



## Across the Fence *Special Edition* November 15, 2020

### Upcoming Palisades Village Events:

Next week we can look forward to [Strength and Resistance Training](#) with Mr. Yates on Monday at 3 p.m., **Yoga** on Tuesday and Thursday at 3 p.m., [Happy Hour](#) at 5:30 p.m. on Friday, and [Mindful Knitting](#) wrapping up the week on Saturday at 9:30 a.m. Register by clicking on the link or calling the office at **202-244-3310** to get the Zoom links. If you need a helping hand to get you on Zoom, we can set you up with a virtual buddy.

With the glorious weather that we had, some of us were able to get out and enjoy time in nature in all of its dramatic colors. We are looking forward to a talk with author and neighbor **Florence Williams on her book *The Nature Fix*** coming up on **Wednesday, December 9 at 2 p.m.** [Register](#) to get the Zoom link.

She will discuss the latest science, from psychology to neurobiology, on why being outside in nature makes us feel happier, healthier, and more creative. Drawing on research as well as evidence from practitioners from Japan to Utah, from forest-bathing to horticultural therapy to wilderness river-running, the data is mounting that nature immersion helps our immune systems and improves well-being.

Florence Williams is a journalist, author, and podcaster. Her most recent book, *The Nature Fix*, was an Audible bestseller and was named a top summer read by J.P. Morgan. She is a contributing editor at *Outside Magazine* and a freelance writer for the *New York Times*, *New York Times Magazine*, *National Geographic*, *The New York Review of Books*, *Slate*, *Mother Jones*, and numerous other publications. She is also the writer and host of two Gracie-Award-winning Audible Original series, including *The 3-*

*Day Effect*, as well as *Outside Magazine's Double-X Factor* podcast. A fellow at the Center for Humans and Nature and a visiting scholar at George Washington University, her work focuses on the environment, health, and science.

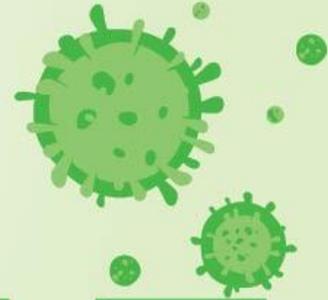
### COVID Corner:

This COVID-19 information on Sibley's Building Resilience Workshop is provided in partnership with the Ward 3 Senior Villages which include Palisades Village, Cleveland and Woodley Park Village, and Northwest Neighbors Village and Sibley Hospital. Together we are "Building Engaged and Supportive Communities."

2020 has been quite a year! In the midst of a pandemic, our nation is reckoning with our history of systemic injustice and racial inequality and trying to move on following an election that has put our democracy to the test. In short, this year has tried our resilience as a country, as a community, and as individuals.

The restrictions that are necessary to reduce the spread of COVID-19 have left many of us feeling lonely and disengaged in ways we've never felt before. It is human nature to come together in tough times. Fortunately, technology and creativity have made it possible for us to support one another in new ways. But what does it take for us to build and maintain resilience through the course of the COVID-19 pandemic?

On **Wednesday, November 18 at 4 p.m.**, Dr. Erica Richards, Chair and Medical Director of the Department of Psychiatry and Behavioral Health at Sibley Memorial Hospital, (<https://www.hopkinsmedicine.org/profiles/results/directory/profile/10003974/erica-richards>) and Dr. Tilli Williams, Founder and Director of DC Wellness Institute (<https://dcwellnessinstitute.com/>) will help answer that question. Please join our guest speakers as they explore ways to help us get through this historical moment in time.



## COVID-19 Series For Older Adults

Join us online via Zoom or by phone.

### Building Resilience in the Wake of a Pandemic

November 18, 2020 4:00 pm – 5:00 pm

The COVID-19 pandemic has left many of us feeling lonely and unfulfilled. Join Dr. Williams and Dr. Richards to explore ways to combat isolation, learn self-care tips for well-being, and address feelings of depression.



Tilli Williams,  
N.D.



Erica Richards,  
M.D., Ph.D

Register: [www.tinyurl.com/villagetalk3](http://www.tinyurl.com/villagetalk3) or 202-244-3310

To watch recordings of previous programs in this series, please visit our website at [www.PalisadesVillage.org](http://www.PalisadesVillage.org).

Call 1-888-349-8323 or visit <https://gethelp.dc.gov> to have food and other essential items delivered to your home if you have been directed to self-quarantine.

For additional information regarding COVID-19 visit, [www.hopkinsmedicine.org/coronavirus](http://www.hopkinsmedicine.org/coronavirus) and <https://coronavirus.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](https://palisades.helpfulvillage.com/editable_pages/10021-covid-19-resources) and Sibley’s Hospital’s COVID website, <https://www.hopkinsmedicine.org/sibley-memorial-hospital/>. If you are in need of a cloth mask or 2 oz personal size hand sanitizer, please let Palisades Village know at **202-244-3310**.

### Volunteer Corner:

#### Holiday Planning

Have a good idea for an interesting program or activities for the holidays? Since Palisades Village won’t be able to have our usual holiday parties and festivities, we are looking for creative volunteers to assist with planning our socially distanced and fun holiday activities.

#### Calling All Writers!

Do you have a current interest or background in writing? We are looking for several volunteers to create content for the DC Villages website. The

website links to the 13 area Village websites and the more engine search buzz words we can use, the more visitors we'll be able to educate about the value of joining a Village.

### **Zoom Masters**

We need help in hosting Zoom sessions. Most of our programs are now on Zoom and we need people to start and monitor them. These are not complicated sessions but we need someone who can admit people, mute them if necessary, take attendance, and enable screen sharing.

### **Snow Shovelling**

While we are enjoying temperatures, we want to be prepared for winter weather. If you are willing and able to help your neighbors with some snow shoveling, please let us know.

Email [eblanton@palisadesvillage](mailto:eblanton@palisadesvillage) or call **202-244-3310** if any of these opportunities have an appeal to you.

### **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

- 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.

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

### Neighbors Helping Neighbors -- Spreading the Kindness over the Holiday Season

The pandemic has made life more difficult for all of us, and we in the Palisades Village have been helping each other cope. There are many in other neighborhoods in Washington, particularly east of the Anacostia, who are suffering and could really also benefit from the generosity our members and volunteers have shown.

Palisades Village is providing another service opportunity to its members and volunteers to help fellow DC residents in need of food assistance have a more enjoyable Thanksgiving. So Others May Eat (SOME) will be providing their clients a grocery store gift card to purchase items for their meal: turkey, sweet potatoes, green beans, stuffing mix, mashed potatoes, gravy, cranberry sauce, fruit cocktail, juice, and macaroni and cheese. A gift certificate for one family is \$50. Last year 650 low-income families received a Thanksgiving Basket. This year there are many more families in need. Of course, SOME will be grateful for any donation.

Checks made out to SOME may be delivered to **Jan Smart at 4408 Greenwich Pkwy (Foxhall Village)** until Monday, November 23. Alternatively, please call **Jan at 202-468-4568** if you have a check for which you'd like a contactless pick-up.

### Program Recommendations from the Palisades Village Events Committee:

**Queen's Gambit** (Netflix): American drama series. Set during the Cold War era, orphaned chess prodigy Beth Harmon struggles with addiction in a quest to become the greatest chess player in the world.

**Schitt's Creek** (Netflix): Award-winning Canadian sitcom. When a wealthy family is forced to find out how the other half lives, the adjustment isn't a smooth one.

**Borgen** (Netflix): Danish drama series. Prime minister Birgette Nyborg wins a shocking victory and ushers in a wave of political struggles.

**Endeavour** (Prime): British detective drama series. It's a prequel to the long-running Inspector Morse series and is set primarily in Oxford.

**Prime Suspect: Tennison** (Prime): British crime series. A prequel to the original 'Prime Suspect' series that reveals how Jane Tennison (originally played by Helen Mirren) became a formidable, unstoppable force for the police.

**A Celtic Christmas: Festive Holiday Music by Candlelight.** Enjoy the lovely sounds of the Celtic harp, lute, pipes flutes, recorders, and more, set in the historic Dumbarton Church.

### Creative Corner:



*One of the paintings shown by member Roberto Werebe at last week's Happy Hour.*

**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!



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

**Tuesday, November 17, 10 - 11 a.m.**

**Book talk with guest author James Rosebush** -- James Rosebush, Deputy Assistant to President Reagan, Chief of Staff to First Lady Nancy Reagan, Senior Advisor in the Reagan White House, and author of *True Reagan*, will be speaking on his latest book *Winning Your Audience: Deliver a Message with the Confidence of a President*. Rosebush combines life experiences to teach us how to gain mastery over fear and become a more effective presenter, teacher, salesperson, and parent. Register by the day before to [director@bmavillage.org](mailto:director@bmavillage.org).

**Tuesday, November 17, 1 - 2 p.m.**

**Holiday Cooking Tips for the COVID era with Mariel Smith** -- Are your usual Holiday plans being scrambled due to the pandemic? Are you trying to figure out how to celebrate in style with fewer people? Join Chevy Chase At Home as Mariel Smith, an educator and food blogger ([CookingIsMessy.Com](http://CookingIsMessy.Com)), shares recipe suggestions and tips for adapting your menu for a smaller crowd and preparing a meal that will still make your holidays feel special. [Please Register Here](#), or RSVP to [info@chevychaseathome.org](mailto:info@chevychaseathome.org) with the program name in the subject line.

**Wednesday, November 18, 3 p.m.**

**COVID Waist Management**-- With the Covid-related restrictions on activities and socialization in effect, we find ourselves stuck at home — with food as our main comfort and companion. This has led to the dreaded Covid 10 (10-pound weight gain), or in some cases weight loss. Each has implications for our health and self-esteem. This presentation will discuss strategies and practical ways to manage our waistlines and health now and during the ongoing Covid period.

Nutritionist Linda Bruce has worked as a licensed nutritionist in the US and internationally. As an international trainer and speaker, she has delivered presentations for Ministries of Health, the World Health Organization, Fortune 500 companies, US government agencies, universities and non-governmental organizations. Linda offers simple, practical how-to information with passion, enthusiasm and infectious energy. With the holidays coming up you'll want to be prepared! There will be plenty of time for Q&A. [Register Here](#)

**Thursdays from 10:00 a.m. - 12:30 p.m.**

**Virtual Healing Circles for Grief and Loss** -- Grief has no time limit. Loss has many forms. All too often they have no outlet. The loss of a loved one or dear friend or pet, the loss of a career or mobility, the loss of the environment, or faith in our country—all sorts of grief deserve to be honored and cared for. The Healing Circle for Grief is a safe place where a small group of people can come together to share their experiences and collective wisdom. It's a space where we can continue our individual explorations in a community. The Circle is a place to hold grief when that's necessary. And it's a place where we can learn how to move forward through having gained a clearer knowledge of our true spirit, despite our current and future challenges. The group will be led by Marilyn Goldberg and will be using Pema Chodron's book *When Things Fall Apart*. While attending all sessions is not required, participants are encouraged to attend each session in an effort to build relationships and community. There is no charge for participation. Please contact Marilyn Goldberg, [goldberg@umbc.edu](mailto:goldberg@umbc.edu) to RSVP, get Zoom login information, or with questions and concerns.

**Thursday, November 19, 11 - 12 p.m.**

**[Hurricanes: Past, Present and Future](#)** -- Speaker **Dr. D. James Baker**, the longest-serving administrator of the National Oceanic and Atmospheric Administration (NOAA) (1993-2001), will recap the 2020 hurricane season and use examples of notable hurricanes from the past to explain what we know and don't know now about predicting their path and strength. He will conclude with a discussion of what we can expect in the future as climate change provides a more energetic context for these disastrous events. Part of NNV Virtual Speaker Series.

**Thursday, November 19, 1 - 2:30 p.m.**

**The Golden Age of Music with Michael Lavine**, Music director, performance coach, and archivist Michael has put out a number of CDs including *The Lost Broadway CD Series*, and will be releasing some new ones in conjunction with this concert. Join Michael Lavine as he takes you on a tour of Tin Pan Alley, from its humble beginnings in the Lower East Side and moving on to Broadway and Movie Musicals. Michael will be joined by Broadway and cabaret performers, as he presents many of the world's most beloved songs of the 1920s and 1930s. Registration Link: [www.littlefallsvillage.org/Music](http://www.littlefallsvillage.org/Music)

**Thursday, November 19, 5:30 p.m.**

**Grandparents Who Inspired Us** -- Panel session which will explore the ways in which grandparents interact with and more directly support the young generation with children, than in past generations. The panel features one author, Merry Adler, "Grandparents Who Inspired Us Across the World," Pam Godwin, Georgetown Village Member & Board Vice President, and Nancy, a Georgetown Village Advisory Board member who actively support their own families. To sign up please contact the GV Office at **202-999-8988** or email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

**Monday, November 23, 3 - 4 p.m.**

**Book talk with Guest Author Matthew Costello**--Historian Matthew Costello, Vice President of the David M. Rubenstein National Center for White House History, will be discussing his book *The Property of the Nation: George Washington's Tomb, Mount Vernon, and the Memory of the First President*. Co-sponsored with the Connie Morella Library and Bethesda Metro Area Village. Zoom link <https://zoom.us/j/99476683049?pwd=aUUzcmVTZHJSQ3praVA3ZGEyNDJtQT09OrDialIn:?3017158592>; Meeting ID: 994 7668 3049. The library closes the link at 3:05 p.m. so be sure to log in on time.

**Tuesday, December 1, 2 - 3 p.m.**

**How to Age Successfully with Vitality, Dignity, and Humor** -- Speaker Chris Palmer will give an entertaining presentation on how to obtain the most out of life and live with more joy, success, and fulfillment. He will discuss what's important, how to find purpose and meaning, and how to live fully as we grow older. The workshop is about actively designing our lives rather than drifting forward, reacting to what happens to us, and how

to behave in ways that are true to our most honorable, generous, and best selves. [Click here for the Zoom registration link](#) for this session. You will be asked to include your name, email address, and confirm you are not a robot. Once complete, Zoom will immediately email you a link to the program. Part of NNV Virtual Speaker Series.

**Thursday, December 3, 7 p.m.**

**Art Thursday: Art and Heritage With Artist Helen Zughuib** -- Helen Zughuib is a professional artist and resident of Foggy Bottom whose work has been widely exhibited in galleries and museums in the United States, Europe, and the Arab world. Several months ago, she joined us from her studio to talk about her new work which has been done during the first few months of the lockdown. She is making a return to our Art Thursday series of presentations to introduce a film of an interview she had with staff of the Seattle Asian Art Museum in July of this year. Helen was one of three artists who have immigrated to the US from Asia and the Middle East invited to appear in conversation with museum staff on separate evenings to talk about their art, heritage, and coping with the present moment. In this interview, Helen discusses her family's experiences in Syria and Lebanon and exhibits a wide range of her works created over the years following her arrival in the US. She will be available to answer questions at the end of the video. Registration link:

[https://www.fbwevillage.org/content.aspx?page\\_id=4002&club\\_id=471107&item\\_id=1313208](https://www.fbwevillage.org/content.aspx?page_id=4002&club_id=471107&item_id=1313208).

### 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.):



**Wednesday, November 18, 2:30 p.m.**

**Harnessing the Power of Grief** -- Julie Potter will talk about her new book, *Harnessing the Power of Grief*. [Read more and register here.](#)

**Wednesday, November 18, 12 noon**

**Fall Virtual Concert Series: The Piano Journey** -- This fall join piano virtuosos Michael Sheppard, Derek Zhi Guang Chiu, and Anna

Ouspenskaya in their musical journey through the world of keys! Our second musician, Derek Zhi Guang Chiu, will play. Thanks to [Culture Saves](#) for programming this wonderful series. Once you have registered, you will receive invitations to all three concerts. [Read more and register here.](#)

**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).

**Tuesday, November 17, 4 - 5 p.m.**

**The Power of Storytelling** -- Jay Newton-Small, found and CEO of MemoryWell, LLC, has been a journalist for 15+ years, writing for TIME magazine and Bloomberg News. When her father moved into an assisted living community, the staff asked her to complete a 20-page questionnaire about his life. Instead, she wrote down his story. His caregivers loved and MemoryWell was born. Register by emailing Honora Precourt at [hprecou1@jh.edu](mailto:hprecou1@jh.edu) or by calling **202-364-7602**.

**DPR** -- Starting Thursday, October 1, 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. Actual programs will begin on a rolling basis starting on Tuesday, October, 13. DPR will also open 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 our [main registration portal](#).

**Other Community Events:**

**Virtual 50+ Expo** opens on Nov. 1 and goes through Jan. 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.

**Tuesday, November 17, 2 p.m.**

**Post-Election Implications for Older Adults** --There was much at stake for older adults in the election, particularly older adults of color, older women, LGBTQ older adults, and older immigrants. Join us for a webinar, [Post-Election Implications for Older Adults](#). During this webinar, Justice in Aging will provide an overview of the election results and the current policy landscape, and review general opportunities and threats. We'll also talk about opportunities to advance equitable policies that improve the programs low-income older adults rely on, including Medicare, Medicaid, Social Security, and more. Who should participate: Aging and legal advocates, community-based providers, health, income, and housing equity advocates, and other national and state-based partners advocating on behalf of low-income older adults. Register [here](#).

**Tuesday, November 17, 2 - 3 p.m.**

**Recharge and Connect: A Yoga Workshop for Caregivers** -- The ElderSAFE Center is hosting a free virtual yoga workshop for caregivers. The class will be led by yoga instructor, Cheryl Kravitz. She has a special interest in working with individuals with dementia and their caregivers. Cheryl will lead caregivers through a gentle practice designed to reduce stress, fear, and agitation by teaching relaxation breathing, and incorporating moderate movements that can be adapted to the individual. The workshop will end with a discussion on additional community resources to support caregivers. [Register online](#)

**Tuesday, November 17, 7:30 - 8:30 p.m.**

**Annual Walking Tour of Chevy Chase DC** --Join them for a fascinating "walk" through the history of our lovely circa-1907 neighborhood via Zoom [on Nov. 17](#). Not to be outdone by COVID -- which postponed their popular Fall History Walking Tour this September -- they have prepared an enhanced tour that goes into more depth and weaves together stories that make our community so unique. This journey will be told through pictures and maps and the voices of HCCDC board members who have spent years collecting these stories and archiving them for posterity.

Highlights include the early secret land buy that turned farms into streets; the near-loss and heroic saving of The Avalon Theater; the eclectic architecture that makes our community unique; the hidden-in-plain-sight vestiges of an earlier country manor once home to General Blackjack Pershing; the role Jim Crow played in our local politics; and the

contributions of the many famous residents who once lived here such as Vera Rubin, Rev. James Reeb, and Walter Tobriner. Join them for this free presentation with an open question-and-answer session at the end.

[Register Here](#)

**Wednesday, November 18, 2 - 3 p.m.**

**Well-Being Tips: Stress Management for Family Caregivers** --As caregivers, we always have to balance managing the needs of the people we care for and taking care of your own needs. Unfortunately, our own health and well-being as caregivers often suffer as responsibilities and tasks pile up. This session will focus on key aspects of well-being, and how to make time for daily check-ins with yourself. We will focus on building on your current coping and stress management activities. Presenter Amy Sobrino is a licensed clinical social worker specializing in working with people living with Alzheimer's disease and related dementia and their care partners. To see her full bio, please click [here](#). You must register in advance [online](#).

**Thursday, November 19, 12 noon**

**Four Simple Steps for a Less Stressful Holiday Season While Caregiving** -- The holiday season is supposed to be fun but it can become very stressful, especially when you are caring for an older loved one. Join us for this interactive program, which will cover:

- Tips for having an enjoyable holiday while meeting your older loved one's needs
- Signs that your older loved one might need more assistance: what to look out for during holiday functions
- Why making decisions about care needs before the New Year is optimal
- How to deal with negative feelings during what's supposed to be a joyful holiday season

Register [here](#).

**Wednesday, December 2, 6 p.m.**

**Quarterly National Park Service Meeting**--Congresswoman Norton's district office is hosting its quarterly meeting of D.C. residents and representatives of the National Park Service in order to better understand the issues that constituents are having with national parks in the District.

Please email [norton.events@mail.house.gov](mailto:norton.events@mail.house.gov) to RSVP for the event and receive the Zoom link.

**Sunday, December 6, 2 p.m.**

**Person-centered Care in Audiology – What People with Hearing Loss**

**Should Know** -- The process by which we hear is complex. And each of us is unique – the severity and pattern of our hearing loss; the circumstances in which we find hearing especially challenging; the coping strategies we prefer (or even know about); our degree of comfort for trying new technology; and our capacity to consider solutions, some of which are costly. And yet, as HLAA presenter, Shari Eberts, has written, the care which she has received from some audiologists focused on which hearing aids to purchase rather than solving her communication problems. Some did not ask about which hearing situations were most important to her. Some did not test how well she was hearing while wearing her hearing aids. And none recommended that she connect with hearing loss support groups. **Please RSVP by December 2** so that we can send out guidance in advance on how to access this program on Zoom. Real-time captions will be provided for this program. All are welcome.

**Ongoing Events:**

**Mondays, 5:30 - 6:45 p.m.**

**Nikita's Fabulous Virtual Interactive Cooking Classes** -- Would you like to learn or improve your cooking skills, add wonderful recipes to your existing recipe bank and have fun whilst cooking along with Nikita and a virtual group of friends? Then, you may want to consider taking a class with Nikita. Her goal is to offer tasty, balanced, somewhat healthy, easy to make recipes that can be made in 60-75 mins - which means you can have dinner on the table on Mondays by 6.45 p.m. Cost is \$20 per class. How to sign up... Send Nikita an email and tell her which class you want to sign up for at [nikdrao@hotmail.com](mailto:nikdrao@hotmail.com), and she will send you all the information you will need.

November 16: Bibimbap (Korean Rice Bowl) with a Rainbow of Seasoned Vegetables and Toppings and a Protein of your choice...beef steak, ground beef, chicken or Tofu

November 23: One-Pot Baked Salmon with Fennel and Creamy Orzo

## **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).

## **Tuesdays, 2:30 - 4 p.m., Wednesdays, 10 - 11:30 a.m. (new) 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](mailto:eblanton@palisadesvillage.org) or call the office at **202-244-3310**.

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

This Week at Palisades Village  
November 15 — 21, 2020

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

Mon 11 / 16 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 11 / 17 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Building Resilience in the Wake of a Pandemic -- COVID-19 Series for Older Adults**

Wed 11 / 18 / 2020 at 4:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Thu 11 / 19 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Happy Hour**

Fri 11 / 20 / 2020 at 5:30 PM

Where: Via Zoom

[More Information](#)

**Mindful Knitting**

Sat 11 / 21 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

Next Week at Palisades Village  
November 22 — 28, 2020

**William Yates Fitness on Zoom**

Mon 11 / 23 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Virtual Yoga**

Tue 11 / 24 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Storytelling**

Tue 11 / 24 / 2020 at 3:00 PM

Where: Via Zoom

[More Information](#)

**Office Closed - Thanksgiving**

Wed 11 / 25 / 2020 at 2:00 PM

Where: n/a

[More Information](#)

**Thanksgiving - Office Closed**

Thu 11 / 26 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

**Thanksgiving - Office Closed**

Fri 11 / 27 / 2020 at 12:00 AM

Where: n/a

[More Information](#)

**Mindful Knitting**

Sat 11 / 28 / 2020 at 9:30 AM

Where: Via Zoom

[More Information](#)

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

Thank you!

Palisades Village