



Across the Fence

September 14, 2016

www.palisadesvillage.org

PV Calendar

September 15

Tour of Sibley &
Board Meeting

September 20

Yoga
& ConnectorCard

September 21

Hearing Loss
Workshop

September 22

Behavior Symptom
Mgmt for Dementia

September 27

Storytelling
& Yoga

October 4

Yoga

October 5

Harvest Festival
Luncheon

October 8

Canal Walk

October 10

Office Closed in
Observance of
Columbus Day

October 15

House Tour

November 3

Volunteer
Recognition

While some of you were basking at the beach...

Palisades Village Community Cookout

Fifty members and volunteers enjoyed a lively cookout at the home of Sharon and Kerry Wiener on August 25th, also our hostess's birthday. While the Lion's Club grilled hot dogs and hamburgers, the rest of us gathered for dinner and conversation in the Wiener's beautiful backyard.

Many thanks to all those who contributed to making our 1st annual event a success— and especially to our hosts Sharon and Kerry (look for a profile on them later in this issue).



Hospital Planning and Discharge Seminar

Presented by Sibley Memorial Hospital, the seminar prepared you or a loved one for an upcoming hospitalization. The two presenters were: **Matt Brown**, geriatric nurse navigator for the NICHE program (Nurses Improving Care for Healthsystem Elders) (202-660-5416 or mbrow163@jhmi.edu) and **Suzanne Dutton**, geriatric advanced practice nurse, NICHE coordinator (202-243-5167 or sdutton4@jhmi.edu).

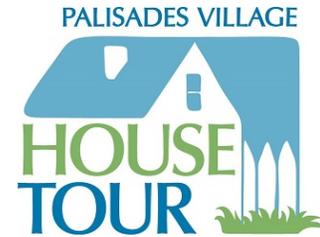
If you have any questions about picking a doctor, preparing for your hospital stay, post operative care, concerns during your hospitalization or after you are discharged, please feel free to contact them. They are there to help you have a positive hospital stay.

The 4th Annual Palisades House Tour is around the corner - Saturday, October 15

This year the house tour is highlighting Spring Valley and showcasing eight houses in this lovely neighborhood.

Food trucks will be onsite as a welcome addition to the event.

John Stiner, Lydia Benson and **Matt Bronczek** are co-chairing the event. This tour cannot be done by a committee alone. We are looking for **volunteers** to serve as greeters, information sources, and docents for the eight houses in Spring Valley. Please contact the office.



Tickets are \$30 until October 14 and \$35 the day of the event. Log into our website at www.palisadesvillage.org to buy tickets online or call the office.

September is Fall Prevention Month

Make your home as safe as possible

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights on all stairs.
- Wear shoes that give good support and have non-slip soles. Avoid going barefoot, wearing slippers and athletic shoes with deep treads.

IRS Phone Scam

The Metropolitan Police Department is informing the public about a consumer scam where aggressive telephone calls are being made by scammers posing as IRS representatives.

These callers usually threaten arrest or prosecution if money is not immediately paid. Technology allows the scammer to "spoof" or alter the Caller ID to make it appear that the call is coming from legitimate law enforcement or IRS phone numbers. Most of these scams originate from overseas using VOIP phone services such as Skype or MagicJack. These services allow a scammer from any part of the world to obtain a phone number with any area code they wish. Many times the scammers choose a 202 area code to add legitimacy to their scam, due to the Metropolitan Police Department, Treasury Department, and other federal agencies being headquartered in Washington, D.C.

The IRS will never:

Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a tax bill.

Require you to use a specific payment method for your taxes, such as a Greendot pre-paid card, or wire services such as Western Union or MoneyGram.

Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, **immediately HANG UP**. Under no circumstances should you engage them in conversation or provide any personal information. Also do one of the following: If you think you might owe taxes, call the IRS at 1-800-829-1040. The IRS employees can help you with a payment issue.

If you've been targeted by this scam, please report the incident by completing the following online report: http://www.treasury.gov/tigta/contact_report_scam.shtml
Also contact the Federal Trade Commission and use their "FTC Complaint Assistant" at <https://www.ftccomplaintassistant.gov>

Remember to add "IRS Telephone Scam" to the comments of your complaint.

If you have further questions regarding this scam, please contact the Financial and Cyber Crimes Unit at 202-727-4159 or mpd.fraud-unit@dc.gov.

If you missed our workshop on avoiding scams, identity theft and fraud, join the monthly Dupont Circle Village Live and Learn Seminar. Philip Ziperman, Director of the D.C. Office of Consumer Protection, will discuss how you can protect yourself from different types of fraud and what you can do if you become a victim. Mr. Ziperman's newly-created office is part of the Office of the Attorney General for the District of Columbia. Mr. Ziperman will speak from 3:30 to 5:00 p.m. on Monday, September 26, at St. Thomas Church, 1772 Church Street NW. For reservations, contact Linda Harsh, 202-234-2567 or lindajkh@mac.com. The talk is free.

Volunteer Profile



Sharon and Kerry Wiener, Associate Members and Volunteers

In between hosting our recent community cookout in their lovely garden and packing for an upcoming trip to Italy, Sharon and Kerry Wiener sat down to talk with me the other day. They reflected on their 30+ years with the Foreign Service, during which they had an interesting and occasionally exciting time of it. They served in significant countries: Paris ("the cholesterol menace") twice, Turkey (where they had spent three years before they joined the State Department), Moscow, Cairo, and Bogota, Colombia. In an era when few Foreign Service Officers were women (until 1972, female Foreign Service Officers could not be married and remain in the Service), there were not many Foreign Service "tandem couples" in which both husband and wife were career diplomats. So in 1975, Sharon and Kerry were something of a novelty when they applied to the Foreign Service at the same time. They were living and working in Adana and then Ankara, Turkey, with Kerry as an Air Force lawyer, and Sharon teaching for the University of Maryland and working on her Ph.D. dissertation at Duke. Once they entered the Foreign Service in 1978, they assumed that they would have a short career there, since it might prove impossible to continue to be posted together. However, for three decades they succeeded in finding joint postings

in their own specialties, and in posts with good schools for their children.

The Foreign Service provided a valuable learning opportunity for their children, as well as for Sharon and Kerry. Between the cultural immersion of their parents' postings, their travel, and the schools they attended in various countries, the children, Eric, now 36, and Kris, now 30, grew up as "global citizens." Eric, a lawyer with Williams and Connelly here in Washington, and Kris, an actress and improv performer in New York, have found their international experience to be a significant asset that continues to inform their life perspective.

In the Foreign Service, Sharon was a political officer, doing what we usually associate with diplomatic work: managing the two-way interface between the United States Government and that of their country of assignment. That could be challenging, for example, in 2003 when the US administration and the French Government had very different views on Iraq. In her final overseas position as the Principal Officer of our large (300+ person) post in Istanbul, her job was much more that of a public diplomacy officer, with an active schedule of speeches and representational events to help Turks better understand the US, as well as to help explain Turkey to Americans, both official and private.

With his legal background and five years in the Air Force, Kerry was well positioned to be the management officer in the Wieners' joint Foreign Service postings. He handled the logistics of the official US presence, such as the real estate, personnel, and the financial issues inherent in managing the US missions. His legal training was also helpful as he navigated the ins and outs of labor laws and management for the large US missions where they served.

Looking back on their careers, Sharon and Kerry believe theirs was a two-way education process, with the people-to-people ingredient a crucial element in international relations. Simply put, they represented the United States to other countries and other countries to the US. In Istanbul, Sharon often hosted congressional delegations, visits by a variety of policymakers, and press events. American politicians, government leaders, business leaders, students, academics, and even travel agents were her constituents as she welcomed them to Turkey and facilitated interactions and understanding between them and that country's citizens.

Sharon and Kerry consider themselves fortunate to have been posted in key countries during momentous events. For example, they were in Egypt from 1992 to 1995 at the time of the Oslo Peace Process, when a roadmap for Israel/Palestine peace was gaining traction. They were in Moscow from 1990 to 1992 during the last year of the Soviet Union and the first year of the Russian Federation. In 2008, they were in Istanbul during President Obama's first election and hosted 650 Turkish guests for breakfast as the election returns were coming in (it was midnight on election day in the US). The heartening sense of hope in the air was one of the highlights of their Foreign Service experience. Sharon also had the honor of welcoming President Obama to Istanbul when he traveled there on his first bilateral foreign trip, just a few months after his inauguration.

After Kerry retired in 2005, he spent the next year helping to interview and select the next generation of Foreign Service Officers. During Sharon's Istanbul assignment, he performed many of the traditional volunteer duties of the spouse of the Principal Officer/Consul General, including helping to manage the staff at the official residence, the venue for official events several times each week. He also rocked the traditional diplomatic boat a bit by integrating the Turkish Foreign Ministry's spouse association. When told that only females spouses were allowed to join the association, the US

Consulate General informed them that there would be no participant from the US because the Principal Officer's spouse was not female. The organization soon backed down, changed the membership rules, and Kerry became one of the most active and popular members of the group.

When Kerry and Sharon returned to Washington after Istanbul, Kerry found himself being called back to the State Department for a variety of projects, the most interesting being to help create a new bureau for conflict resolution. Meanwhile, he pursued his retirement dream of becoming a docent at the Smithsonian American History Museum. After a rigorous selection and training process, he began leading highlights tours of the museum in 2012. Kerry finds this is also a two-way educational process and a great way for him, a history buff at heart, to stay current on a range of issues. After officially retiring from the Foreign Service in 2011, Sharon worked briefly for a Turkish university and was then asked to return to the State Department as interim Acting Ambassador at Large for Global Women's Issues in 2013, filling in for five months between the terms of the retiring and incoming political appointees. Following that, she taught Turkish area studies at the Foreign Service Institute.

Now that both Kerry and Sharon are fully retired, they have "turned the page" on official diplomatic work and look forward to non-work travel. They have already taken several cross-country trips and visited Alaska, Canada, Mexico, Cuba, the British Isles, France, and India. Currently on their bucket list are Machu Picchu, the Galapagos, and Hawaii. With public service in their blood, they plan to do volunteer work, as well.

They found their way to the Palisades when, having moved back from Paris with five-year-old Eric and Kris on the way, their Fairlington townhouse proved too small for their growing family. Good friends from the Foreign Service introduced them to the Palisades where they purchased their home on Fulton Street in 1986 and over the years, renovated it to suit their needs. It is where they intend to "age in place." The peaceful garden where we enjoyed their hospitality for our Cook Out was designed after they returned from Istanbul as retirees. After a peripatetic life, they're enjoying nourishing roots here and find that integral to their retirement is taking care of the yard and garden, which Kerry and Sharon both enjoy. They love the variety of people in the Palisades and are pleased to be members of the Palisades Village. They had heard about our Village from the Palisades Citizens Association and after enjoying their first House Tours, they decided to join the Village as Associate Members and Volunteers. Now, Kerry is one of our dedicated drivers and Sharon has helped out in the Village office. Her next project for us is with Andrea to create a soup reserve that can be kept at the ready for members recovering from illness or just coming home from the hospital - a warming gift of caring.

I hope you had the opportunity to talk with Sharon and Kerry at the cookout or will seek them out at our next event. As one Villager described them, "If you'd visualize someone whom you would want to represent the United States, Sharon and Kerry would be those people."

Jude Michaels, Village Volunteer

UPDATE:

Philip Thomas, Palisades Village Volunteer appointed as Mayor's Ward 3 Liaison

Many of you will recognize Philip Thomas from his picture or his Volunteer work with the Village. He may have come to your home to set up your computer or to change a light bulb. You may also recall him from the February Village newsletter profile. At the time,

Philip was an elementary school PE teacher. A former two-term ANC Commissioner, he comes by his political pedigree via his parents, who were very involved in politics. In fact, his father is currently serving as a state senator in Kentucky.



There's a new line on Philip's résumé now as he continues his government work as the newly appointed Ward 3 Liaison for Mayor Muriel Bower' Office of Community Relations and Outreach. His job is to listen to the concerns of his constituents (that would be us) and relay them to the Office of the Mayor. As the Mayor's "eyes and ears in Ward 3," that involves "a lot of running around and a lot of community connections." Says Philip of his new job, "I enjoy working with the Mayor and I'm learning a lot about infrastructure, sidewalk repairs, tree replacement, and how to connect people to the right agency to help solve issues, whether with the City or with a neighbor."

Meanwhile, Philip maintains his interest in physical activity and tries to run every day, often with his sister. He is training for the Nation's Triathlon on September 11th and a half-Marathon (that's 13 miles) a week after that.

If you have a government-related need or issue, you can contact Philip via his City cell phone, 202-341-7706, or by his email: phil.thomas@dc.gov. If you leave a voice mail or note for him, either he or his Ward 3 partner will respond within 24 hours.

Congratulations, Philip, on your new job! We wish you well and look forward to working with you as you now serve a wider constituency in DC!

Jude Michaels, Palisades Village Volunteer

Editor's Note: Thanks to Phil's new position, the village was able to resolve a parking issue for the community cookout.

DC Resources

Prescription Drug Tool

The DC Healthlink has announced the launch of a new prescription drug tool to help customers make informed decisions when selecting a health insurance plan. With the addition of the new prescription drug tool, DC Health Link customers purchasing private health insurance can see which plans cover their prescribed medications. A customer can enter up to ten prescriptions and see a list of health insurance plans covering the medication and how each is covered. The new tool also allows people to see details, including whether a separate drug deductible applies, whether the medication is covered with a copayment or a percentage co-insurance and what the copayment amount and coinsurance percentage is, whether step therapy (trying lower-priced medications before trying higher-priced medications) is required, and whether prior approval from the insurance company is required.

To see the new prescription drug component in DC Health Link Plan Match, click [here](#).

Fab Lab at the MLK Library

The Fab Lab at the Martin Luther King Jr. Memorial Library is a Do-It-Yourself space

allowing customers to learn, make and collaborate. There are 3-D printers, laser-cutters and 3-D scanners that you can use for free. You must attend an orientation and purchase materials. The librarians are there to answer questions. The website at <http://www.dclibrary.org/labs/fablab> does not do it justice, but visitors are welcome to see what others are doing. The artists in residence have a website (www.mlkmaker.com) so you can be inspired and get detailed information from their workshops. 901 G St., NW

In Memorium

Gian Carlo Guarda

Gian Carlo Guarda passed away peacefully in his home on September 4 surrounded by family. He and his wife Loretta have three children and five grandchildren. They have been residents of the Palisades since 1989.

Gian Carlo, a Venetian, was an architect, an urban planner and a graphic artist. He had an architecture degree from Venice University. After practicing briefly in Rome, he came to the US in 1957 on a Fulbright Scholarship to MIT where he got a Masters in Urban and Regional Planning. That is where he met Loretta in 1958 on her first day of class.

He and Loretta were married in 1959 and worked together for many years as planners of Istanbul, Turkey and then Benghazi, Libya. They also did a National Plan for all of Libya. In his long planning career, Gian Carlo worked in many developing countries in the Middle East, North Africa, Eastern Europe and Central and South America. This included nearly twenty years with the World Bank, followed by seven years as a UNDP consultant.

As an architect Gian Carlo designed a home for his parents in Vicenza. He also redesigned and enlarged their home on Potomac Avenue as well as the family cemetery in a village outside Vicenza, Italy, where he will be buried.

Gian Carlo originally wanted to be a graphic artist. He began his graphic novel of Jack London's White Fang at age 20 and completed and published it after age 70 when he learned he was going blind because of macular degeneration.

Village Corner



This is a new section where we want to feature what is important to you! Have a milestone birthday coming up, have a sketch or poem you want to share, or do you want to share some important news? This is the place to do it!

Submissions can be made by calling the office at 202-244-3310 or by clicking [here](#).

Please welcome new member **Patti Wilson** and new volunteers: **Catherine Ryan, Natalie Greenleaf, Kathleen O'Hara, Julia and Ed Williams**.

The New York Times featured an article examining the impact isolation has on the health of senior citizens, titled "[Researchers Confront an Epidemic of Loneliness](#)."

As a reminder, Palisades Village offers social visits as part of our services to members.

Check out the latest blog on the award-winning **Ageing and Parkinson's and Me** by our very own John Schappi at <http://parkinsonsand5htp.blogspot.com>.

Cherry Wyman won 1st place in the Intermediate Symmetry category in the North Bethesda Camera Club for her photo of a crocodile in the National Zoo.

Compassion and Choice is an organization that advocates for medical aid in dying and making your own decisions when it comes to end of life planning. Councilmember Mary Cheh introduced legislation, Death with Dignity Act of 2015 (B21-38), which would authorize medical aid in dying for terminally ill, mentally competent adults. If you are interested in promoting this bill, you may contact Mary Cheh at:

<https://compassionandchoices.org/urge-your-council-members-support-the-death-with-dignity-legislation/>

If you are interested in a presentation by Compassion and Choice, please contact Andrea at asaccoccia@palisadesvillage.org.

Amazon users: Go to www.smile.amazon.com and indicate Palisades Village as your charity and we will get a contribution when you buy select items.

65 Miles for 65 Roses, October 8 – Once again former PV office manager Jacqui Sjoberg's husband Jesse will run (walk, crawl, or whatever it takes) 65 miles to support the Cystic Fibrosis Foundation (CFF) in their efforts to find a cure for cystic fibrosis (CF)...and this year they are back in sunny San Diego! This year's goal is to raise \$25,000. To support this year's event, please click on 65miles.passioncff.org.

Check out our new improved Facebook page and "like" us so that you can be connected to the community. Palisades Village DC 

Palisades Events

Following are details on upcoming events sponsored by Palisades Village. As always, we gladly offer transportation to full members. Please call the office at 202-244-3310 to schedule rides and/or register.

Sibley Tour, September 15, 2-3 p.m. Tour the new tower at Sibley Memorial Hospital before it opens to the public.

Seabury ConnectorCard, September 20, 2-3 p.m. The Seabury ConnectorCard program provides subsidized transportation funds for eligible residents of the District of Columbia. Palisades Library

Hearing Loss Workshop, September 21, 1:30 p.m. Learn about hearing loss and how to find help and support. Grand Mason Lodge, 5428 MacArthur Blvd.

Behavior Symptom Management for Moderate to Severe Dementia, September 22, 11 a.m.-1 p.m. Designed for volunteers and care partners. Sibley Medical Building, Conference Room #5

Harvest Festival Luncheon, October 5, Noon-2 p.m. Grand Mason Lodge

Save the Date: On **November 3** we will celebrate the outstanding contributions of our volunteers. The event will be held at St. Patrick's Episcopal Church from 5:30-7:30 p.m.

For a complete, up-to-date listing of events, please go to our [website](#). There are also photos of past events.

Club News

Book Club - Thursday, October 6

The Book Club meets at the Palisades Library at 1:15 p.m. on the first Thursday of every month. October's selection is *The Color of Water* by James McBride. New members to the club are always welcome! Questions? Please contact MaryAnn Griffin at magriffmail@gmail.com, or call the office at 202-244-3310.

Storytelling Club - Tuesday, September 27

The popular Storytelling Club meets the 2nd and 4th Tuesday of every month at 3 p.m. in the Parlor Room at Palisades Community Church. Plan to join other Village members in sharing funny, heartwarming, and every other kind of life story. No registration required. New members are always encouraged to attend.

Yoga Class - Tuesday, September 20 and 27

The class meets Tuesdays from 2-3 p.m. in Memorial Hall of the Palisades Community Church, 5200 Cathedral Avenue NW. Yoga instructor Jill Minneman works with the skill level of each participant to make sure they are comfortable.

This session will run for 14 weeks from September 13 to December 15 2-3 p.m. The fee for the entire session is \$195 and the drop in fee is \$15 per class. Contact Jill at jillminneman@gmail.com or call her at 202-237-0246 (home) or 202-607-7402 (cell).

We love hearing from our Palisades Village community. Please contact us if you have an item of interest or would like to start / join a club.

Sibley Seniors

Successfully Navigating the Complex Health Care System: What you need to Know to be Your Own Best Advocate, Tuesdays, Sept. 20-Oct. 4, 10:30 a.m.-12 noon

This three-part Palisades Village series was so popular last winter, our village in partnership with Sibley Seniors is running it again. Facilitated by MaryAnn Griffin, the course will help to make sense of the complex health care system so you can be an educated advocate for yourself or family members in navigating the system and managing care. Fee: \$25 Sibley Renaissance Building, Conference Room 2

4th Annual Sex and Aging Conference, Saturday, Oct. 8, 11-3 p.m. Keynote speech on "25 Tips for Sexy Aging" with Joan Price and a breakout session on "Writing an Online Dating Profile." Fee: \$40 includes seminar, light lunch, parking and one of Joan Price's books.

Freedom from Smoking starting September 13 and October 5. Learn how to overcome your tobacco addiction so you can enjoy the benefits of better health...extra money in your pocket...and healthier relationships. This is an 8-class session that runs for 7 weeks.

Meditation and Mindfulness Classes, Tuesdays at Sibley, 11-12 p.m., Wednesdays at Grand Oaks, 5901 MacArthur Blvd, 4-5 p.m., or Thursdays at Sibley, 5255 Loughboro Rd., 1-2 p.m.

Support groups are available for: Alzheimer's Care Partner, Bereavement Support for Widowed Persons, Care Partner, Club Memory, Diabetes, Lyme Disease, Macular Degeneration, Myotonic Dystrophy, Parkinson's, and Stroke.

Fitness Classes, cancer programs, Laugh Cafe, Italian and French classes, KnitWits, discussion groups in living alone or brain health, Safe Driver, and Book Marks are also available.

See the Sibley Seniors website for details at <http://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/>. Call 202-364-7602 to register.

IONA

Downsizing, Organizing, and Decluttering, Thursday, September 15, 3:30-5:30 p.m. Whether it's simply lessening the everyday clutter or preparing to downsize, this class will provide the inspiration and practical hints on how to tackle these tasks effectively. Facilitated by Donna Eichelberger of Graceful Transitions.
Fee: \$15

To sign up, email community@iona.org or call 202-895-9420. Early bird fees are available for these classes.

All classes will be held at:
Iona Senior Services
4125 Albemarle Street NW
Washington, DC 20016

Note: Palisades Village has a professional organizer that can help you. Call us for more details.

Community Calendar

Validation Techniques for Families and Practitioners, with Naomi Fell, September 15, 10 a.m.-3 p.m. Learn how to use Validation to successfully communicate with and reach cognitively impaired individuals. Register at fellevent@meridiansenior.com or call 202-626-5799 for more information. George Washington University

Senior Cinema Thursdays, September 15, 10:30 a.m. This month's film is *Light Between Oceans*. Based on the best-selling novel and starring 2016 Oscar winner Alicia Vikander and Michael Fassbender. On a remote Australian island in the years following World War I, a lighthouse keeper and his wife are faced with a moral dilemma when a boat washes ashore with a dead man and a two-month-old infant. When they decide to raise the child as their own, the consequences of their choice are devastating. Tickets \$5, Avalon Theatre, 5612 Connecticut Ave.

Goodwill E-cycling and Donation Drive and Free Paper Shredding, September 17, 10 a.m.-1 p.m. Get rid of those appliances that still work but need a new home. GEICO parking lot, 5260 Western Ave., Chevy Chase

Unused Prescription Dropoff, September 17, 12 - 3 p.m. MPD unused prescription drug drop off at Chevy Chase DC Day. This is a great time to clean out the medicine cabinet of old expired prescriptions. Chevy Chase Community Center, 5601 Connecticut Avenue, NW.

Behavioral & Psychological Symptoms of Alzheimer's & Dementia., September 17, Noon-2 p.m. Dr. Nicholas Schor, Olney Geriatric Psychiatry, will explain: Behavioral & psychological symptoms of Alzheimer's & Dementia, how to recognize these symptoms in persons with Alzheimer's & other Dementias and ways caregivers & family members can address these often distressing behaviors. RSVP: email your name to meetup4memoryloss@gmail.com Hera Hub, 5028 Wisconsin Ave., Suite 100.

AARP Meeting, September 19, 1:00 p.m. DC Archaeologist Ruth Trocolli will tell us about history and archaeology in our neighborhood as well as the Yarrow Mamout site in Georgetown and other investigations. Metropolitan Memorial United Methodist Church, 3401 Nebraska Ave., NW

Conversations, September 19, 11 a.m. and 2 p.m. A program for individuals with memory disorders and their caregivers. Kreeger Museum, 2401 Foxhall Rd., NW

OLLI Open Houses, September 19, 1-3 p.m., September 20, 9:30-11:30 a.m., September 21, 1-3 p.m. 4801 Massachusetts Ave., NW

31st Annual Mayor's Arts Awards, September 22, 7:00 p.m. Admission is free. Register at www.dcartarts.dc.gov or 202-724-5613. Historic Lincoln Theater, 1215 U St., NW

Games, Lunch and a Movie, September 23, 11 a.m. Play games, eat lunch and watch "Our Town". Call (202) 727-7527 by 9/21 to reserve a spot for lunch. Guy Mason Recreation Center, 3600 Calvert St.

Avanti Orchestra, September 30, 8 p.m. Featuring Lara Boschkor (Martha and William Bateson's daughter-in-law). Free admission and parking. Cultural Arts Center, Montgomery College, 7995 Georgia Ave., Silver Spring

Apollo Orchestra, September 30, 7:30 p.m. Performing free with guest artist Cho Liang Lin. Church of the Little Flower, 5607 Massachusetts Ave.

Gyrokinesis Classes, Wednesdays, 2:30 p.m. Pay what you can. Guy Mason Recreation Center, 3600 Calvert St. 202-727-7527

Live and Learn Bethesda - The catalog has gone out and fall classes are open for registration. Go to www.liveandlearnbethesda.org for a class schedule.

GU Learning Community Courses Georgetown University Learning Community offers courses, organized by the Association of Main-Campus Retired Faculty, that are open to neighbors who are "55 and better." Please note that preregistration is required as class sizes will be limited. Registration fees are \$30 for one course and \$50 for two or more courses. or additional information or to register, please visit the website.

Classes for those with Dementia or their caregivers are available. Check out <https://sites.google.com/a/alz.org/nca-chapter-calendar/education-programs> for a list and locations.

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