



Across the Fence January 31, 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:

The [Book Club](#) will be joined by author and neighbor Caitriona Palmer this Monday, February 1 at 1 p.m. She will answer questions on her memoir ***An Affair with my Mother***. Caitriona Palmer had a happy childhood in Dublin, raised by loving adoptive parents. But when she was in her late twenties, she realized that she had a strong need to know the woman who had given birth to her. She was able to locate her birth mother, Sarah, and they developed a strong attachment. This is the story of her quest for the truth of why her mother wanted to keep her a secret. Please [register](#) to join them for this special session.

The [DC Villages Wellness Wednesdays](#) will be about [Fire Safety](#) this Wednesday at 1 p.m. According to the US Fire Administration, “on average, more than 1,000 Americans aged 65 years and older die each year in home fires and more than 2,000 are injured. Moreover, older adults are 2.5 times more likely to die in a residential fire than the rest of the population.” Join Ms. Samone Hoston of the DC Fire & Emergency Medical Services (FEMS) Department for an overview designed specifically for seniors on how to stay safe. Ms. Hoston will discuss precautions related to cooking, smoking, and heating. She will also discuss the importance and maintenance of smoke alarms, including how to get help from DC FEMS to do so, and how to safely evacuate your residence, if needed. This session applies to all types of residences: apartment, condo, coop, or single-family residence. Bring your questions and get your fire safety answers!

The Palisades Village [Board of Directors](#) will be meeting on Thursday, February 4 at 5 p.m. The meeting is open to the public and visitors may

comment and/or ask questions, but only Palisades Village Board members may vote.

Start your week with [Fitness](#) class on Monday at 3 p.m. with Mr. William Yates and end it with [Happy Hour](#) on Friday at 4:30 p.m. or [Mindful Knitting](#) on Saturday at 9:30 a.m. **Yoga** on [Tuesdays](#) or [Thursdays](#) may help get you through.

Explore your creative side next week. We have lined up a virtual docent to explore [Love Among the Artists](#) on Tuesday, February 9 at 11 a.m. in anticipation of Valentine's Day. Let's explore artistic passions from a new angle. Our docent selected 4 artist couples from among the painters and sculptors whose work is in the Hirshhorn or other D.C. museums. Teaser: Which French couple pioneered Orphism, bringing color to cubism and cubism to abstract art?



For our theater lovers, we are thrilled to have award-winning set and costume designer Nephelie Andonyadis join us to discuss [Designs for the Stage](#) on Friday, February 12 at 2 p.m. She will discuss and share examples of her work and her approach to imagining and creating a visual aesthetic for a theatrical production.

Nephelie was born here in Washington DC and after 30 years studying and working from coast to coast, she recently returned to the district. Last season she received a Helen Hayes award for Outstanding Set Design for the production of Susan Lori Park's play *Topdog/Underdog* with the Avant Bard Theatre. She has worked with many regional theaters across the country and is a long time member of the ensemble of Cornerstone Theater Company based in Los Angeles. She's been a Professor of Theater Arts at the University of Michigan and at the University of Redlands. She is a graduate of the Yale School of Drama and Cornell University School of Architecture and was a TCG/NEA design fellow. Before the pandemic, she'd been getting to know the DC area theater community through her work with Studio Theater, Mosaic Theater, Theatre J, Adventure Theater, and others, including Avant Bard. During this hiatus, while theaters are closed, she is back in graduate school working to build a bridge from the

arts into the science of aging and health. *We're thrilled that her father, Avyeris, is a Palisades Village member and artist!*

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:

We know that some of us have been very frustrated with the vaccine registration process and the long wait. It's definitely an exercise in patience! We are here to help you and the good news is that many of our technically skilled volunteers are helping our community figure out the kinks. A big thank you! Hang in there! We can do this!

There is some encouraging news: as of January 23, a quarter of all 65+ in Ward 3 have received at least their first vaccine. Mayor Bowser has been advocating for more vaccines for District residents. This week, the Biden Administration committed to increasing the District's vaccine allocation by 15% in the next three weeks. The Department of Health's online and telephone portals are getting easier and are ready for when more vaccine becomes available. They are currently open to all wards on Fridays at 9 a.m. to make appointments for DC residents 65+. The local hospitals are reaching out to registered patients to set up appointments and reschedule those they couldn't accommodate due to limited supplies.

Palisades Village will do our best to keep you informed with the latest we know about the vaccine availabilities and our website is updated as information comes in. Our volunteers are ready to help our members sign up for their vaccinations and get them to their appointments.

Still looking to register for an appointment?

DC Health will release vaccine appointments every Friday at 9:00 a.m. for everyone 65 years and older in our area. **To register visit vaccinate.dc.gov or call 1-855-363-0333.** DC has a [Vaccination Information Guide](#) that walks you through you the process of registering.

To register through medical providers:

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, we are randomly selecting eligible patients to schedule a vaccination.
- If you would like to get the COVID-19 vaccine, they encourage you 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, and 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 at [COVID-19 Update | George Washington University Hospital \(gwhospital.com\)](https://www.gwhospital.com/covid-19-update)

United Medical Center

- They will reopen their appointment line on Tuesday morning, January 19. **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**.

Howard University

- Update 1/26/21: "Due to the limited supply of COVID-19 vaccines, we have temporarily suspended the administration of COVID-19 vaccinations. The site for registration will reflect that all slots are closed. We have cancelled all appointments for this week as well as next week. We will reopen for new vaccine administrations, as soon as additional vaccines are made available. At that time we will begin by activating appointments for those who already registered and had appointments first, and prioritize by age."
- To schedule (when available): <https://app.acuityscheduling.com/schedule.php?owner=21700170>

Second Vaccine:

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

Warning -- Do Not Schedule Other Vaccines 14 Days Before or After Your COVID-19 Vaccine:

- Due to safety concerns, the CDC recommends not taking multiple vaccines within 14 days...patients should not schedule other

vaccinations within 14 days after receiving the COVID-19 vaccination. Many sites will NOT vaccinate individuals who have received another vaccination, such as flu or shingles, within 14 days before the scheduled COVID-19 vaccination.

* Patients may receive emergency vaccinations (such as rabies and tetanus) within 14 days **after** the COVID-19 vaccination. However, if a patient receives an emergency vaccination **before** the COVID-19 vaccination, sites will require the patient to wait 14 days.

Volunteer Corner:

Have you signed in and looked at the volunteer portal for member [service requests](#)? Log in and you volunteer to help a member. Want to help and haven't heard from us recently? This is where you can find requests that haven't been filled yet. If there is nothing listed, it is because they have all been filled. Need help logging in or navigating? Contact Erica at ebanton@palisadesvillage.org or **202-244-3310**.

Volunteers: Please continue to update the office on what services you feel comfortable providing.

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!
- 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.

Ready to Tackle Your Stuff:

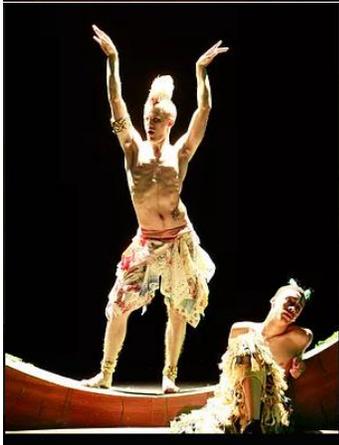
Since the pandemic began about 11 months ago, many of us have used our time wisely. We're baked, tried new recipes, exercised virtually, participated in many interesting Zoom presentations and webinars, read, watched movies and Netflix series, experimented with new hobbies, and explored our creative side. And some of us have tackled our stuff! We've organized, downsized, and made choices about the value of decades of accumulation. This Legacy List article, highlighting Matt Paxton, dives deeper into the possibilities of decluttering.

https://www.washingtonpost.com/lifestyle/home/matt-paxton-legacy-list-downsizing/2021/01/20/e87eaf0-4152-11eb-8db8-395dedaaa036_story.html

Join DC Villages for their upcoming Wellness Wednesday on February 10 at 1 p.m. on [Declutter Your Life](#) to get control of your possessions and enjoy a newfound sense of space and freedom! The process and tools you'll learn can be applied in any area from closets to email inboxes and sentimental items.

Creative Corner:

Volunteer Nephelie Andonyadis is an award-winning set and costume designer. Come hear and see more of her work on Friday, February 12 when she talks about [Designs for the Stage](#).



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!

DC Village Collaboration



DC Villages



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

Register by clicking on the link in the title.

Monday, February 1, 4-5 p.m.

[It's the Village Show - with the One and Only Scott Simon](#)--Join Scott as he reflects on the passing scene, gives commentary on cultural trends, social behavior, and contemplates what future societies will think when they uncover artifacts from our own civilization. Scott Simon is one of America's most admired writers and broadcasters. He is the host of Weekend Edition Saturday and is one of the hosts of NPR's morning news podcast Up First. He has reported from all fifty states, five continents, and ten wars, from El Salvador to Sarajevo to Afghanistan and Iraq. His books have chronicled character and characters, in war and peace, sports and art, tragedy and comedy. SPONSOR: Foggy Bottom West End Village ACCESS: Zoom link will be provided to registrants 24 hours in advance of the event.

Wednesday, February 3, 10-11 a.m.

Changes to Your 2021 Taxes--Mr. Renee Costales will discuss changes to tax law affecting our 2021 returns, including changes to the standard deductions, new income tax brackets, waived required minimum distributions as well as other changes from the early Coronavirus Aid, Relief and Economic Security Act and the recent one. SPONSOR: Arlington Neighborhood Village

ACCESS: <https://us02web.zoom.us/j/88948577106?pwd=eW0rN1RTTU5lTmJ5NnF2QXZINmdUQT09> Or, dial in at **929-205-6099**. The meeting ID is 889 4857 7106 and the Passcode: 872327

Thursday, February 4, 11 a.m.-12 noon

[Art Thursday - Whistler at the Freer Gallery](#) -- Venture back to the late nineteenth century with Richard Lum through the work of American artist James McNeill Whistler and his premier patron, Charles Lang Freer. The

Freer Gallery of Art contains the best and most complete collection of works by Whistler in the world. Join us for an exploration of the Freer's collection, which includes all major phases in Whistler's career - from his early realistic paintings, innovative decorative works, moody night scenes, delicate watercolors, portraits, to his spectacular dining room known as "The Peacock Room." Richard Lum returns to the FBWE Village's Art Thursday program following his recent very well-received talk on the Freer's Hokusai exhibit. Richard is a docent at the National Museum of Asian Art, Freer Gallery of Art and Arthur M. Sackler Gallery at the Smithsonian Institution. SPONSOR: Foggy Bottom West End Village. Zoom information will be emailed out 24 hours in advance of the event

Thursday, February 4, 6-7 p.m. and on February 18, 6-7 p.m.

LGBTQ Virtual 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. To register or get more information please contact Sophia at sross@capitolhillvillage.org or call **202-543-1778 x204**. Our LGBTQ programs are funded by the DC Department of Aging and Community Living and are open to any DC residents.

Wednesday, February 10, 1-2 pm.

[Smithsonian American Art Museum Virtual Tour: Women Artists](#) -- Melissa Clark, a docent at the Smithsonian American Art Museum, will present 6-8 artworks by women, ranging from the 19th century to contemporary times. SPONSOR:Chevy Chase at Home

Wednesday, February 10, 5:30 p.m.

"With a Truncated Transition, How Can President-elect Biden Catch Up?" -- Please join them for a timely presentation by Martha Joynt Kumar, Director, of the White House Transition Project. Begun in 1999, the organization provides information to new White House staff to expedite the transition from one Administration to the next. She has a long history of studying these transitions and publishing scholarly works about them. In the current environment, her comments will be fascinating. To sign up please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

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

Connect, Create, and Heal with the Written Word--Join local author Carol Solomon as she uses her upcoming collection of short stories to explore the power of reading and writing during this time of COVID. The presentation will include readings from her new book, "Love, Loss, & Ghosts." Solomon's stories reveal individuals who have lost love and found a substitute--sometimes another person, a self-destructive behavior, or a ghost. SPONSOR: Silver Spring Village ACCESS: Zoom Login:

<https://us02web.zoom.us/j/88550120150?pwd=aGtFbDYyT2hYeDZPRHRIQUk3bk1LUT09> (Meeting ID: 885 5012 0150) (Passcode: 147256)

Thursday, February 11, 1-2:30 p.m.

Yarrow Mamout and His Family--Celebrate Black History Month by joining this presentation on the remarkable life of Yarrow Mamout. Brought to Maryland on a slave ship in 1752 and enslaved for the next 40 years, Yarrow (his last name) didn't become a free man until he was 60 years old. He then acquired a house in Georgetown and enough money to retire on the interest from loans to white merchants and on stock dividends. Our presenter for this fascinating story will be Jim Johnston, the author of *From Slave Ship to Harvard: Yarrow Mamout and the History of an African American Family*. Offered in collaboration with the Montgomery Historical Society SPONSOR: Village of Takoma Park REGISTRATION: Required, by Feb. 5

Thursday, February 11, 2 p.m.

Exploring Planet Word: Where Language Comes to Life - Please join them for an online tour of **Planet Word**, Washington's newest museum, located at the historic Franklin School in Washington, DC. Rebecca will be our docent for a tour of the museum and will answer our questions about the world's first voice-activated museum where language comes to life. Speaker: **Rebecca Roberts**, Curator of Programming, Planet Word is a nationally recognized author and former program Coordinator for Smithsonian Associates

Thursday, February 11, 3-4 p.m.

Addressing and Combatting Ageism--While always around, ageism, prejudice, or discrimination based on a person's age - has become even more heightened during the Covid-19 pandemic. No matter who we are (or our age), ageism can limit our view and ignore the potential contribution of the individual, especially those in the post-retirement group. Join the ElderSAFE Center for an interactive presentation on ageism, its

prevalence, and effects from a societal level down to the individual level. This discussion will help attendees identify their own biases, as well as encourage constructive ways to combat ageism and encourage individuals to thrive within society. SPONSOR: North Bethesda Village
REGISTRATION: Required, by Feb. 10

Thursday, February 18, 11 a.m.

[A Virtual Visit to SAAM Featuring Works by African American Artists](#) -

Do you miss being able to visit museums? Artful conversations don't have to stop just because the Smithsonian's wonderful museums are temporarily closed. Join **Melissa Clark**, a docent at the Smithsonian American Art Museum, for a lively hour of close looking and conversation about selected works from SAAM's expansive collection of works by African American artists. Among them will be *Landscape with Rainbow*, the painting Dr. Jill Biden chose as a backdrop for one of the ceremonial events of Inauguration Day.

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.):

Friday, February 5, 3 p.m.

Armsleigh Park -- Artist and Historian, Carolyn Long, will share information about the history of Armsleigh Park, a neighborhood in Tenleytown. The presentation is illustrated with many photographs of these houses and maps showing that the land that became Armsleigh Park was once part of the Lyles-Magruder Estate. The c. 1800 family residence, The Rest, still stands at the corner of 39th Street and Windom Place. [Read more and register here.](#)

Wednesday, February 10, 2 p.m.

Healthy Eating on a Budget -- Dr. Amy Schweitzer, a registered dietician with the University of the District of Columbia, will cook with us a delicious and healthy meal to fit your budget. [Read more and 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 \(hopkinsmedicine.org\)](https://www.hopkinsmedicine.org/sibley-senior-Q1-2021-newsletter.pdf)

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:

Monday, February 1, 6-7:30 a.m.

[China's Economic Outlook: From the Short to the Long Term?--](#)Alicia García Herrero, Natixis, Taiwan, delivers a seminar in the Bologna Institute for Policy Research International Economic Series. The event is hosted by Michael G. Plummer, Director, SAIS Europe and ENI Professor of International Economics.

Tuesday, February 2 , 11 a.m.

[Virtual conversation with David H. Petraeus](#) -- The Embassy of France in the United States is pleased to invite you to this conversation with retired U.S. Army General, former Director of the CIA. The discussion will be moderated by **David Ignatius**, Columnist at **[The Washington Post](#)**.

Tuesday, February 2, 12 noon

Caring for Yourself and Your Loved One During Challenging Times -- Under normal circumstances, caring for a loved one can be challenging. Manageable concerns may amplify during a pandemic, where getting out and getting support is difficult. Learn strategies to help keep both of you engaged and healthy, both academically and in practice. Register online at WWW.IRCDC.ORG/EVENTS.

Tuesday, February 2, 2 p.m.

Let's Talk About the Covid Vaccine -- With Dr. Ernest Brown. Register in advance for this meeting: [https://zoom.us/meeting/register/tJMkcO-grDwvH9AU22AkSJf8uMTGPO9Z_E7h](https://zoom.us/join/zoom/register/tJMkcO-grDwvH9AU22AkSJf8uMTGPO9Z_E7h) After registering, you will receive a confirmation email containing information about joining the meeting.

February 2, 6:30-8 p.m.

[Ready2Play](#) -- Join the DPR Ready2Play team in this Ward 3 meeting, part of a series of virtual meetings by ward to discuss the recreational needs and desires of the different neighborhoods within each ward.

At our next ANC3D meeting next Wednesday evening (February 3rd at 7 PM), we will be discussing Wesley Seminary's plans to construct new buildings. The Commission will also be voting on a developer's proposal, discussed at the last meeting, to construct 8 residential units as one half of a current duplex house at 4457 MacArthur Blvd. During this discussion and vote, there will be no more time for community comments, since we had a full community discussion of the matter at the last meeting. However, if residents have further comments before the meeting, you can submit them via email to 3D@anc.dc.gov

Thursday, February 4, 12-1:30 p.m.

[The Future of Arab-Israeli Diplomacy](#)-- Join Eliot A. Cohen, Dean of the Johns Hopkins School of Advanced International Studies, [H.E. Yousef Al Otaiba](#), Ambassador of the United Arab Emirates to the U.S., and [H.E. Jeremy Issacharoff](#), Ambassador of Israel to Germany, with moderation by [Ambassador Eric S. Edelman](#) for a panel discussion regarding the impact of new regional trends and dynamics on the future of Arab-Israeli diplomacy.

Sunday, February 7, 12-2 p.m.

Souper Bowl Sunday -- Palisades Community Church (5200 Cathedral Ave NW) is offering 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. The suggested donation per bowl is \$5. At the Soup Sale, PCC will also collect canned or packaged foods to donate.

Tuesday, February 9, 12 noon

Where Do We Belong Now? -- Deciding whether or not to move out of your home is challenging. Is it too soon? What are the pros and cons? This provocative presentation will help you answer questions about both the pragmatic and emotional challenges of moving as we age, and also offer tips so older adults and their family members can have meaningful

conversations together to make the decision. Register online at WWW.IRCDC.ORG/EVENTS.

Wednesday, February 17, 12 noon

Normal Aging vs. Dementia--Did you forget where you put your keys? Worried that this is the onset of Alzheimer's or dementia? Learn about the symptoms and progression of dementia compared to the cognitive changes that typically occur with normal aging. Register online at WWW.IRCDC.ORG/EVENTS.

Friday, February 19, 8 p.m.

Living the Dream...Singing the Dream -- 33rd Annual Choral Tribute to Dr. Martin Luther King, Jr. co-presented by the Washington Performing Arts, Choral Arts Symphonic Chorus, and the Washington Performing Arts Gospel Choirs. Free with Registration.

Sunday, February 21, 2 p.m.

American Cochlear Implant Alliance (ACI Alliance) -- Program featuring the Executive Director and the Government Affairs Manager of the American Cochlear Implant Alliance (ACI Alliance). This is a great chance to learn more about and get questions about cochlear implantation answered. Please note that they are requesting RSVPs, which should be emailed to hladcchapter@gmail.com.

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.

Ongoing Events:

Encore Creativity for Older Adults, the nation's largest choral organization for adults over 55, is offering an online winter/spring semester through its Encore University, a 15-week virtual program of choral singing plus courses in vocal technique, theory, music history, and much more. The session culminates in a virtual choral concert in May entitled Songs of Hope & Change. No prior music experience is necessary. Sessions began on January 25, but enrollment is still open. For more details or to register, see [their website](#).

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

Session 1: Wednesday, February 10, 12-1:30 pm

Session 2: Friday, February 12, 12-1:30 pm

Session 3: Friday, February 19, 12-1:30 pm

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 dementia. 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 care giving 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

Theatre J Classes Prepare for your return to live theater by learning with award-winning artists in the company of fellow theater lovers. New Winter/Spring classes and the same Village discount (code VILLAGES).

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
January 31 — February 6, 2021

Book Club

Mon 02 / 01 / 2021 at 1:00 PM

Where: via Zoom

[More Information](#)

William Yates Fitness on Zoom

Mon 02 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 02 / 02 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Fire Safety for Older Adults

Wed 02 / 03 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 02 / 04 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Board Meeting

Thu 02 / 04 / 2021 at 5:00 PM

Where: via Zoom

[More Information](#)

Virtual Happy Hour

Fri 02 / 05 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 06 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

February 7 — 13, 2021

William Yates Fitness on Zoom

Mon 02 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Romance Among the Artists

Tue 02 / 09 / 2021 at 11:00 AM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 02 / 09 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 02 / 09 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Wellness Wednesday - Declutter Your Life

Wed 02 / 10 / 2021 at 1:00 PM

Where: Brookland Village

[More Information](#)

Virtual Yoga

Thu 02 / 11 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

Designs for the Stage - Talk with Nephelie Andonyadis

Fri 02 / 12 / 2021 at 2:00 PM

Where: via Zoom

[More Information](#)

Virtual Happy Hour

Fri 02 / 12 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 02 / 13 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village