



Events & Activities

Potomac Place Assisted Living * 2133 Montgomery Avenue, Woodbridge, VA 22191 * 703.494.3817

Celebrating August

Fair Days Month

Flip-Flops Month

Inventors' Month

Happiness Happens Month

Cataract Awareness Month

International Clown Week
August 1-7

Sisters' Day
August 3

Canada: Civic Holiday
August 4

*Particularly Preposterous
Packaging Day*
August 7

*Anniversary, First Picture of
Earth from Space*
August 7, 1959

Games of the XXIX Olympiad
August 8-24
Beijing, China

Be an Angel Day
August 22



The Wii Olympics are Here!

The Summer Olympics are here at last! Potomac Place is celebrating the Olympics by participating in a Statewide Wii Olympics with other CSM properties.

The opening ceremony will be held on August 8th in the Dining Room. We have two teams competing, so come out and show your support!

Winners will be announced and awards will be given at the closing ceremony on August 22th.

Senior Top Model

Saturday, August 9, 2008

Potomac Place hosts this wonderful event again! Join us as Potomac Place ladies stroll down the runway and show off their stunning outfits. The clothing is from Chico's and is being purchased by Home Instead.

This event is coordinated by Home Instead. Competition is fierce this year! Come and find out who will be The Potomac Place Senior Top Model!



August Resident Activities

Activities are open to all residents.

Aug 1 Birthday Social at 2:00pm in the dining room.

Aug 5 The Grand Dames of Potomac Place Red Hat Society host lunch at the Wegman's Café. Be ready to get on the bus at 11:30am.

Aug 7 Food Committee meets at 1:30pm in the Library.

Aug 8 Opening Olympic Ceremony and Torch Lighting at 1:30pm in the dining room. Entertainment by Aellyn & Charles at 2:00pm in the dining room.

Aug 9 Second Annual Senior Top Model Competition at 2:00pm in the dining room.

Aug 10 Jeffery Pace entertains at 2:00pm in the dining room.

Aug 11-22..Olympic Competitions

Aug 11 "The First Olympics - 1896" documentary will be shown at 12:45pm in the library.

Aug 12-14..Wii Olympic Games at 2:00pm in the dining room. All residents are invited!

Aug 15 Newcomer's Social at 2:00pm in the dining room. Meet and greet our newest residents.

Aug 16 The Grand Dames present a Victorian Tea Party at 2:30pm in the dining room. Reservations required.

Aug 18 "Discover China" documentary at 12:45pm in the library. "Pavarotti in China" performance at 3:00pm in the library.

Aug 19 Third Tuesday Catholic Service at 11:00am in the library. "Discover Eating in Canton" at 2:00pm in the dining room.

Aug 20 Employee Appreciation Luncheon and Wii Olympic Competition 12:00-2:00pm in the dining room.

Aug 21 Lunch Bunch goes out for Chinese. Bus departs at 11:00am. "Ultimate Pandas" documentary at 2:30pm in the library.

Aug 22 Closing Olympic Ceremony at 1:30pm in the dining room. The Kena Band will perform immediately after the ceremony.

Aug 28 Shopping at Potomac Mills Mall. Bus departs at 1:00pm.



August Special Events

Friday, August 8,, 2008

Olympics Opening Ceremony,
1:30pm, Dining Room. Invite your families and friends to join!

Wednesday, August 13, 2008

Bereavement Support Group,
6:30pm, Join us for bereavement education and support. Facilitated by Evercare Hospice.

Friday August 15, 2008

National Relaxation Day, Take a rest!

Friday, August 15, 2008

Team Captain Kickoff for Diabetes Walk, 7-9pm, Library. Create a team, join our team (The Potomac Place Pavement Pounders!), or sponsor a walker. Visit www.diabetes.org for more information.

August 8-22, 2008

Fly with Me to China!

Tuesday, August 19, 2008

Free Seminar: Stroke: Signs & Symptoms, 2:00pm, Activity Room. Facilitated by a community educator from Potomac Hospital.

Friday, August 22, 2008

Olympic Closing Ceremony, 1:30pm, Dining Room. Winners will be announced and medals will be awarded. Resident social with entertainment to follow.

Tuesday, August 26, 2008

Taste & Tour, 6:00pm. Join us for light hors d'oeuvres and a tour of our community!

Please Join Us for these Upcoming Events



Seminar: Life Adjustments
Tuesday, September 9, 2008
Roz Minet from Capital Hospice will discuss how to deal with change and manage adjustments.

Taste & Tour

Tuesday, September 30, 2008

Did you miss the last one? Don't worry! Taste & Tour is being held again this month!



Step Out to Fight Diabetes Walk
Saturday, October 18, 2008

Create a team, join our team (The Potomac Place Pavement Pounders!), or sponsor a walker. Visit www.diabetes.org for more information.

Summer Olympics

The games of the 29th Olympiad are here, and they'll be hosted in Beijing, China from August 8-24.



According to the Olympic Movement, "the Games have always brought people together in peace to respect universal moral principles." The slogan of this Summer Games, *One World, One Dream*, calls upon all people to unite in that Olympic spirit.

This Summer Games, athletes will compete in 302 events in 28 sports. Among the most-watched events are Track and Field, Women's Gymnastics, and Swimming. What's your favorite event?

Medical Corner

EXERCISE TIPS FOR SUCCESS

- Avoid the temptation to completely give up on exercising just because you missed a day.
- Either join an exercise group, or start a walking group in your neighborhood.
- Find ways of being more active during the day, such as parking a little farther away from the store and getting a good walk across the parking lot.
- Make an exercise routine that is done on the same days at the same times.
- Try different types of exercise that you enjoy such as swimming, biking, walking, water aerobics, etc.
- Pace yourself without getting to the point of chest pain or shortness of breath.

Genesis Health Care at Potomac Place is available at 703-490-6517, Lori Sealy LPTA/PM

What They Say About August

“In August, the large masses of berries, which, when in flower, had attracted many wild bees, gradually assumed their bright velvety crimson hue, and by their weight again bent down and broke their tender limbs.”

~ Henry David Thoreau



“When summer opens, I see how fast it matures, and fear it will be short; but after the heats of July and August, I am reconciled, like one who has had his swing, to the cool of autumn.”

~ Ralph Waldo Emerson



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