



## Across the Fence January 10, 2021

**PV Supporters: Thank you, Thank you, Thank you!**  
*by Arne Paulson, President of Palisades Village*

Palisades Village had a tough year in 2020, due to the Covid pandemic. We did our best to convert our usual activities to virtual formats, scaled back the kinds of in-person services we were able to provide, reactivated weekly contacts with members by phone, provided deliveries of soups and cookies to remind members that they were still in our minds at all times, etc. By all accounts, Andrea and Erica did a great job, but of course, we all look forward to the day when we can put the pandemic behind us and resume person-to-person contact.

Financially, the year was also difficult for us because we had to cancel our major fundraiser – the annual house tour. We were able to make up some of the difference by substitute events, such as the GoFundMe campaign, but we still faced considerable uncertainty about whether we would end the year with a financial surplus, or a deficit.

That is why the End of Year appeal was particularly important for us this year. We did not know if our financial donors and supporters would step up to help us fill the breach – but I am happy to say that you did! In fact, you contributed more to the End of Year appeal this year than last year, balancing our budget for 2020 and giving us a good start on 2021. And, if I may say so, the extraordinary support you provided during a difficult year also demonstrated to us, the volunteers who keep the organization running, how much the Village means to all of us. So again, thank you, thank you, thank you!

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**A New Year, Time to Reset!**

Dr. Andrea Bonior, a licensed clinical psychologist and on the faculty of Georgetown University, knows that last year was unbearable for many and the beginning of this year has been surreal. How do we cope and have a mental reset as we begin a new year, a new beginning despite the pandemic and having endured the horrific events of last week? She makes the following recommendations:

- Connect with others and engage in a meaningful conversation. Share your hopes, dreams, and goals for 2021. We need an emotional restart! Need a phone buddy? Call the Village and we'll arrange one!
- Take a moment each day to reflect, no matter how small. Consistency is the key to help you focus on the changes you wish to make. Join us for the NEW Village Wednesday Wellness series beginning this week at 1 p.m. Nephelie Andonyadis (PV member: Avyeris's daughter) will lead us in Building a Culture of Creative Care. It will be fun and inspirational!
- Avoid absolutist expectations. Some days will be difficult or exhausting, while others will be filled with joy and surprises. Remember each day is a new beginning!
- Look at the bigger picture. The pandemic and the timing of the vaccine is causing lots of stress but let's look at the bigger picture. What values are important to you? What are your priorities? How do they help give your life a sense of purpose?
- Volunteer and service makes you feel better and has the power to heal. Want some ideas? Palisades Village invites you to join a committee to promote the Village and its activities. Want to share your talents or expertise with our community or have a friend or colleague who would make a great presenter? Let us know.
- Express gratitude daily. Take the time to call or write a personal message to brighten someone's day. A personalized note in the mailbox is such a welcome surprise.
- Remember that life is a journey and not just a destination. This is the year to have continual growth...there may be bumps in the road but keep going forward!

At Palisades Village's Virtual Holiday Celebration, I shared one of my favorite seasonal songs by Maura Sullivan, It's Christmas Eve in Washington:

*...America's hometown, For it's here that freedom lives and peace can stand her ground... Our joyous wish to you is for peace, love and laughter to last the whole year through.*

I hope these words continue to resonate, “*Our joyous wish to you is for peace, love and laughter to last the whole year through.*”

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### Upcoming Palisades Village Events:

Reset your exercise routine with **Strength and Resistance Training** with Mr. William Yates tomorrow at 3 p.m. [Register](#) for this Monday's class. Jill Minneman teaches a wonderful **yoga** class on Tuesdays and Thursdays at 3 p.m. She works with you at your comfort level. Contact Jill at [jillminneman@gmail.com](mailto:jillminneman@gmail.com) or 202-237-0246 if you have any questions or are interested in joining.

The [Storytelling](#) group will meet Tuesday at 3 p.m. Have recent events brought back memories and stories? Bring your story and join the group.

It is not too late to join our presentation on the [History of DC's Chinatown](#) on Tuesday at 7 p.m. Mr. Ted Gong, Founder/Director of the [1882 Project Foundation](#), will speak on issues of gentrification and preservation. He will discuss the inspiration for the Foundation's creation, and its reference to the only Federal statute to specifically and totally exclude immigrants of a particular ethnic/cultural heritage--the Chinese. He will address the history of DC's Chinatown and its continuing evolution via the "Chinatown Off H Street Project," and a related project at DC's Congressional Cemetery. Please [register](#) for our talk on Tuesday, January 12 at 7 p.m.

The first in the series of DC Village [Wellness Wednesdays](#) will be on Wednesday, January 13 with [Creative Care](#) led by Nephelie Andonyadis. Through the processes of aging, we can be faced with the daily challenge of creating meaning and purpose in our lives, especially in these times of physical isolation. In this engaging session, we'll use some of the tools of creative practice to have fun, and build connections. Using imagination and creative process as a way to share stories, we'll explore our shared circles of community and help to build a culture of creative care. Drawing on creative practices from the disciplines of the visual arts and theater arts, we'll touch on the artistic impulse in each of us, to build an inclusive and joyful space where we can connect.

Wind down after the week with [Happy Hour](#) on Friday at 4:30 p.m. [Register](#) to get the Zoom link and bring your beverage of choice.

Our knitters (and crocheters) have found the Saturday morning [Mindful Knitting](#) group a great way to reset. Roseanna Stanton leads a short mindfulness session and then the group chats about their needle projects as well as life in general.

We are thrilled to have noted choreographer and neighbor, **Dana Tai Soon Burgess**, join us to discuss [A Life in Dance](#) on **Thursday, January 21 at 7 p.m.** This is a real treat for all dance lovers.

Dana Tai Soon Burgess is a leading American choreographer, dancer, and cultural figure. He has been referred to as the “poet laureate of Washington dance” and “not only a Washington prize but a national dance treasure” (Washington Post Pulitzer Prize-winning dance critic Sarah Kaufman).

His artistic focus explores the idea of cultural “confluence” and many of Burgess’ dances have tended to focus on the “hyphenated person” – someone who is of mixed ethnic or cultural heritage – as well as issues of belonging and societal acceptance. He has served as a cultural ambassador for the U.S. State Department for over two decades, an appointment he uses to promote international cultural dialogue through “the global language of dance”. Throughout his career, Burgess has performed, taught, and choreographed around the world. He founded Dana Tai Soon Burgess Dance Company (DTSBDC.org) in 1992. It is the preeminent modern dance company in the Washington, D.C. region, now in its 29th season. In 1994 he received the award for Outstanding Emerging Artist at the 12th Annual Mayor Arts Award Ceremony. His dance company was awarded the Mayor’s Arts Award for Excellence in 2005. He has completed two senior Fulbrights in dance and won seven Metro D.C. Dance Awards as well as the Pola Nirenska Award. He has been honored by the Smithsonian Institution and was a prominent feature in the Smithsonian exhibition “A Korean American Century” as part of the Korean American Centennial Celebration in 2003 as well as “Dancing the Dream”, the Smithsonian’s first exhibition on American dance. His portrait is part of the permanent collection of the Smithsonian National Portrait Gallery and his family archives resides in the American History Museum. Burgess was named the Smithsonian’s first choreographer in residence in 2016.

Dana is currently working on a memoir to be published by UNM Press. He also has a new book with Routledge coming out in 2022 entitled *Milestones in Dance*. It is a new dance history book he is editing and writing the forward that reconsiders the canon of dance history from a globally diverse perspective.

To register for A Life in Dance, please go to <https://palisades.helpfulvillage.com/events/743-a-life-in-dance:-dana-tai-soon-burgess>

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### COVID Corner:

As many of you know there is a lot of information about the distribution of the COVID-19 vaccine. This information that is presented here, may have been updated since it was written on Friday, January 8.

The DC Department of Health provides daily updates to the DC agencies and weekly updates to Leading Age.

On Friday, we learned through a Village-wide presentation with Laura Newland, Director of Aging and Community Living, that this **Monday, January 11, 2021**, the Mayor is expected to announce at her Press Conference scheduled around 11 a.m. (this can be viewed on Channel 16, Facebook Live, through press releases on the website: [coronavirus.dc.gov/vaccine](https://coronavirus.dc.gov/vaccine), click on News, and [video.oct.dc.gov/DCN/jw.html](https://video.oct.dc.gov/DCN/jw.html)) that adults age 65 and older will be able to register to schedule an appointment for a vaccine through the website, [vaccinate.dc.gov](https://vaccinate.dc.gov) or call the **COVID-19 call center** at **855-363-0333**.

The [vaccinate.dc.gov](https://vaccinate.dc.gov) website is scheduled to go live at 12 p.m. on **Monday**. For those who have mistakenly registered already on the site, you will need to re-register when the system opens on Monday. Please be patient as the system has limited capacity and perhaps give it some time to work out the kinks. If you need help signing up, please call the Village!

It appears that registered participants will receive the Moderna vaccine and when you are receiving the first dose, you will receive instructions on how to schedule an appointment for a second dose. The vaccine is free and there will be detailed instructions on what to bring and what to expect. At a

minimum, a photo ID is required for DC residents. As of press time, the sites were not provided.

For more information please visit:

- [coronavirus.dc.gov](https://coronavirus.dc.gov) via press release (click on News)
- <https://www.immunize.org/covid-19/>
- <https://www.cdc.gov/vaccines/hcp/admin/mass-clinic-activities/index.htm>

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### Register for Safety Alerts:

**Alert DC** - Alert DC is the official District of Columbia communications system allowing residents to receive real-time emergency alerts, notifications, and updates directly from the District's safety officials. Residents may select the types of alerts they wish to receive (such as safety notices, school closures, and weather emergencies) and how they would like to receive alerts (such as by text, email, or phone call).

[Click here to sign up for Alert DC](#)

[Click here to view current alerts](#)

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### 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.
- 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.

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

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### Creative Corner:

Here is Cynthia Erivo's particularly moving rendition of *Take Care of this House* from the Kennedy Center:

[Take care of this House](#)

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### Armchair Traveler:

Every year the New York Times publishes “52 Places to Go” Instead of turning to reporters and photographers this year, it asked readers to talk about their favorite places — near or far — and share photos. [You can find it all here.](#)

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### What to Watch & Read:

Janet Bullinger, member, volunteer, and PV board member, recommends *Elizabeth is Missing*. Glenda Jackson stars as Maud, a woman determined to find her missing friend Elizabeth – but can she solve the mystery of her disappearance before her dementia erases all the clues? It is [streaming](#) until January 17.

The Palisades Village book club had a great discussion of *Red Notice* by Bill Brower. It is a real-life political thriller about an American financier in the

Wild East of Russia, the murder of his principled young tax attorney, and his dangerous mission to expose the Kremlin's corruption.

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**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!

Here are some opportunities for games:

Solve [artistic jigsaw puzzles](#) -- solo or with family or friends! You can choose from hundreds of artworks and work at your level. (East, Medium and Difficult)

Trivia 4 U – test yourself with [60+ Best Trivia Questions for Adults](#) - history, entertainment, IT, movies, pop culture, and more!

Are you a chess buff? Play [live chess online](#) for free!

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

**Monday, January 11, 10 - 11:30 a.m.**

**Art Talk with Lee Ann Lawch: Through the Garden Gate** -- What better escape from January's cold days than a stroll through some beautiful gardens? This month, docent Lee Ann Lawch takes us on a casual stroll through a hand-picked variety of garden-related images and objects from SAAM's (Smithsonian American Art Museum's) collection. **Register** to the AHA office at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or **703-231-0824**.

**Monday, January 11, 11 a.m.**

**Art Projects to Soothe the Soul - Rangolis** -- Graduate students from GWU will lead Village members in a series of three programs, designed to

allow anyone to express themselves and find some serenity in the midst of a chaotic time. Artistic talent or experience is definitely not needed! Our first program will be focused on creating rangolis, simple or intricate patterns made with colored sand and flour on any flat surface. According to Indian philosophy and support by Western clinical findings, focusing on repeating patterns brings calm and quiets the mind. Registered participants will receive packets of colored sand in advance of the program. Non-FBWE members or their village are responsible for the cost and delivery of the sand packets. [Find more info and register here](#)

**Monday, January 11, 7 p.m.**

**Trump's Presidential Papers - What Comes Next?** --Following precedent, by noon on January 20, 2021, President Donald Trump will have left the White House and its new occupant, President Joe Biden, will move in. Trump's Presidential papers and records also will have been cleared from the White House. Where will they go and what will become of them? Who will have access to them? In a fraught Presidential transition, these are important questions. To explain the current situation, Trudy Huskamp Peterson will explore the history of all the Presidents' papers, from the tradition established in the early years of the republic to the current law governing Presidential records. What roles did Franklin Roosevelt and Richard Nixon play in establishing the present pattern? And what does all this have to do with the Presidential libraries that dot the country? What will happen to Trump's papers? Dr. Peterson will explore these issues and more. Zoom link:

<https://us02web.zoom.us/j/89237692934?pwd=a0JwRGFBdWw5M1pmMFdWQjJZVFBCUT09> Meeting ID: 892 3769 2934 Passcode: CHV

**Tuesday, January 12, 11 a.m.**

**[Tackling Family History Projects](#)** - We have boxes of family stuff lurking around in closets and attics. Photos, documents, objects...they all tell stories about our family. But somehow, organizing that box and telling those stories remains elusive. Join speaker **Clémence Scouten**, founder of ***Memoirs & More***, to learn how to finally tackle family history projects. From archiving to genealogy to storytelling, Clémence will walk through different kinds of family history projects to show you how to take each one head on!

**Wednesday, January 13, 1 - 3:30 p.m.**

## **Regional Public Art Projects by the Washington Glass Studio (WGS) --**

Our guest is Erwin Timmers, Co-founder of the Washington Glass Studio and Co-founder/Director of the Washington Glass School, Mt. Rainier, MD. Established in 2001, the Washington Glass Studio has designed, fabricated, and installed site-specific public art projects throughout the Washington area, including cast glass doors for the U.S. Library of Congress Adams Building, an award-winning project for EPA headquarters, artwork for a Safeway supermarket in Bethesda, MD, outdoor sculpture for the Prince Georges County circuit court, and the Green Community Gateway, Washington, DC. Mr. Timmers will talk about these and other public art projects, WGS use of glass as a sculptural element, and community involvement in several public art commissions. Register to the AHA office at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or **703-231-0824**.

### **Wednesday, January 13, 2:30 p.m.**

**Exercises Supporting Fall Prevention** --Thanks to zoom, you can join this monthly series, led by an experienced physical therapist in the comfort of your home, and practice specific strength-building exercises that can help prevent falls. Regardless of your fitness level, if you have had a fall, or are afraid of falling, this series is for you. Have a chair nearby in a cleared space. Come to one or more of the sessions and see the results for yourself. Dr. Sophia Janson has almost 30 years of experience as a physical therapist. She is board certified in Geriatric Physical Therapy and understands how the aging process impacts balance and falls risk. The majority of her clinical experience is in-home health care which includes home safety assessments and fall prevention instruction. [Find more info and register here](#)

### **Thursday, January 14, 1 p.m.**

**[Understanding the COVID-19 Vaccines](#)** -- Join Northwest Neighbors Village for an up-to-date discussion on the COVID-19 vaccines. **Ruth Karron, M.D.** will provide a brief overview and answer your questions. You won't want to miss this interactive program!

### **Thursday, January 14, 1 - 2:30 p.m.**

**Innovative Diagnostic and Treatment Options for Non-Surgical Orthopedic Conditions with Dr. Marc Gruner, DO, MBA, RMSK** -- Dr. Gruner has trained with the leading experts in ultrasound and regenerative medicine at Mayo Clinic, acquiring expertise in cutting edge ultrasound-guided surgeries. Dr. Gruner will explore exciting and novel therapies in the

areas of musculoskeletal, sports and regenerative medicine. The topics will include the use of ultrasound for diagnosing common orthopedic conditions in the office, tackling care from an integrative approach, and innovative treatments for common orthopedic injuries. Common conditions that will be addressed include Knee Osteoarthritis, Carpal Tunnel, Tennis Elbow, and Adhesive Capsulitis (Frozen Shoulder). Some of his procedures include minimally invasive ultrasound-guided carpal tunnel release, percutaneous tenotomy (Tenex procedures), tendon scraping, neural releases, ultrasound-guided fasciotomy for compartment syndrome, regenerative medicine injections (BMAC), Lipogems, Prolotherapy, and Platelet Rich Plasma (PRP). Registration Link: [www.littlefallsvillage.org/Ortho](http://www.littlefallsvillage.org/Ortho) by January 13.

**Thursday, January 14, 4 p.m.**

**A Conversation with Christina Puchalski, MD, Director of the George Washington University Institute for Spirituality and Health --**

Christina Puchalski, MD, MS, FACP, FAAHPM, is a pioneer and international leader in the movement to integrate spirituality into healthcare in clinical settings and medical education. As founder and director of the George Washington Institute for Spirituality and Health (GWish) and Professor of Medicine at The George Washington University in Washington, DC, she continues to break new ground in the understanding and integration of spiritual care in healthcare settings. These programs and activities have encouraged the development of a patient-centered perspective. GWish is fostering alliances globally to further this integration. She developed the FICA spiritual history tool which is widely used in clinical settings. She is board certified in Palliative Care and Internal Medicine, directs an interdisciplinary outpatient supportive and palliative clinic, and is a Medical Hospice Director in Washington, DC. Registration:

[https://us02web.zoom.us/webinar/register/WN\\_BlhBuYnETnqgmlerXoD5jw](https://us02web.zoom.us/webinar/register/WN_BlhBuYnETnqgmlerXoD5jw)

**Thursday, January 14, 5:30 p.m.**

**“Exploring Planet Word: Where Language Comes to Life” with**

**Rebecca Roberts, Curator of Programming, Planet Word --** Please join

Georgetown Village for an exciting online tour of Planet Word, an immersive language experience located at the historic Franklin School in Washington, DC. It is the world's first voice-activated museum bringing words and language to life. Through the magic of online programming, we will tour the museum and be able to ask questions of our guide for the session. Rebecca Roberts, Curator of Programming, will serve as our

docent for the evening. She is also a nationally recognized author and former program Coordinator for Smithsonian Associates. To sign up please contact the GV Office at **202-999-8988** or Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org) and identify yourself as a PV member.

**Friday, January 15, 12 noon**

**Politics and the Theater with Molly Smith, Arena Stage Artistic Director** -- Molly has served as Arena's Artistic Director since 1998 and has more than 30 directing credits at Arena, including *Carousel*, *Oklahoma*, *A Moon for the Misbegotten*, and *Fiddler on the Roof*. She also recently directed *Our Town* at Canada's Shaw Festival and her directorial work has been seen in numerous other cities including London, Montreal, Berkeley, Toronto and at Juneau, Alaska's Perseverance Theater which she founded and ran from 1979-1998. She led the re-invention of Arena Stage, focusing on the architecture and creation of the Mead Center for American Theater and positioning Arena Stage as a national center for American artists.

**Registration:**

[https://fbwevillage.org/content.aspx?page\\_id=4002&club\\_id=471107&item\\_id=1332064](https://fbwevillage.org/content.aspx?page_id=4002&club_id=471107&item_id=1332064)

**Thursday, January 21, 11 a.m.**

**Rock Creek: People-Powered Restoration** -- Our nearby national park is near twice the size of Central Park, home to the District's only endangered species, and provides recreational opportunities for millions of us each year. Join **Jeanne Braha**, executive director of the park's friends group, **Rock Creek Conservancy**, to learn how we can all be stewards of our beloved natural oasis.

**Tuesday, January 26, 11 a.m.**

**Israel, Jordan and the Palestinians** -- Israeli Prime Minister Benjamin Netanyahu recently vowed to annex part of the West Bank to apply Israeli sovereignty to the Jordan Valley and the northern Dead Sea. What is the significance of the timing of this announcement and what are the implications of such a move, if implemented, for Israel, the Palestinians, and Jordan? **Michael Sharnoff** will highlight Israel's relationship with Jordan and the Palestinians in a historical context from independence to the present. It will explore the key players and their attitudes and perceptions of the West Bank. It will explain and describe the role of the United States and prospects and requirements for moving towards a political solution.

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## 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.):

**Wednesday, January 13, 2 - 3 p.m.**

**[Salt Wars: an interview with Michael F. Jacobson, Ph.D.](#)** -- Learn about the staggering--and deadly--salt content in America's processed and restaurant food as Michael F. Jacobson, Ph.D., author of *Salt Wars* is interviewed by Iona nutritionist, Chris Brentin.

**Sibley Seniors Association (SSA)** offers programs and support groups online. Their latest newsletter and calendar are available at [https://www.hopkinsmedicine.org/about/community\\_health/downloads/sibley-senior-association-quarter-4-newsletter.pdf](https://www.hopkinsmedicine.org/about/community_health/downloads/sibley-senior-association-quarter-4-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:

**[Virtual 50+ Expo](#)** is open and goes through January 31, 2021. Tune in for activities, classes, and information sessions on health, history, senior living, and more. The expo is sponsored by [The Beacon](#), a local publication for people over 50.

**Monday, January 11, 2021, 6 p.m.**

**Maker Talk: Blacksmithing** -- Join DCPL virtually to learn about the craft of creating chainmail. Artisan Bennett Marschner will demonstrate the process of forging a bottle opener, discuss the tools required and share his personal experience working at a forge. *This event will be held virtually. You will receive joining instructions two (2) hours before the event is*

*scheduled to begin. Space is limited, please register at [bit.ly/labsclasses](https://bit.ly/labsclasses) to reserve a spot.*

**Wednesday, January 12, 3 - 4 p.m.**

**Intro to Advance Care Planning: Voice Your Choice!** -- You can have a say in your care if you are unable to speak for yourself. This webinar provides a step-by-step process to support you in identifying a healthcare agent and completing a plan to make your wishes known in advance of a health care crisis. In this introductory program, you will learn what advance care planning is, why it's important, what a health care agent is, and how to select one. **Registration link:** <https://washington-metro.oasiseverywhere.org/?ixwpss=275>

**Ongoing Events:**

**Wellness Wednesdays**

Enjoy free webinars to promote physical health and emotional wellbeing on the 2nd and 4th Wednesday of the month. These programs feature top thought leaders and authors on a wide range of topics to help you “live your best life longer.” They are hosted by Sally Duplantier, founder of Zing. Check out upcoming programs or view past recordings here: [www.myzinglife.com/wellness-wednesdays](http://www.myzinglife.com/wellness-wednesdays)

**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](mailto: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](#).

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**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](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

## This Week at Palisades Village

January 10 — 16, 2021

### **William Yates Fitness on Zoom**

Mon 01 / 11 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Storytelling**

Tue 01 / 12 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Tue 01 / 12 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Talk: DC's Historic Chinatown**

Tue 01 / 12 / 2021 at 7:00 PM

Where: Via Zoom

[More Information](#)

### **Wellness Wednesday - Creative Care**

Wed 01 / 13 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Thu 01 / 14 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 01 / 15 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 01 / 16 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
January 17 — 23, 2021

**Office Closed - MLK Day**

Mon 01 / 18 / 2021 at 12:00 AM

Where: No address or address is not accurate

[More Information](#)

**Virtual Yoga**

Tue 01 / 19 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Office Closed - Inauguration Day**

Wed 01 / 20 / 2021 at 12:00 AM

Where: n/a

[More Information](#)

**Happy Hour**

Wed 01 / 20 / 2021 at 4:30 PM

Where: via Zoom

[More Information](#)

**Virtual Yoga**

Thu 01 / 21 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**A Life in Dance: Dana Tai Soon Burgess**

Thu 01 / 21 / 2021 at 7:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 01 / 22 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 01 / 23 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village