficulty understanding their loved one's needs. This seminar will focus on

ways to enhance patient care by enhancing your understanding of your patients and improving the Alzheimer's patients' understanding of you, and facilitating better communication between patients and their family members.

Ongoing Events:

[Better Hearing, Better Engagement](#)-- The Towson University Hearing and Balance Center is offering free Zoom classes to help people with hearing loss and their friends, family, and caregivers better understand the impact it has on their lives and how they can hear more clearly and communicate better. Studies have shown that people who participate in educational hearing groups tend to gain a better understanding of their hearing loss and receive more satisfaction when communicating and using hearing aids. Captions will be used throughout these events, and written resources will also be available. Classes starting now.

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

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

This Week at Palisades Village

April 4 — 10, 2021

Book Club

Mon 04 / 05 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 04 / 05 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 06 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

WELLNESS WEDNESDAYS: CARING FOR FAMILY CAREGIVERS: FINDING SUPPORT IN YOUR VILLAGE

Wed 04 / 07 / 2021 at 1:00 PM

Where: Mt. Pleasant Village

[More Information](#)

Planner Group

Thu 04 / 08 / 2021 at 10:00 AM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 04 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 08 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 10 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

April 11 — 17, 2021

William Yates Fitness on Zoom

Mon 04 / 12 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 04 / 13 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 04 / 13 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Falls Prevention

Wed 04 / 14 / 2021 at 1:00 PM

Where: Foggy Bottom West End Village Zoom

[More Information](#)

Author Talk with Len Downey on All About the Story

Wed 04 / 14 / 2021 at 5:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 04 / 15 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Thursday Trivia

Thu 04 / 15 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 04 / 17 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village

