



## Across the Fence *Special Edition* July 5, 2020

### Upcoming Events:

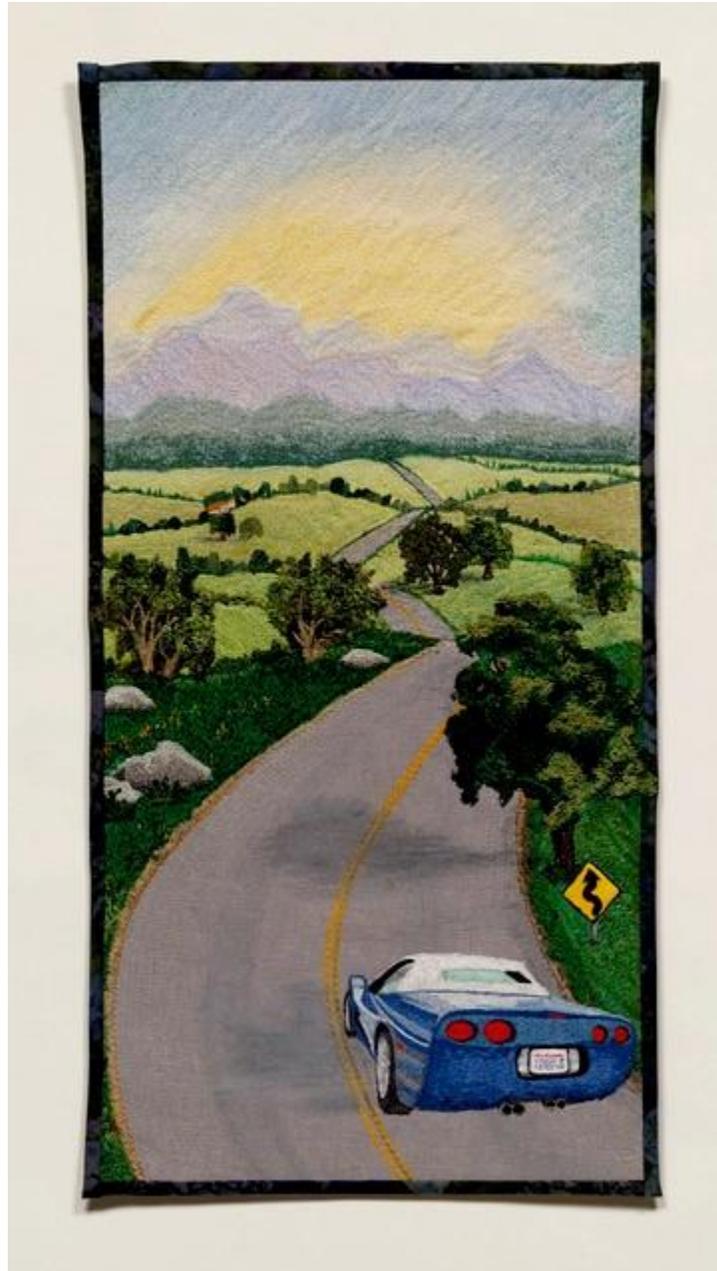
**Let's Talk About It:** Please join us on Monday, July 6 at 3 p.m. for the third in our series of conversations (via Zoom) about race and racism. Chenelyn Baker will moderate our conversation of NYT bestseller *White Fragility: Why It's So Hard For White People To Talk About Racism* by Robin DiAngelo. You can register [here](#).

We are still looking for facilitators for our upcoming talks. If you would be interested in moderating or have a suggestion on a future session, please contact the office at **202-244-3310** or email [asaccoccia@palisadesvillage.org](mailto:asaccoccia@palisadesvillage.org).

**YMCA Fitness: Mr. William Yates** is coming back to do a Zoom fitness class for Palisades Village. Mark your calendars for Monday, July 13 at 3 p.m.! It is time to get moving again. There is a calendar of other Zoom classes offered by the YMCA on our [Connect and Learn page](#).

**Fiber Artist B.J. Adams:** Did you see the cover of the [Local Living section](#) of the Post this week? They featured a work of fiber artist and Palisades Village member, B.J. Adams. On Wednesday, July 15 at 11 a.m. she will take us through a recent project she did to celebrate her 80th year -- 80 works in one year. These examples of her textile art range from representational nature studies to expressive abstraction. Her work would be beautiful as drawings, but she does each one in embroidery which just takes them to a new level both literally and figuratively. This talk will be a

journey from preliminary thoughts and ideas through the process of drawing, embroidering, and assembling the final works. To see her talk about her work, join us on Zoom. Please register [here](#).



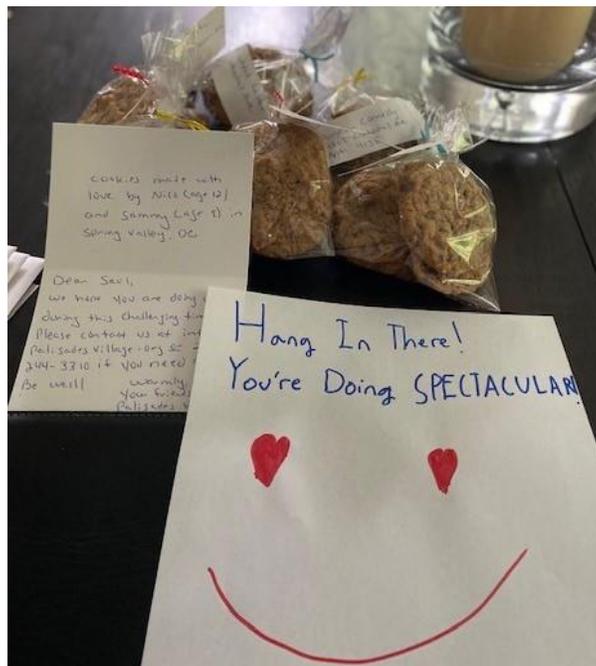
*Head for the Hills – B.J. Adams*

**A note from Ruth Koczela:**

*“I want to thank the Palisades Village and all its staff, volunteers and members who made my 99<sup>th</sup> Birthday so outstanding. It was so wonderful*

*to see so many of my yoga, special events, and companion visitor friends drive by in the parade led by DC's finest, the MPD and the DCFD. It was truly a special day for me! Thank you from the bottom of my heart." -- Ruth Koczela*

### **Creative Corner:**



*Message from Nico Leonardo (age 12)*

### **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!

### **FROM OPEN AIR TO ON THE AIR!**

Four Consecutive Nights starting Monday, July 13 at 8:00 p.m.

Join WNYC and the Public Theater as they bring free Shakespeare in the Park to the airwaves with William Shakespeare's Richard II. Brought to you in a serialized radio broadcast over four nights, listen as the last of the divinely anointed monarchs descends and loses it all. [Click here](#) for more details and to listen in.

## National Museum of African American History & Culture: Talking About Race Tool

<https://nmaahc.si.edu/learn/talking-about-race>



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

### Wednesday, July 8, 5:30 pm

**"Remote Life: Looking and Feeling Your Best"**--During the time of the pandemic, all of us are living differently, dressing differently, and using new ways to connect with one another. Lynne Glassman, a long-time image consultant, and owner of "Doctor of Dress" has a long history of working successfully with clients so they present themselves in the best possible way both for work and in their other personal interactions. Please join us for a fascinating conversation about dressing to look and feel your best now, plus projecting your best image during interactions online like Zoom. This Georgetown Village program is free and open to the community. To sign up please contact the GV Office at **202-999-8988** or Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

### Thursday, July 9, 2020, 4:00 p.m.

**Art Thursday: Portraits of Change**-- Please tune in to this introduction to figures from the National Portrait Gallery who have helped shape our history and culture. If a picture is worth a 1,000 words, then the legacies of these individuals speak volumes to us today. This virtual interactive tour will enable you to view the portraits more closely and to explore their lives in greater depth than possible in a traditional museum setting. This first outing will feature Gwendolyn Brooks (20th-century poet) and Henry George (19th-century political economist). Lorna Grenadier, a long-time NPG docent and Foggy Bottom West End Village member, will be our guide. You may be surprised by what you'll discover! Register [here](#).

### Thursday, July 16, 1 p.m.

**[Could the White House steal the election by manipulating the Electoral College?](#)** -- Speaker: **Roy Neel's** novel *The Electors*, published in 2016, imagines just that. His novel centers on a conspiracy in the White

House to undermine the Electoral College and is described as "a riveting story of massive political corruption." Roy is a former White House Deputy Chief of Staff and Director of VP Gore's Transition Planning in 2000. He will talk about his novel and the research and personal experiences he had that led him to imagine such a scenario. His novel is available on [Amazon](#). Part of Northwest Neighbors Virtual Speaker Series.

**Tuesday, July 28, 2 pm**

**[This Is Your Brain on Architecture](#)**--Speaker - **Milton Shinberg**, a reknowned professor and architect will discuss the intersection of neuroscience and architecture, with a particular focus on the relationship between cognition, understanding and designing architectural space. Part of Northwest Neighbors Virtual Speaker Series.

### **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.):

**Tuesday, July 7, 1:00 p.m.**

**Virtual Field Trip: Peirce Mill** --Join us on a virtual voyage through time Two hundred years ago, Peirce Mill was built along Rock Creek. We will explore how milling evolved, from crushing seeds with a rock to the 19th century Mills of Washington, DC. Our virtual tour will be conducted by Angela Kramer and William McLeod, Friends of Peirce Mill. [Read more \(Peirce Mill waffle recipe\) and register here.](#)

**Tuesday, July 14, 11 a.m.**

**Effective Communication with People with Alzheimer's** -- Sheila Griffin of the Alzheimer's Association will share tips on how to communicate effectively with loved ones with Alzheimer's Disease. [Read more and register here.](#)

**Wednesday, July 8, 3 p.m.**

**Planning for Aging** -- Are your legal and medical documents in order? Learn what you need to do in an overview of Estate Planning with Megan Wallace on in a Zoom workshop. [Read more and register here.](#)

**Other community events:**

**Wednesday, July 8, 6:30-7:30 p.m.**

**[Online Lecture: A Day in Paris with Marjorie Merriweather Post](#)** -- Dr. Wilfried Zeisler, chief curator, and Megan Martinelli, assistant curator of apparel, jewelry, and accessories, will trace Marjorie Post's footsteps through France via Hillwood's objects, uncovering the incredible stories of her favorite antique dealers, fashion designers, jewelers, and more.  
[Register](#)

**Thursday, July 9, 10 - 11:30 a.m.**

**The Red Flags of Elder Abuse, Neglect, and Financial Exploitation Webinar** -- 1 in 10 older adults will experience some form of abuse, neglect, or financial exploitation. Unfortunately, only one in 24 cases is ever reported. This virtual training is designed for community members, neighbors, Villages members, and caregivers to better understand the issue of elder abuse. Attendees will learn about how to spot the warning signs of elder abuse, especially now with social distancing guidelines in place.

Speakers:

- Mario Wawrzusin, Administrator, Montgomery County Health and Human Services, Adult Protective Services
- Tovah Kasdin, ElderSAFE Center Director, Charles E. Smith Life Communities
- KerryAnn Aleibar, ElderSAFE Center Program Manager, Charles E. Smith Life Communities
- Sydney Palinkas, ElderSAFE Center Community Educator, Charles E. Smith Life Communities

Finally, attendees will learn how to respond effectively if they are concerned about an older or vulnerable adult in their life, including information on Adult Protective Services and other local community resources. Register [here](#).

**Friday, July 10, 2020, 1:30 p.m.**

**Hillwood Horticulture How-To: Summer Scents Floral Design** -- Follow along with Ami Wilber, floral and event decor designer, for a live presentation and learn to use summer's extraordinary bounty of fragrant fruit and herbs to create a refreshing floral arrangement. [Register](#)

**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).

### **Weekly on Wednesdays at 4 p.m. July 22 - August 26**

Support Group for Coping with Loss and Change--Our lives now are involved constantly with change and this is often connected to some kind of loss. These periods of transition are stressful to say the least. In this group we will look at our personal styles of coping; address which coping mechanisms promote health and explore new methods to deal with these times of transition. The group facilitator is Kelsang Varahi. She has served the public as a physician, nun, bereavement counselor and as a dance/movement therapist. In the last four years she has been counseling patients, families and groups in hospice. In addition Kelsang Varahi has led workshops for many years on a variety of mental health topics. This diverse experience has enabled her to work with the public in a way that considers the many facets of health - psychological, spiritual, social and physical. If you are interested or have any questions about this Zoom group, please email [kelsangvarahi@aol.com](mailto:kelsangvarahi@aol.com).

## **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  
July 5 — 11, 2020

## **Functional Fitness**

Mon 07 / 06 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

## **Full Body Strength Conditioning and Interval Class**

Mon 07 / 06 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

## **Book Club**

Mon 07 / 06 / 2020 at 1:00 PM

Where: via Zoom

[More Information](#)

## **Discussion of "White Fragility"**

Mon 07 / 06 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

## **Virtual Yoga**

Tue 07 / 07 / 2020 at 1:30 PM

Where: Via Zoom

[More Information](#)

## **Functional Fitness**

Wed 07 / 08 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

## **Full Body Strength Conditioning and Interval Class**

Wed 07 / 08 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

**Events Committee**

Wed 07 / 08 / 2020 at 1:30 PM

Where: No address or address is not accurate

[More Information](#)

**Chat with Barbara**

Wed 07 / 08 / 2020 at 3:00 PM

Where: Via Phone

[More Information](#)

**Virtual Yoga-Cancelled**

Thu 07 / 09 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Board Meeting**

Thu 07 / 09 / 2020 at 5:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 07 / 10 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 07 / 11 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village

July 12 — 18, 2020

**Functional Fitness**

Mon 07 / 13 / 2020 at 10:30 AM

Where: No address or address is not accurate

[More Information](#)

**Full Body Strength Conditioning and Interval Class**

Mon 07 / 13 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

**William Yates Fitness on Zoom**

Mon 07 / 13 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 07 / 14 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Storytelling**

Tue 07 / 14 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Functional Fitness**

Wed 07 / 15 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

**Artist Talk with B.J. Adams**

Wed 07 / 15 / 2020 at 11:00 AM

Where: Via Zoom

[More Information](#)

**Full Body Strength Conditioning and Interval Class**

Wed 07 / 15 / 2020 at 12:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 07 / 16 / 2020 at 2:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 07 / 17 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 07 / 18 / 2020 at 10:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village

