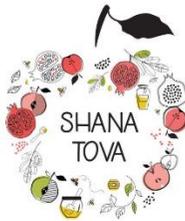




Across the Fence *Special Edition* September 20, 2020



Members: If you would like to take a walk or have an outdoor visit, need technical assistance, require home repair assistance, receive a friendly phone call, need groceries or prescriptions, help with meals, or talk to our case manager, please contact the office at 202-244-3310 or email ebanton@palisadesvillage.org.

Upcoming Events:

If you missed the presentation on [Transportation Options](#) offered by the District through Yellow Cab and what they are doing to keep you safe. They are offering another session this Tuesday, [September 22 at 11:30 a.m.](#)

COVID Corner:

This COVID-19 information on COVID-19 Related Scams is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village, and Northwest Neighbors Village. Together we are “Building Engaged and Supportive Communities.”

As the COVID-19 pandemic continues to affect our daily lives, several scams have arisen that are targeted toward virus-related fears, particularly among older Americans. The Federal Communications Commission has been tracking these scams for months and has seen them expand from bogus cures and phony tests to fake financial relief. The common thread in all of these scams is mentioning the virus or uncertain times as the reason for the outreach.

Examples of COVID-19 related scams:

- Individuals offering to sell treatment for COVID-19, such as cures, vaccines, and insurance.
- Online sales of high demand medical supplies such as surgical masks.
- Telephone calls or emails demanding funds for COVID-19 treatment or other medical services.
- Solicitation of donations for those affected by COVID-19.
- Phishing telephone calls, text messages, or emails from national and global health authorities asking to provide personal and/or financial information.
- Unofficial COVID-19 apps or downloads that can potentially compromise users' devices and personal information with malware.
- Contact tracing scams claiming the contacted party has been exposed to COVID-19 and needs to act quickly, followed by requests for Social Security Numbers, insurance information, or advanced payment for bogus tests.
- Investments claiming to prevent, detect, or cure COVID-19.

Visit the FCC's COVID-19 scam page <https://www.fcc.gov/covid-scams> to listen to examples of scam calls and find tips to protect yourself from COVID-19 related scams.

Tips for avoiding COVID-19 Scams:

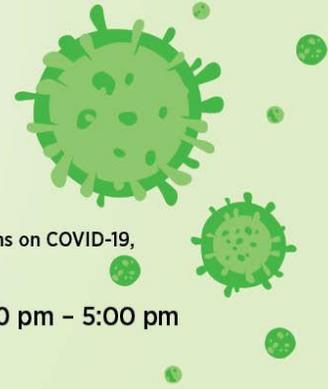
- Ignore calls or texts from unknown or suspicious numbers
- Never give anyone your financial or personal information via e-mail, text messages, or over the phone.
- Recognize warning signs: hang up the phone if you're being pressured to share any information or make an immediate payment.

- Do not click on links you receive via text message. If a friend messages you with a link that seems suspicious or out of character, call them to see if they've been hacked.
- Always research a charity before donating. You can do this by calling them or visiting their website. Click here to learn more about charity scams. <https://www.fcc.gov/fear-fuels-covid-19-contact-tracing-scams>

Want to learn more? Join our sister Ward 3 Village, Northwest Neighbors Village on Tuesday, September 29th at 11:00 a.m. Suzanne McGovern Senior Advisor in the Office of Investor Education and Advocacy at the U.S. Securities and Exchange Commission will keep you informed at her virtual program, “Protect Yourself from COVID-related Scams” Click [here](#) to learn more or to register.

Are you a victim of fraud? If you have been a victim or have knowledge of suspected COVID-19 fraud or scams in Washington, D.C., please contact the Metropolitan Police Department Financial and Cyber Crimes Unit at 202-727-4159 or mpd.fraud-unit@dc.gov.

For more information on COVID-19, please feel free to view Palisades Village’s website, https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources and Sibley’s Hospital’s COVID website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>



COVID-19 Series For Older Adults

Three local Villages and Sibley Memorial Hospital invite you to participate in informational sessions on COVID-19, designed specifically for you. Join us online via Zoom or by phone.

Get Your Answers from a Sibley Medical Expert | September 30, 2020 4:00 pm – 5:00 pm

Preethi Sural, M.D., M.B.B.S., Board Certified in Internal Medicine and Infectious Diseases

Maire Zeizel, RN, BSN, MPHE, Infection Preventionist

Register: www.tinyurl.com/villagetalk1 or 202-244-3310

Staying Healthy is More Than Just Staying at Home | October 21, 2020 4:00 pm – 5:00 pm

Laura Sander, M.D., M.P.H, Medical Director for Sibley Primary Care and Population Health

Register: www.tinyurl.com/villagetalk2 or 202-244-3310

Building Resilience in the Wake of a Pandemic | November 18, 2020 4:00 pm – 5:00 pm

Erica Richards, M.D., Ph.D, Chair and Medical Director, Department of Psychiatry and Behavioral Health

Tilli Williams, N.D., Founder and Director, DC Wellness Institute

Register: www.tinyurl.com/villagetalk3 or 202-244-3310

Residents who have been directed to self-quarantine by a medical provider can call 1-888-349-8323 or visit <https://gethelp.dc.gov> to have food and other essential items delivered to their homes.

For additional information regarding COVID-19 visit, www.hopkinsmedicine.org/coronavirus and <https://coronavirus.dc.gov>

Neighbors Helping Neighbors:

We are still collecting for much-needed underwear and socks for men, women, and children in our Palisades Village September drive. You can help in the following ways:

1) Shop online and have the items sent directly to SOME at 71 O Street, NW, Washington DC, 20001. Walmart and Costco are cheap and there is a Wish List at

Amazon: <https://www.amazon.com/gp/registry/wishlist/10AX1YCWX0OWS>.

SOME is not fussy about brand names; they are into quantity over quality.

2) Send a check to SOME directly to Jan Smart at 4408 Greenwich Parkway NW, WDC 20007.

3) Ask for a Palisades Village volunteer to pick up underwear or socks, or a check, from your home.

A special thanks to Jan Smart for taking the lead on our second community service project and to you, for your generosity!

It's Fall Prevention Month!

Each year, one in every three adults age 65 and older falls; unintentional falls are the leading cause of death by injury and the most common cause of nonfatal injuries and hospital admissions. Studies have shown that once a fall occurs, you are likely to fall again. Older adults with conditions that limit mobility such as Parkinson's disease and recovery from orthopedic surgery or a fracture are also at higher risk. September is Fall Prevention Awareness Month. Palisades Village can help! Join William's Strength and Balance Class on Mondays at 3 p.m. or Jill's Yoga Sessions on Tuesdays and Thursdays at 3 p.m. There are several exercise options to prevent falls that are offered through the AroundTownDC website at www.aroundtowndc.org.

Factors that influence fall risk include:

- Level of consciousness/mental status
- History of falls in the past three months
- Ability to ambulate
- Vision status
- Gait and balance
- Presence of one or more predisposing conditions such as hypertension, vertigo, Parkinson's disease, loss of limb(s), stroke, seizures, arthritis, osteoporosis, fractures
- Equipment or assistive device needs (e.g. cane, walker, oxygen)

If you have experienced any changes or are currently caring for a loved one and notice changes in any of the above factors, below are some tips to ensure the safety of the individual and decrease his or her fall risk.

- **Assist with balance/mobility.** When walking outside or on tiled or wood floors, ensure the individual is wearing sturdy shoes and has a cane available for added support if needed. Never allow him or her to stand on chairs, tables, or surfaces with wheels. If using a ladder make sure you have three points of contact – e.g. two feet and one hand.
- **Regular exercises.** Seniors who stay physically active have improved balance, flexibility, and strength. Exercise is also known to reduce stress and depression, improving mental well-being. If applicable, work with a physical therapist to aid in practicing range of

motion and muscle strengthening exercises. Give a massage or help the senior perform light stretches often to increase flexibility, as recommended by a doctor.

- **Ensure home safety.** It's best to work with a licensed occupational therapist to review the home environment and recommend modifications and techniques to help extend independence, but the following are some basic tips for making the home safer.
 - Make sure there is sufficient lighting in every room and hallway. Put bright tape on the steps to alert the individual to any changes.
 - Ensure floors are dry. Clean up spills immediately and do not allow the senior to walk on freshly mopped floors.
 - Confirm all handrails are firmly secure both inside and outside the home.
 - Reduce tripping hazards by checking that all rugs are secured under furniture and no furniture or electrical cords are blocking walking areas.
 - Ensure there is room for assistive devices such as walkers.
 - Check outdoor walkways for potential tripping hazards.
 - Remove small throw rugs.
 - Consider adding grab bars or shower benches.
- **Monitor vision changes.** If you or someone has vision problems or finds his/her glasses aren't as helpful anymore, discuss visiting the ophthalmologist to ensure the highest vision quality.
- **Assistive equipment.** Encourage the use of assistive devices when getting up from a chair or bed. Take special precautions when assisting with transferring the individual. Use a gait belt if he or she is prone to falling or is not stable on his or her feet. This will help you ease the person to the floor if he or she does begin to fall.
- **Maintain your safety.** Wear a back brace if the person requires heavy assist and transfer. Your safety is paramount and keeping your body healthy will allow you to provide the best care possible for the individual.

Flu Shot:

Fall is a lovely time! The crisp air and the fall foliage paint a beautiful landscape. However, it also signals it's time to get your flu shot! In the midst of the pandemic, getting a flu shot may be more important this year than in the past. [Click here](#) to see the page from the CDC on flu vaccines.

Flu vaccines are available at most pharmacies as well as doctors' offices. Although the CDC doesn't recommend one vaccine over another, they do encourage people to get the vaccine early in the fall, before flu season gets underway. Remember that it takes two weeks from receiving the vaccine until it is fully activated.

A member reported that the Safeway in Georgetown has the flu shots in stock. This was confirmed by another member who added that they have the senior shots which the CVS in Spring Valley apparently does not have and Safeway even has a deal to give you a discount coupon for upcoming groceries when you get your flu shot.

Reaching Out:

During the pandemic, a few GW medical students started a program called GWU Reaching Out. The program was designed to connect virtually with socially isolated seniors. This year, students will be paired with seniors and have scheduled calls with them over the next 4 months. More information is available on the [GWU Reaching Out website](#). Interested older adults should contact GWU Reaching Out by email: gwureachingout@gmail.com or by phone: **202-709-6344**.

Creative Corner:

Fellow storyteller, Maria Brau, was inspired by Hasan Dossal's wonderful shrimp dish. She wanted to share her recipe for Indian Broccoli with the rest of us.

INDIAN BROCCOLI

Broccoli (approx. 1 lb., frozen or fresh), preferably crowns

1 stick butter

Fresh ginger, chopped very small (about 1/4 cup); if no fresh ginger is available, substitute about 1 tbs. ground.

1 tbs. ground cumin

2 tbs. ground coriander

1 tbs. black pepper

1 tsp. red pepper

salt

1. Steam broccoli, or cook in the microwave with a sprinkle of water, until very soft. If whole broccoli is used (instead of just crowns), split or slice stems before steaming/cooking.
2. In a large skillet, melt butter until very hot, and then add ginger, spices, salt. Cook mixture over medium heat for a few minutes, stirring to develop the flavors.
3. Take out broccoli by spoonfuls from the steam basket or microwave dish, and add to skillet. Use a slotted spoon, to make sure as little water as possible is transferred with broccoli to the skillet.
4. Over moderate to high heat, mash broccoli with flat turner, turning mixture from bottom to top after mashing, repeating process until the mixture is smooth and broccoli has absorbed butter and spices. Flatten mixture in skillet, and check that broccoli has the appearance of a purée. If not, repeat mashing and turning until it does.
5. Taste, and add salt and/or pepper if needed, turning, mashing, and tasting after each addition.
6. Either serve immediately or transfer to a microwave dish for reheating later.

Notes: The secret of this dish is in the mashing/turning process, which is done best in a heavy skillet, (non-stick is not recommended). Once cooking is finished, the broccoli mixture will burn easily if reheated over the stove. Either reheat in a microwave or serve at room temperature. Leftovers make delicious veggie sandwiches.

What are we watching?

If you haven't joined us for Happy Hour on Fridays, you might have missed recommendations for the latest shows and movies to stream. There has been a lot of enthusiasm for mystery and political series from Scandinavia lately -- *Trapped* (Amazon Prime) from Iceland, *Occupied* (Netflix) from Norway, *Deadwind* (Netflix) from Finland, and *Borgen* (Netflix) from Denmark. The storylines are fresh and original, and the scenery transports you to parts unknown.

We welcome reviews of things that have drawn you in. You can always join us at Happy Hour to discuss them or send reviews to eblanton@palisadesvillage.org.

Sibley Survey:

In order to strengthen Sibley Memorial Hospital's engagement with the Ward 3 community, the hospital's Office of Community Relations is seeking information on community perceptions of how the hospital interacts and supports the neighborhoods and residents of Ward 3. The information obtained from the survey will help us to better focus these efforts and align with community needs. Responses will be collected anonymously. You can take the survey [here](#).

Election 2020:

The DC Board of Elections is mailing every registered voter a ballot for the November 3, 2020 General Election. This will be sent to your registered address beginning the first week in October.

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!

Alvin Ailey Dance Theater at Lincoln Center -- For a limited time, watch live performances of the modern dance works [Chroma, Grace, Takademe, and Revelations](#).

[New York Film Festival](#) -- From September 17-October 11 you can enjoy a new slate of essential cinematic offerings from around the globe through drive-in and virtual screenings.



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

Monday, September 21, 1 p.m.

Electoral College: What it is and How it Works -- Participants in the Electoral College presentation will hear about the history, how it works and the impacts on the United States presidential election processes. Robert (Bob) Kennedy Rodweller was a professional technologist for more than 30 years and retired from the Federal Reserve Board of Governors. Prior to and after his tenure with the Federal Reserve, he worked as an information technology and management executive across multiple federal agencies and private organizations in and around Washington, DC. Bob was also an active Election Judge in Maryland for 12 years. He and his wife moved to Fayetteville, Arkansas from Maryland in 2012 and Bob has taught classes at the University of Arkansas since 2013. Registration Required. [Please click here to register.](#) You will receive the Zoom link prior to the program.

Monday, September 21, 3:30-5 p.m.

Estate Planning -- Do you have your medical and legal documents in order? Don't wait until a crisis happens! Join elder law attorney Megan M. Wallace, Esq. as she leads a Zoom presentation on Estate Planning focused on the needs of DC residents, and get answers to questions like:

- What documents do you need in case you develop dementia or become disabled?
- What documents do you need for your estate to run smoothly after your death?
- What is the difference between a Will and a Trust? Do you need both?
- How can you avoid probate?

Megan M. Wallace, J.D., LL.M. (Taxation), principal of Wallace Law, LLC, is an attorney who focuses her practice on estate planning, probate and trust administration in Maryland, Virginia, and the District of Columbia. She has advanced training in tax issues and is an Adjunct Professor at American University Washington College of Law (Wills, Trusts & Estates), a member of the Washington, DC Estate Planning Council, Estate Planning Council of Montgomery County, Maryland, as well as the Maryland, Virginia

and District of Columbia Bar Associations. RSVP: Click [here](#) to register or contact Dupont Circle Village Office at admin@dupontcirclevillage.net.

Thursday, September 24, 7-8 p.m.

[Mapping Segregation in Washington DC](#) -- A digital public history project that reveals the systematic way in which residential segregation was established and enforced in the nation's capital during the first half of the 20th century.

Northwest Neighbors Village and Historic Chevy Chase DC are partnering to present an exciting mapping project that reveals -- as if unmaking a bed - - the role systemic racism has played historically in shaping the District of Columbia.

The project, co-directed by historians Mara Cherkasky and Sarah Shoenfeld who run an organization called Prologue DC, will also explain how ordinary citizens can contribute to this fascinating historical research by volunteering a couple of hours in online searches of old D.C. tax records looking for once-legal racial covenants. Cherkasky, who will hold a follow-up training session for volunteers interested in participating, said the sleuthing for these old pieces of evidence is exhilarating and enables you to be part of a worthwhile project. Zoom link: [Register in advance for this meeting](#)

Friday-Saturday, September 25-26

First LGBTQ Inter-Generational Symposium -- Join Capitol Hill Village (CHV) for a two-day virtual symposium September 25-26 centering on the experiences and voices of LGBTQ community members across ages and experiences. Topics to be explored include intersectionality, aging in community, creating and sustaining generational wealth, grief, relationships, and more. This two-day symposium will cultivate dialogue and solutions, ensuring space for joy and movement. [REGISTER HERE](#)

Wednesday, September 30, 5:30 p.m.

"A New Contract for the Middle Class" -- Isabel Sawhill, Senior Fellow, Brookings Institution, will discuss the American middle class. A renowned expert at Brookings Institution on children, families, and the middle class in America, she also served in the Clinton Administration as an Associate Director at the Office of Management and Budget and is the winner of many prestigious awards. Her most recent book, A New Contract for The

Middle Class, is about the American middle class, currently under tremendous strain through the place in history that we find ourselves, and the current emergencies of COVID and unemployment. Her book examines income stagnation, fragmented families, and time pressure, among other topics. To sign up please contact the GV Office at 202-999-8988 or Email: lynn@georgetown-village.org

Thursdays, October 1, October 29, November 19, and December 3, 2-3 p.m.

[Forum Theater: An Exploration of Race and Racism in America](#) -- through monthly Zoom meetings, gather with Village members across DC to explore attitudes and experiences with systemic racism through Forum Theater.

Community Events:

Go to [Around Town DC](#) to find classes in Zoom, art, dance, advance planning, fitness, improv, and much more. Here are two examples (register by clicking on the links.):

Thursday, September 24, 10:30-11:30 a.m.

[Social Media #101 presented by Kathleen McGuinness](#) -- Understand the terms and usage of Skype, Facebook, Twitter & Instagram (Twitter and Instagram are mostly informational). What's all the fuss about?

Wednesdays, October 14, 21, 28, and November 4, 11, and 18, 4-6 p.m.

Aging Solo in the Covid Era -- Aging Solo, an online six-session workshop series, provides tools, strategies, and support for older adults to age successfully even when they do not have a family member or close friend who could take on the role of caregiver or health care decision-maker tailored to the current situation. Where: Via Zoom link (it will be sent out each week to participants) Cost: The cost for the series is \$60.00, which includes links to all the webinars and a printed resource/discussion guide mailed to your home. Registration: Space is limited! You must register by September 30, 2020. You can register by emailing Lena Frumin at community@iona.org or [here](#).

Sibley Seniors Association (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at <https://www.hopkinsmedicine.org/sibley-memorial->

[hospital/ documents/community-health/sibley-senior-association-q3-newsletter.pdf](https://www.hospitaldocuments.com/community-health/sibley-senior-association-q3-newsletter.pdf).

Other Community Events:

September 13-26

Art All Night -- Catch the second week online. The annual festival takes place in Tenleytown and neighborhoods across the city, celebrating the arts in all their forms and showcasing the diverse talents of the city's creative community. While the Art All Night experience will be different from prior years, Tenleytown Main Street (TMS) has put together a program for art lovers of all ages to enjoy while safely social distancing. We'll be featuring local creatives with:

- Online dance, cooking, and cocktail making classes and kids' crafts
- Behind the scenes videos featuring local business owners & creative entrepreneurs
- The Tenleytown Art Walk featuring works by area artists displayed in storefront windows – enjoy online or in-person!
- A new online Art Market where you can shop original paintings, jewelry, photography, and more from area artists
- AAN Small Business Specials
- Throwback online performances from past AAN musicians

Bookmark the official TMS Art All Night webpage for the latest information, tenleytownmainstreet.org/event/art-all-night, and follow us on [Facebook](#) and [Instagram](#). The creative fun went live on Sunday, September 13. Plus, check out www.dcartallnight.org for showcase performances by notable DC artists and themed promotions from across the District.

Tuesday, September 22, 12 noon-1 p.m.

Elder Insurance Virtual Forum -- The DC Department of Insurance, Securities and Banking in partnership with Congress Heights Senior Wellness Center is hosting a FREE Elder Insurance Virtual Forum. There is no preregistration. Participants can also use login information below to call or login.

<https://dcnet.webex.com/join/DCDISB>

850 861

211

Join by phone 1-650-479-3208 Call-in toll number (US/Canada)
Access code: 850 861 211

At [The Atlantic Festival](#) this year on Sept. 21-24, hear free talks from a wide range of speakers, including Anthony Fauci, Hillary Clinton, Gov. Larry Hogan, Stacey Abrams, José Andrés, Ibram X. Kendi, Bill Gates, and Ethan Hawke. You must register in advance, space is limited.

Tuesday, September 22, 11 a.m.

Mayor Bowser's 9th Annual Virtual Senior Symposium: *Engage At Home. Stay Safe At Home* -- Hosted by Shawn Perry of the Senior Zone. Special remarks provided by Mayor Bowser and Director Laura Newland plus live cooking demo with Food Network's Chef Tregaye Fraser, and much more.

Three Ways to Join:

Tune in to DCTV Channel 16 (*check your local listings if channel is different*)

Watch Live Online <http://video.oct.dc.gov/DCN>

Dial In: 844-881-1314

Register TODAY!!

Tuesday, September 22, 7 p.m.

Celebrating the Pioneering Art of Bill Christenberry -- Sandy Christenberry will be in conversation with George Hemphill on the work of renowned artist Bill Christenberry. Two options to join the event: [DC Public Library YouTube Livestream](#), or [DC Public Library Facebook Livestream](#)
For details about the talk next week as well as those for the remainder of the year, visit <https://www.districtbridges.org/tuesdaytalks/>

Friday, September 25, 2020, 9:30 a.m.

Beyond Pills: Complementary and Integrative Medicine for Older Adults -- Online event with:

Mikhail Kogan, M.D., ABIOM, RCST Topic: Integrative Geriatrics: Meeting Baby Boomers Where They Are While Advancing Geriatrics

Andrew Wong, M.D. Topic: Connecting the Dots of Wellness: Utilizing the Power of Lifestyle, Integrative, and Functional Medicine for Optimal Health at Any Age

REGISTER

Saturday, September 26, 7:30 p.m.

Groupmuse Concert with Haskell Small (PV Go Master) -- The concert will start with a welcome for all who are attending and brief introductory remarks. Then the fireworks start: our performer is Haskell Small, composer and concert pianist from Washington, D.C. Haskell has played everything with everybody for everybody! Check out his website for affirmation – be prepared to be impressed: www.haskellsmall.com. He will be playing his "Mysterious Beethoven" program, featuring the glorious Sonata No. 31, Op. 110 along with the exciting 32 Variations in C minor, and for an unusual twist, John Corigliano's "Fantasia on an Ostinato" (a fascinating minimalist setting of the 2nd movement of Beethoven's 7th Symphony). Groupmuse specifies a \$3.00 registration fee and requests a minimum \$10.00 commitment that goes directly to our performer, Haskell Small. To sign up for this event, follow this link and click on "reserve a spot": <https://www.groupmuse.com/events/10889-beethoven-on-a-beautifully-restored-steinway>

Tuesday, September 29, 12 noon

Learning Your Loved One's New Language: Mastering Dementia Fluency -- Hosted by Ingleside. [REGISTER FOR EVENT](#)

Wednesday, September 30, 10:30 - 11:30 a.m.

A Discussion with author Michelle Brafman -- Join Michelle Brafman, local author, to lead a virtual discussion about her novels, *Washing the Dead* and *Bertrand Court* via Zoom. Brafman will discuss the motivation for her writing and her journey to becoming an author. For more information and registration click [here](#).

Tuesday, October 6, 10 a.m. – 2 p.m. and Wednesday, October 7, 9:30 a.m. – 2 p.m.

Leading Age DC Virtual Conference -- The ticket price for retirees, residents, and students is \$29.00. You can find out more about the conference [here](#) and you can [register here](#) .

Sunday, October 11, 2:00 p.m.

Hearing Assistive Technology -- Technology to help us hear better in different settings is evolving and improving rapidly. Dr. Larry Medwetsky of Gallaudet University will talk to us about emerging developments, especially those that may be helpful to us in communicating in noisy environments. He will also bring us up to date on new technologies to connect hearing aids and cochlear implants with a variety of audio

sources. Captioning for our program will be provided. There is no charge. All are welcome. If you would like to attend, please RSVP to hladcchapter@gmail.com by October 7.

Ongoing Events:

Quarantine Cat Film Festival is a compilation reel that brings together the cutest, funniest, bravest, and most loving cat videos from more than 1,200 submissions filmed during the COVID-19 Quarantines. Created by Row House Cinema in Pittsburgh, it is now available through Virtual Cinema. Your ticket purchase will help support independent cinemas across the country, so you can watch some cute cats and feel good about helping to keep indie cinemas alive! [Get Tickets](#)

The National Building Museum is putting on an outdoor exhibit called "[Murals that Matter: Activism Through Public Art.](#)" It features DC Street Art responding to the social justice protests this summer. Location: The National Building Museum's West Lawn on 5th Street between F and G.

Montgomery Parks' [Picnic in the Parks](#) program brings your favorite food to you while you are out enjoying the parks listed on their website. "Each park comes with a designated delivery zone, along with multiple picnic circles that are physically distanced to make sure you can enjoy your meal safely."

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.

Tuesdays, 2:30-4 p.m. and Fridays, 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 [Click 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 September 20 — 26, 2020

William Yates Fitness on Zoom

Mon 09 / 21 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Getting Smarter About Transportation Options

Tue 09 / 22 / 2020 at 11:30 AM

Where: Via Zoom

[More Information](#)

Storytelling

Tue 09 / 22 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 09 / 22 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 09 / 24 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 09 / 25 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 09 / 26 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village
September 27 — October 3, 2020

William Yates Fitness on Zoom

Mon 09 / 28 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Tue 09 / 29 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Get Your Answers from Sibley Medical Experts -- COVID-19 Series
for Older Adults**

Wed 09 / 30 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

Virtual Yoga

Thu 10 / 01 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

Virtual Happy Hour

Fri 10 / 02 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

Mindful Knitting

Sat 10 / 03 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village