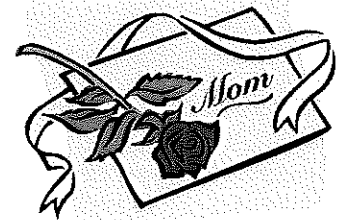
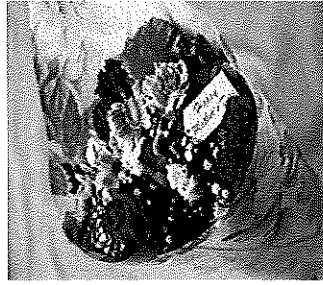


# May 2009

**Potomac Place Assisted Living**  
 2133 Montgomery Ave., Woodbridge, Va. 22191  
 www.potomacplace.com



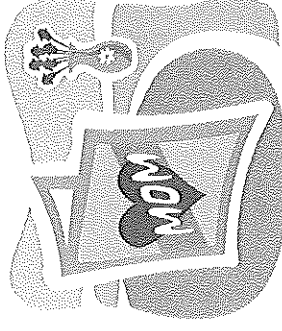
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>DSS KEY:</b> 1 Cognitive 2 Physical 3 Productive 4 Social	<b>Location Key:</b> DR/Dining Room AR/Activity Room FL/Front Lobby L/Library					
<b>3</b> 9:30 Bus to OLA 10:00 Video Exercise 2 (L) 11:00 Catholic Communion 6 (L) 1:00 Bowling 2, 4 (L) 2:30 Movie 1, 4 (L) 4:00 Parlor Games 1, 4 (FL)	<b>4</b> 9:00 Doctor Appts. 10:00 Exercise 2 (DR) 10:45 Bingo 1, 4 (L) 1:00 Bridge Lessons 1, 4 3rd fl 1:00 In the Kitchen 3, 4 (AR) 1:00—4:00 Beltone Hearing Clinic (L)	<b>5</b> 9:30 Wal Mart (O) 10:00 Exercise 2 (DR) 10:45 Rummikube 1, 4 (FL) 11:00 Arthritis Exercise 2 (L) 11:30 Mexican Fiesta w/Rose (DR) 1:00 Bible Study 7 (L)	<b>6</b> 9:30 Scenic Drive (O) 10:00 Exercise 2 (DR) 10:30 Bible Study 6 (L) 12:30 Tribute to Our Nurses (DR) 2:00 Special Speaker 1 (L) 3:00 Arts & Crafts 3 (AR)	<b>7</b> 9:30 Dollar Tree (O) 10:00 Exercise 2 (DR) 11:00 Arthritis Exercise 2 (L) 2:00 Movie: Wizard of Photography (L)	<b>8</b> 9:00 Doctor Appts. (O) 10:00 Exercise 2 (DR) 10:45 Manicures 5 (AR) 1:30 Movie & Popcorn (L) 3:30 Sing-a-long with Joe Herod 4 (FL)	<b>9</b> 10:00 Exercise Video 2 (L) 10:45 Gametime 1, 4 (FL) 1:15 All Faith's Service 6 (L) 2:30 Bingo 1, 4 (L) 3:30 Tai Chi Video 2 (L) 4:00 Parlor Games 1, 4 (FL)
<b>10</b> 9:30 Bus to OLA 10:00 Video Exercise 2 (L) 11:00 Catholic Communion 6 (L) 11:00-1:00 Mother's Day Brunch (DR) 2:00 Movie 1, 4 (L) 4:00 Cancelled Parlor Games	<b>11</b> 9:00 Doctor Appts. 10:00 Exercise 2 (DR) 10:45 Bingo 1, 4 (L) 1:00 Bridge Lessons 1, 4 3rd fl 1:00 In the Kitchen 3, 4 (AR) 3:00 1:1 Visits 4:00 Parlor Games 1, 4 (FL)	<b>12</b> 9:30 Wal Mart (O) 10:00 Exercise 2 (DR) 10:45 Rummikube 1, 4 (FL) 11:00 Arthritis Exercise 2 (L) 1:00 Bible Study 7 (L) 2:00 Special Speaker: Fitness 3 (L) 4:00 General Store 3 (FL)	<b>13</b> 9:30 Scenic Drive (O) 10:00 Exercise 2 (DR) 10:30 Bible Study 6 (L) 10:30 Lunch Bunch / Red Lobster (O) 2:00 Special Speaker 1 (L) 3:00 Arts & Crafts 3 (AR) 4:00 Parlor Games (FL)	<b>14</b> 9:30 Dollar Tree (O) 10:00 Exercise 2 (DR) 11:00 Arthritis Exercise 2 (L) 1:00 Photography 3 (AR) 2:30 In the Garden 3 (DR) 4:00 Parlor Games 1, 4 (FL)	<b>15</b> 9:00 Doctor Appts. (O) 10:00 Exercise 2 (DR) 10:45 Manicures 5 (AR) 2:00 Pizza Social with Norman Voss 4 (DR) 4:00 Parlor Games 1.4 (FL)	<b>16</b> Armed Forces Day 10:00 Exercise Video 2 (L) 10:45 Gametime 1, 4 (FL) 1:15 All Faith's Service 6 (L) 2:30 Movie: Audie Murphy/American Hero (L) 4:00 Parlor Games 1, 4 (FL)
<b>17</b> 9:30 Bus to OLA 10:00 Video Exercise 2 (L) 11:00 Catholic Communion 6 (L) 1:00 Bowling 2, 4 (L) 2:30 Movie: Bldg. the Alaska Hwy. (L) 4:00 Parlor Games 1, 4 (FL)	<b>18</b> 9:00 Doctor Appts. 10:00 Exercise 2 (DR) 10:45 Bingo 1, 4 (L) 1:00 Bridge Lessons 1, 4 3rd fl 2:00 Movie: Denali Nat. Park (L) 3:00 1:1 Visits 4:00 Alaska Trivia 1, 4 (FL)	<b>19</b> 9:30 Wal Mart (O) 10:00 Exercise 2 (DR) 10:45 Rummikube 1, 4 (FL) 11:00 Arthritis Exercise 2 (L) 1:00 Bible Study 7 (L) 2:30 Movie: Young at Heart 1, 4 (L) 4:00 Parlor Games 1, 4 (FL)	<b>20</b> 9:30 Scenic Drive (O) 10:00 Exercise 2 (DR) 10:30 Bible Study 6 (L) 2:00 Special Speaker 1 (L) 3:00 Alaska Spirit of the Wild (L) 4:00 Parlor Games 1, 4 (FL)	<b>21</b> 9:30 Dollar Tree (O) 10:00 Exercise 2 (DR) 11:00 Arthritis Exercise 2 (L) 1:30 Resident/Food Meeting 3 (L) 2:30 Movie: Alaska's Inside Passage (L) 4:00 Parlor Games 1, 4 (FL)	<b>22</b> 9:00 Doctor Appts. (O) 10:00 Exercise 2 (DR) 10:45 Manicures 5 (AR) 2:00 Resident Social with Jeff Pace 4 (DR) 4:00 Parlor Games 1.4 (FL)	<b>23</b> 10:00 Exercise Video 2 (L) 10:45 Gametime 1, 4 (FL) 1:15 All Faith's Service 6 (L) 2:30 Bingo 1, 4 (L) 3:30 Tai Chi Video 2 (L) 4:00 Parlor Games 1, 4 (FL)
<b>24</b> 9:30 Bus to OLA 10:00 Video Exercise 2 (L) 11:00 Catholic Communion 6 (L) 1:00 Bowling 2, 4 (L) 2:30 Movie (L) 4:00 Parlor Games 2, 4 (FL)	<b>25</b> 10:00 Exercise 2 (DR) 11:30 MEMORIAL DAY FAMILY PICNIC (DR) 1:00 Bridge Lessons 1, 4 3rd fl 2:00 Movie: Arlington Cemetery (L) 4:00 Parlor Games 1, 4 (FL)	<b>26</b> 9:30 Wal Mart (O) 10:00 Exercise 2 (DR) 10:45 Rummikube 1, 4 (FL) 11:00 Arthritis Exercise 2 (L) 1:00 Bible Study 7 (L) 2:30 Red Hat Meeting 4 (L) 4:00 General Store 3 (FL)	<b>27</b> 9:30 Scenic Drive (O) 10:00 Exercise 2 (DR) 10:30 Bible Study 6 (L) 2:00 Special Speaker 1 (L) 3:00 Arts & Crafts 3 (AR) 4:00 Parlor Games 1, 4 (FL)	<b>28</b> 9:30 Dollar Tree (O) 10:00 Exercise 2 (DR) 11:00 Arthritis Exercise 2 (L) 1:00 Photography 3 (AR) 2:30 In the Garden 3 (DR) 4:00 Parlor Games 1, 4 (FL)	<b>29</b> 9:00 Doctor Appts. (O) 10:00 Exercise 2 (DR) 10:45 Manicures 5 (AR) 2:00 Resident Social with SABIN 4 (DR) 4:00 Parlor Games 1, 4 (FL)	<b>30</b> 10:00 Exercise Video 2 (L) 10:45 Gametime 1, 4 (FL) 1:15 All Faith's Service 6 (L) 2:30 Bingo 1, 4 (L) 3:30 Tai Chi Video 2 (L) 4:00 Parlor Games 1, 4 (FL)
<b>31</b> 9:30 Bus to OLA 10:00 Video Exercise 2 (L) 11:00 Catholic Communion 6 (L) 1:00 Bowling 2, 4 (L) 2:30 Movie 1, 4 (L) 4:00 Parlor Games 1, 4 (FL)				<b>All equipment and supplies used are accounted for at the end of the activity to ensure a safe environment.</b>		



# May 2009

## POTOMAC PLACE ASSISTED LIVING ROSE WING CALENDAR

2133 Montgomery Ave.  
Woodbridge, Va. 22191  
www.potomacplace.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>DSS KEY:</b> <b>1</b> COGNITIVE <b>8</b> NATURE <b>2</b> PHYSICAL <b>3</b> PRODUCTIVE <b>4</b> SOCIAL <b>5</b> SENSORY <b>6</b> REFLECTIVE <b>7</b> OUTDOOR	<b>4</b> 10:00 MORNING DEV. 6 10:30 SITTERCISE 2 11:00 SPELLING BEE 1,4 2:00 ARTS & 11:15 LET'S MOVE 2 CRAFTS 1, 3, 4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>5</b> 10:00 MORNING DEV. 6 10:30 SITTERCISE 2 11:00 TRUE OR FALSE 1,4 1:00 MIND, BODY, & SOUL 2 2:00 SENSORY TIME 1,4 3:00 SING A LONG 1,4 4:00 MUSIC 5 6:00 GAMESHOW	<b>6</b> 10:00 MORNING DEV. 6 10:30 SITTERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MATTINEE & SNACK 1,4 2:00 BINGO 1,4 3:00 SING A LONG 1,4 4:00 MUSIC 5 6:00 GAMESHOW 1,4	<b>7</b> 10:00 MORNING DEV. 6 10:30 SITTERCISE 2 11:00 HORSEHOES 1,2,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 SING A LONG 1,4 3:00 REMINISCING 1,4 4:00 MUSIC 5 6:00 GAMESHOWS	<b>8</b> 10:00 MORNING DEV. 6 10:30 SITTERCISE 2 11:00 TRIVIA 1,4 1:00 MATTINEE & SNACK 1,4 3:00 HIGHER OR LOWER 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>9</b> 10:00 MORNING DEV. 6 10:30 SITTERCISE 2 11:00 CARD SHARKS 1,4 1:15 ALL FAITH'S SERVICE 6 2:00 MOTHER'S DAY TEA 1, 2, 4 (DR) 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	
<b>10</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 HORSEHOES 1,2,4 11:15 CATHOLIC SER- VICE 6 1:00 MND, BODY,& SOUL 1,2,4 2:00 MATTINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>11</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 TRIVIA 1,4 1:00 SIT & FIT 2 2:00 ARTS & CRAFTS 1,3,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>12</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 TWISTER 1,2,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 SENSORY TIME 5 3:00 BUNCO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>13</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 BOWLING 1,2,4 1:00 SIT & FIT 2 2:00 MATTINEE & SNACK 1,4 3:00 PENNY ANTE 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>14</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 CARD SHARKS 1,4 1:00 SIT & FIT 2 2:00 COFFEE & TEA SOCIAL 1,4 3:00 BINGO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>15</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 IN THE KITCHEN 1,3,4 1:00 MATTINEE & SNACK 1,4 3:00 SING A LONG 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>16</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 REMINISCING 1,4 1:15 ALL FAITH'S SERVICE 6 2:00 BINGO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	
<b>17</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 SPELLING BEE 1,4 11:15 CATHOLIC SER- VICE 6 1:00 MND, BODY,& SOUL 1,2,4 2:00 MATTINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>18</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 TWISTER 1,2,4 1:00 LET'S ROCK N ROLL 2 2:00 ARTS & CRAFTS 1,3,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>19</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 HORSEHOES 1,2,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 SENSORY TIME 5 3:00 BUNCO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>20</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 REMINISCING 1,4 1:00 CHICKEN SOUP 1,4 2:00 MATTINEE & SNACK 1,4 3:00 CARD SHARKS 1,4 4:00 MUSIC 5 6:00 GAMESHOWS	<b>21</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 SPELLING BEE 1,4 1:00 LET'S MOVE 2 2:00 COFFEE & TEA SOCIAL 1,4 3:00 BINGO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>22</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 SHAKE & BAKE 1,3,4 1:00 MATTINEE & SNACK 1,4 3:15 MUSIC WITH JEFF PACE 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>23</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 SING A LONG 1,4 1:15 ALL FAITH'S SERVICE 6 2:00 BINGO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	
<b>24</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 SING A LONG 1,4 11:15 CATHOLIC SER- VICE 6 1:00 MND, BODY,& SOUL 1,2,4 2:00 MATTINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>25</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 TIC TAC TOE 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 ARTS & CRAFTS 1,3,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>26</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 NEWS & VIEWS 1,4 1:00 SIT & FIT 1,4 2:00 SENSORY TIME 5 3:00 SING A LONG 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>27</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 TRUE OR FALSE 1,4 1:00 SIT & FIT 2 2:00 TRIVIA 1,4 3:00 PENNY ANTE 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>28</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 CARD SHARKS 1,4 1:00 MIND, BODY, & SOUL 1, 2,4 2:00 COFFEE & TEA SOCIAL 1,4 3:00 BINGO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>29</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 TWISTER 1,2,4 1:00 MATTINEE & SNACK 1,4 3:00 CHICKEN SOUP 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>30</b> 10:00 MORN- ING DEV. 6 10:30 SITTERCISE 2 11:00 REMINISCING 1,4 1:15 ALL FAITH'S SERVICE 6 2:00 BINGO 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	
<b>31</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 TRIVIA 1,2,4 11:15 CATHOLIC SER- VICE 6 1:00 MND, BODY,& SOUL 1,4 2:00 MATTINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	All equipment and supplies used are accounted for at the end of the activity to ensure a safe environ- ment.						