



## Across the Fence

March 28, 2021

Chag Pesach Sameach! Happy Passover!

***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:

Build your strength and resistance with our [Fitness](#) class on Monday, March 29 at 3 p.m. For a lower-intensity workout, come to yoga on [Tuesdays](#) or [Thursdays](#).

The next **Planner** group meeting will be on the topic of "Making your planner work for you." The session will be offered twice, on [March 30 at 10 a.m.](#) and the same session will be repeated on [April 8 at 10 a.m.](#) Grab your planner (or buy one if you don't have one yet) and join us to learn how using a planner can help you make the most out of your days.

Join us on Tuesday, March 30 at 2 p.m. to learn about [Margherita Sarfatti](#) and the Novecento art movement. Erich Keel is going to share the story of Sarfatti's fascinating life as an art critic and the mistress of Benito Mussolini. This talk will focus on this remarkable woman, born to a wealthy family in Venice and taught by some of the best tutors the country could offer. With her formidable education, she began to write art criticism, eventually becoming the spokesperson for a new movement in Italian art in the Twenties. First an asset, her association with Mussolini turned later, in the years before WWII, into a liability. It was her innate smartness (and luck) that allowed her to avoid the tragic fate of so many of her faith, escape Italy, and continue her career in Argentina before returning home after the war.

This Wednesday, March 31 at 1 p.m., Pivot Clinical Director, Dan Soler, will lead discussions on mobility as one ages. You don't want to miss this [Wellness Wednesday](#).

Have your knowledge of the Royal Family tested this Wednesday, March 31 at 4:00 p.m. with our GW intern and [Trivia](#) host Jennifer Howell. Join us for friendly debate over the correct answers, related fun facts, or to ask a question of your own. Tiaras optional.

Our regular [Board Meeting](#) will be held this Thursday, April 1 at 5:00 p.m. All are welcome to attend and visitors may comment and/or ask questions, but only Palisades Village Board members may vote.

[Mindful Knitting](#) will take place at 9:30 a.m. this Saturday, April 3. Whether you're a beginner or a long-time knitter, spend a relaxing hour working on the project of your choice. If you're new to knitting or a bit rusty, email Roseanna at [rschwamm@yahoo.com](mailto:rschwamm@yahoo.com) to set up a time to help you get started.

### **Special Events in April:**

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

**Memoir Writing Workshops:** Don't let your **life story** get away! Have you been meaning to write some of your life stories and experiences? This 5-part series workshop will get you started writing your stories. No previous writing experience is necessary. Each workshop session is designed to help evoke memories of events, family, and common threads in the fabric of your life. We will share our writing in a small group. You will discover surprising insights as you write from the heart, and in that process, you will

create lasting stories for your family--an ideal way to pass along the valuable stories and lessons of your life.

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

5 Tuesdays: 11:00-12:30 p.m. [April 20](#), April 27, May 4, May 11, May 18, 2021

NO PREVIOUS WRITING EXPERIENCE IS NECESSARY

In this workshop you will:

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

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](#).

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### COVID Corner:

**Pre-registration is open to all District residents, not just for those who are currently eligible for the vaccine.** Current eligibility remains limited to seniors, certain workers, and those with qualifying medical conditions but it is important that everyone pre-register now so you're in the system come May 1 when eligibility will expand to all District residents per [President Biden's directive](#). Residents may pre-register through [vaccinate.dc.gov](https://vaccinate.dc.gov) or by calling the coronavirus call center at **1-855-363-0333**.

Remember, with the new pre-registration system, individuals can register online at any time on any day via [vaccinate.dc.gov](https://vaccinate.dc.gov), or register by phone by calling the call center Monday-Friday from 8:00 a.m. to 7:00 p.m. or on

Saturday and Sunday from 8:00 a.m. to 4:00 p.m. Language translation services are available through the call center. Call center staff are also able to take calls from 711, a free video relay service from the FCC that allows individuals to sign with a hearing interpreter who is then talking on the phone with a call taker.

Register and if you are currently eligible for the vaccine in DC will be part of the randomized selection process when appointments open. Once invitations go out, individuals have 48 hours to book their appointment. If an individual does not book their appointment, their name will go back in the pre-registration system (after three unanswered invitations an individual will need to register in the system again).

Appointment invitations will be sent:

- Thursdays by 10:00 a.m.
- Sundays by 10:00 a.m.
- And, only if any appointments still need to be filled, Tuesdays by 10:00 a.m.

Preregister and you will get an invitation to get an appointment. It may not happen today but it will happen. Encourage neighbors, friends, and family to preregister. You can add more than one email so two people can see if an invitation has been sent. We can help with their registration! Palisades Village is getting our members to their vaccination appointments. If we can help you, let us know.

DC has a YouTube video on the <https://coronavirus.dc.gov/vaccinatedc> website that walks you through the process. **If you need assistance, please call the Palisades Village office and we will find a volunteer to help you.** *Our goal is to have 100% of our Village vaccinated! We are here to help!*

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

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## DC Extends Tax Filing Deadline:

The District has extended its filing deadline for 2020 taxes until May 17th. This matches the IRS federal extension to the same date.

AARP offers a variety of free options for those that need help filing their taxes. These include in person options with minimal contact and an option to send in your documentation. [Read more about these options here](#)

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## Volunteer Corner:

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

And we are also looking for someone to make **soup** for six members in April until our regular volunteer comes back. It could be weekly or bi-weekly.

## Volunteer Spotlight:



Lucy Hirsch is a volunteer from George Washington University who is assisting us with our Across the Fence newsletters and being a phone buddy to our members this semester. She is a sophomore and is pursuing a major in Environmental Studies with a minor in Human Services and Social Justice. She is originally from Rhode Island where she worked with a local environmental organization and found her passion for environmentalism, volunteerism, and activism.

In her free time, she loves to cook, ski, and go on hikes with her dog. As the weather warms up she's excited for more COVID-friendly outdoor gatherings with friends and family. Check out her new favorite recipe, "Inside Out Chocolate Chip Cookies," which are the perfect sweet treat for spring picnics: <https://sallysbakingaddiction.com/inside-out-chocolate-chip-cookies/>

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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. -- including help with registration for COVID vaccinations
- Programming via Zoom and Conference Calls--including fitness, happy hour, book group, author talks, yoga, knitting, etc.
- Friendly visits via phone calls and from the “front porch,” outside at a safe social distance.
- Walking Buddies--maintaining a safe social distance
- Small home repair projects (screens, moving plants, etc.)
- Quick IT services (changing printer cartridges, installing printers, etc.)
- Outdoor yard assistance
- Access to our in-house library inventory and free delivery to your door! (Ask us how you can access these great books!)
- Essential medical transportation with member sitting in the back on the passenger side and windows open (based on volunteer availability).

Palisades Village continues to be cautious to protect our members and volunteers. Your safety is our utmost concern. We have established protocols in place to minimize the risks associated with COVID-19.

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## Creative Corner:

Creativity comes in all forms. Our storytelling group shares fantastic stories every week and keeps the oral tradition alive. Come join them on the second or fourth Tuesday of the month.



## Virtual Healing Circles for Grief and Loss:

The April - May 2021 Healing Circle serves as a place for safe sharing and moving through any type of grief or loss. At this time of uncertainty when grief and loss are in the foreground, a Healing Circle can be a place for you to find solace and non-judgmental support.

Typically, Healing Circles begin with opening agreements, time to check in, time for meditation, and time to read a book on a shared topic of interest. While attending all sessions is not required, participants are encouraged to attend each session in an effort to build relationships and community.

Pattie Cinelli's article in *The Hill Rag* (5/2017) is an excellent introduction to our process. You can read it [here](#).

### **Wednesdays from 10:00 am-12:30 pm:**

Wednesday, April 14th (Introduction to Healing Circles)

Wednesday, April 21st

Wednesday, April 28th

Wednesday, May 5th

Wednesday, May 12th

### **How can I attend?**

Healing circles will be offered via Zoom and can be accessed by computer for video, or phone call if you do not have a smart phone or computer.

There is no charge for participation. Please contact Marilyn Goldberg, [goldberg@umbc.edu](mailto:goldberg@umbc.edu) to RSVP, get login information, or with questions and concerns.

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## Virtual 'Better Hearing, Better Engagement' Group:

Towson University Hearing & Balance Center is offering FREE, student-led Zoom sessions this April. The classes will help those with difficulty hearing and their loved ones better understand hearing loss & its impact on their lives. Participants will learn how to catch more of the conversation.

In this 6 part online course, they will discuss:

- How the ear works, what causes hearing loss & how to protect against it
- Understanding your hearing test and hearing loss

- Communicating better in noisy situations
  - Strategies to hear better while distancing and wearing masks
  - How to better communicate with people who have hearing loss
  - Hearing technology, benefits, and stigmas
  - Self-advocacy, emergency preparedness, and travel tips & tricks
  - Group/panel discussion with tips from our experts and others just like you
- Plus, participants have a chance to win communication resources

3 Session times available:

Wednesdays 3:00- 4:15 p.m. (March 31, April 7, 14, 21, 28 & May 5)

Thursdays 6:00- 7:15 p.m. (April 1, 8, 15, 22, 29 & May 6)

Fridays 10:30- 11:45 a.m.(April 2, 9, 16, 23, 30 & May 7)

Register online at <http://form.jotform.com/iwb/betterhearing>

Questions? Email [aweston@towson.edu](mailto:aweston@towson.edu)

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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!

**Virtual Art World Tour: Sante Fe and The Southwest:** For many of us, opportunities to travel during the pandemic have been few and far between. In the interest of quarantining and social distancing, we are pleased to invite you to a virtual [World Tour](#) series inspired by works in the Phoenix Art Museum's collection.

This month, we begin our journey across the globe, departing from Phoenix and heading across the Southwest to Santa Fe, with other desert stops along the way. Discover works of art in the collection from the American Southwest, enjoy a closer look at the art of Willard Nash, and check out recommended reading, viewing, and listening, all inspired by New Mexico and beyond.

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DC Village Collaboration



# DC Villages



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

For a list of all the events sponsored by Washington Area Villages, please click [here](#). Here are just a few of them (and a couple that are not included). Register by clicking on the link in the title or in the description.

**Monday, March 29, 1 p.m.**

**[National Portrait Gallery Virtual Tour of "Her Story: A Century of Women Writers"](#)**-- Join Chevy Chase At Home as a docent from the Smithsonian National Portrait Gallery shows us art from "Her Story: A Century of Women Writers." This exhibit celebrates some of the country's most influential authors. Represented here are twenty-four women from diverse backgrounds whose books have become classics and whose words are well known. Many of us grew up with their stories, poems, and essays and have since passed them on to friends and family. Featured authors span from Frances Hodgson Burnett to Jhumpa Lahiri.

**Monday, March 29, 1 p.m.**

**[Ayurveda for Healthy Living](#)**-- Debbie Helfeld, Certified Ayurvedic Health Counselor, will introduce you to Ayurveda, an ancient holistic health system originating in India. Ayurveda means "knowledge of life" and focuses on the whole person in body, mind, and spirit. It promotes living in harmony with the natural world and emphasizes diet, lifestyle, and stress management. Learn some tips for maintaining vitality as we age. Debbie will also demonstrate how to make a delicious, digestive tea. Debbie has a Master's Degree in Public Health and is a Yoga Teacher who specializes in teaching for Healthy Bones.

**Tuesday, March 30, 1 p.m.**

**[Virtual Tour of the National Cryptologic Museum](#)**-- Join a docent and virtually explore the galleries of the National Cryptologic Museum, located adjacent to the NSA Headquarters in Fort Meade, MD. Here visitors catch a

glimpse of some of the most dramatic moments in the history of American cryptology: the people who devoted their lives to cryptology (aka the art of writing & solving codes) and national defense, the machines and devices they developed, the techniques they used, and the places where they worked.

**Wednesday, March 31, 2:30 p.m.**

**[Who Should Live and Whom Should We Let Die? COVID-19's Ethical Landscape](#)**--

Pandemics raise questions including resources allocation: ventilators, protective equipment, and vaccines. Should we prioritize the young? What are acceptable trade-offs between speed and safety for new therapies? What is the balance between civil liberties and public health in a quarantine? What about the fact that during the pandemic African Americans are dying three times the rate of white Americans? Our speaker is Dr. Mildred Solomon, President of The Hastings Center and Professor of Global Health and Social Medicine at Harvard Medical School. Presented in partnership between LFV & Little Falls Library (MCPL), in collaboration with the Council of Federal Executives & Associates (COFFE).

**Memory Related Diseases and Caregiving Among the LGBT\***

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

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

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

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

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

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

**Monday, April 5, 1 p.m.**

**[Constitutional Patriotism, Partisanship and the Future of American Democracy with Congressman Jamie Raskin](#)**--

Congressman Jamie Raskin is the U.S. Representative for Maryland's 8th

Congressional District. He recently served as the Lead House Manager during the second Senate impeachment Trial of former President Donald Trump, which ended with a 57-43 vote to convict. This event will also be recorded, and the link to that recording will be posted on the LFV event page after the event [www.littlefallsvillage.org/Raskin](http://www.littlefallsvillage.org/Raskin). This event is presented by COFFE (Council of Former Federal Executives & Associates) in collaboration with Little Falls Village and in partnership with the Little Falls Library of Montgomery County Public Libraries.

**Tuesday, April 6, 1 p.m.**

**[A Workshop on Grief: Understanding the Process and How to Support Others Who Are Grieving](#)**-- Discussion about grief, the pandemic's effect on grief, how to get help in grieving, learning to live without the physical presence of the one who died, and how to support others who are grieving. Participants are encouraged to watch the documentary "Speaking Grief" before the session, available online at <https://speakinggrief.org>.

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

**[Fire Prevention and Safety in Your Home](#)**-- Fire safety and injury prevention aren't dirty words. We should know what we should do to minimize the risks of a fire or other disasters that could affect ourselves, our families or our homes. Jim Resnick, retired Battalion Chief of the Montgomery County Fire and Rescue Service (MCFRS), along with other local first responders, will explain new safety regulations and steps that each of us should take to drastically reduce the chance that we ever experience a fire, a carbon monoxide emergency, or any of a number of other disasters.

**Tuesday, April 6, 4 p.m.**

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

**Wednesday, April 7, 1 p.m.**

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

**Wednesday, April 7, 2 p.m.**

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

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

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

**Wednesday, April 7, 6 p.m.**

**DCV CelebSalon: Saul Lilienstein -- Musician, Conductor, Professor --**

A musical Renaissance man, Saul Lilienstein has had a storied career as a musician, music historian, opera and choral director, conductor, professor, and writer about music. For the past several years, he has transformed his deep knowledge and broad experience into a series of phenomenally popular courses, ranging from opera to jazz, Bach to the Beatles, at the Smithsonian Institution, the Levine School of Music, and many other educational settings. His commentaries for symphonic concerts at the Kennedy Center and for The Washington National Opera (WNO) are legendary, and his highly acclaimed set of 85 CDs for WNO analyzing the opera repertoire remains the most extensive series of its kind in the English language. A former student of Leonard Bernstein, Lilienstein holds B.A. and M.A. degrees in music from Queens College, NY. **RSVP: [Register Online](#) or contact the DCV Office at (202) 436-5252 or [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)**

**Thursday, April 8, 1 p.m.**

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

**Thursday, April 8, 1 p.m.**

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

**Thursday, April 8, 3 p.m.**

**[Strathmore Music Center: Coping with Pandemic and Looking Ahead](#)**- Monica Jeffries Hazangeles, President and CEO of Strathmore Music Center, shares how Strathmore is coping with Covid-19 pandemic restrictions and its plans for reawakening programs going forward.

Strathmore presents world-class talent and serves as a launchpad for local artists. It presents nearly 300 events each year at the Music Center and related venues. Ms. Jeffries Hazangeles has helped transform Strathmore from a modest organization into one of the largest multi-disciplinary arts presenters in the state of Maryland. She will be joined in this session by Leon Scioscia, Executive VP of Operations.

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

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

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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.):

**Tuesday, March 30, 11 a.m.**

**[Technology Workshop: Intro to Google Chrome and Firefox](#)**-- Refresh your skills on Google Chrome and firefox with B Milenovic from the Tenley-Friendship Neighborhood Public Library.

**Thursday, April 1, 3 p.m.**

**[Spring Improv Comedy with Topher Bellavia](#)**-- At a time when human engagement has become a challenge, improv offers the opportunity to meet and play with other fun people. In a relaxed and friendly atmosphere, we will perform characters and tell stories. The classes' greatest lessons are agreement, empathy and positivity. Through Zoom, we will be building connections with others and the world around us, as we laugh the whole time!

**Tuesday, April 6, 10 a.m.**

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

**Wednesday, April 7th, 3 p.m.**

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

**Friday, April 8th, 3 p.m.**

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

**Weekly on Fridays, 5 p.m.**

**[DISDance Party](#)**-- Get the weekend started by dancing using the DC Public Library’s [Freegal](#) music collection. We’ll DISdance along to a variety of playlists. We will review how to use this wonderful resource at 5:00 p.m. and start dancing at 5:30-6:00 p.m. This program will be hosted by our dynamic friend B Milenkovic from the DC Public Library.

**Sibley Seniors Association** (SSA) offers programs and support groups online. Their latest newsletter and calendar are available at [sibley-senior-Q1-2021-newsletter.pdf \(hopkinsmedicine.org\)](#)

**[DPR](#)** -- DC residents can sign up for physically distant, in-person programming at various DPR locations (including yoga and pickleball at

Palisades) or virtual programs hosted by DPR instructors online. DPR opened a select number of fitness centers and indoor pools for reservation-only workouts and lap swimming. Centers will operate at limited capacity with new health and safety protocols in place, such as face mask requirements, enhanced daily cleaning. To create an account for you or your family, visit the [main registration portal](#).

### **Other Community Events:**

**Tuesday, March 30, 3 - 4 p.m.**

**ANC3D Transportation Committee** -- Neighbors are invited to attend. We will be discussing safety issues in the neighborhood as well as the proposed bike lane expansion on New Mexico Ave. Join Zoom Video Meeting: <https://zoom.us/j/99338855095> Join by phone: +1 301 715 8592; Meeting ID: 993 3885 5095

**Tuesday, March 30 at 5:30 p.m.**

**Food & Elegant dining inspired by Bridgerton** -- Step into 19th century England with renowned Food Historian Francine Segan. The Bridgertons are a fictional family, but the time period represented in this wildly popular book and TV series is very real! Join us to learn about the first half of the 19th century, an era of calling cards, horse-drawn coaches, afternoon tea, cotillions, lawn parties, and formal dinners... a time when even picnics were served on fine china. This lecture is a free online event. [You must pre-register in order to participate.](#)

**Wednesday, March 31, 7:30 p.m.**

**The McDermott Trio with Paul Neubauer** -- Part of the National Museum of Women in the Arts Spring concert Series. Hailed for their "dazzling virtuosity and beautifully integrated ensemble," the McDermott Trio has been recognized as one of the most exciting trios of their generation. Since their Carnegie Recital Hall debut, they have performed throughout North America, Central America, and Europe. Violist Paul Neubauer's exceptional musicality and effortless playing led the New York Times to call him "a master musician." In 2018 he made his Chicago Symphony debut with conductor Riccardo Muti and his Marinsky Orchestra debut with conductor Valery Gergiev. Neubauer is the artistic director of the Mostly Music series in New Jersey and is on the faculty of The Juilliard School and the Mannes School of Music. [Reservation required, register here](#)

**Thursday, April 1, 4 - 5 p.m.**

**Flood and Water Damage Forum** -- The DC Department of Insurance, Securities and Banking (DISB) is hosting its virtual Flood and Water Damage Forum. The forum will take place on Thursday, April 1, 2021, from 4 – 5 p.m. DISB is partnering with DC Water, DC Homeland Security and Emergency Management Agency, the DC Department of Energy and the Environment, and the District of Columbia Insurance Federation on the forum. The forum is designed to provide District residents, businesses and community stakeholders with access to resources and a transparent complaint process to address water damage issues. JOIN BY PHONE **1-650-479-3208 Access Code: 160-184-7600** or JOIN BY COMPUTER [bit.ly/3qbSzGd](https://bit.ly/3qbSzGd)

**DOEE's solar seminar series** -- DOEE invites residents, landlords, and clean energy stakeholders to join the solar seminar series to learn what steps they can take to go solar. Each of these events in the solar seminar series begins at 1:00 p.m. and focuses on a specific aspect of going solar. Register here: <https://www.eventbrite.com/e/how-to-go-solar-in-dc-a-solar-seminar-series-tickets-137898717777>

Upcoming sessions & topics:

April 8, 2021: Solar Renewable Credits

May 6, 2021: Community Solar

**Ongoing Events:**

**Weekly on Fridays, 1 - 2 p.m.**

**The Art of Looking**--By sharing observations, interpretations, questions, and ideas, participants build on their own first impressions and broaden their understanding of a single work of art in each meeting. Each session lasts one hour and is completely interactive. Gallery educators will facilitate the conversation to create an environment for shared learning. These conversations will encourage you to engage deeply with art, with others, and with the world around you as you hone skills in visual literacy and perspective-taking.

This program is free and open to the public is designed for everyone interested in talking about art. No art or art history background is required. Ages 18 and over. Due to the interactive nature of this program, sessions are not recorded. Live captions (CART) are available in some breakout

rooms for this program. Please contact [looking@nga.gov](mailto:looking@nga.gov) to request access or for more information.

**Mondays, Wednesdays and Fridays at 12 p.m.**

**[Smithsonian National Museum of Asian Art's free 30-minute online meditations](#)**--

Led by DC-based meditation teachers, these free sessions are appropriate for all levels of practitioners and include a variety of mindfulness practices. Sessions on Fridays include inspiration from art in the museum collection.

**Weekly on Mondays from 2 - 3:15 p.m.**

**Just Us at the National Gallery of Art** -- Provides interactive, discussion-based experiences for people with memory loss and their care partners.

Participants explore two works of art during virtual sessions on Zoom. Now that we're not constrained by physical proximity or travel to the Gallery, we can welcome pretty much anyone who might like to join us for a conversation about works of art using Zoom. For more information go to <https://www.nga.gov/calendar/guided-tours/just-us.html>. To register, please email [access@nga.gov](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  
March 28 — April 3, 2021

**William Yates Fitness on Zoom**

Mon 03 / 29 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Planner Group**

Tue 03 / 30 / 2021 at 10:00 AM

Where: Via Zoom

[More Information](#)

**Presentation on Margherita Sarfatti, Art Critic in Fascist Italy**

Tue 03 / 30 / 2021 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 03 / 30 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Wellness Wednesday - Mobility As We Age**

Wed 03 / 31 / 2021 at 1:00 PM

Where: Zoom via Cleveland & Woodley Park Village

[More Information](#)

**Trivia - Royals theme**

Wed 03 / 31 / 2021 at 4:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 04 / 01 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Board Meeting**

Thu 04 / 01 / 2021 at 5:00 PM

Where: via Zoom

[More Information](#)

### **Mindful Knitting**

Sat 04 / 03 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

April 4 — 10, 2021

### **Book Club**

Mon 04 / 05 / 2021 at 1:00 PM

Where: Via Zoom

[More Information](#)

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

Mon 04 / 05 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Tue 04 / 06 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Planner Group**

Thu 04 / 08 / 2021 at 10:00 AM

Where: Via Zoom

[More Information](#)

### **Virtual Yoga**

Thu 04 / 08 / 2021 at 3:00 PM

Where: Via Zoom

[More Information](#)

### **Thursday Trivia**

Thu 04 / 08 / 2021 at 4:30 PM

Where: Via Zoom

[More Information](#)

## **Mindful Knitting**

Sat 04 / 10 / 2021 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village