



Events & Activities

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

Celebrating September



Children's Good Manners Month

Lifelong Learning Month

Hispanic Heritage Month

Healthy Aging Month

Enthusiasm Week
September 1-7

Line Dance Week
September 8-13

Labor Day
United States and Canada
September 1

First Day of Ramadan
September 2

Grandparents Day
September 7

Wonderful Weirdos Day
September 9

Talk Like a Pirate Day
September 19

Rosh Hashanah
September 30

Lucky Labor Day Bunco Bonanza!



Join us for Bunco on Labor Day!
Monday, September 1st
1:30-3:30pm

Don't labor today—Just come out
to play!

Admission is \$10.00 per person
All proceeds to benefit the
American Diabetes Association

Prizes, refreshments, drawings &
lots of fun! Bring your friends!
Call now to reserve your seat at
the Bunco table!



September Resident Activities

Activities are open to all residents.

Sept 1..... *Labor Day Picnic*, 11:30am, in the dining room. *Bunco Bonanza*, 1:30pm in the dining room. *Movie & Snack*, 7:00pm, in the library.

Sept 2..... *Scenic Drive*, van departs at 1:00pm in the front lobby. *Voter Registration*, 2:00pm, in the library.

Sept 5..... *Birthday Social with Jack Stanton*, 2:00pm in the dining room.

Sept 7..... *Grandparents Day Brunch*, 11:30am in the dining room. Reservations required.

Sept 9..... *Dealing with Change Seminar*, 2:00pm in the library. *Community Outreach Craft Project*, 3:00pm in the activity room.

Sept 10..... *Outreach Craft*, 1:00pm in the activity room. *Wii Tennis*, 2:30pm in the library.

Sept 11..... *9/11 Observance*, van departs at 10:30am in the front lobby. *In the Kitchen*, 2:00pm in the activity room.

Sept 12..... *National Milkshake Day Social*, 2:00pm in the dining room.

Sept 15..... *Mexico Week Begins!* *Spanish 101*, 10:30am in the library.

Sept 16..... *Cruise Mexico*, 2:30pm in the library.

Sept 17..... *Mexico to the Max*, 2:30pm in the library.

Sept 18..... *Resident Council*, 1:30pm in the library. *Decorate a Terra Cotta Pot*, 2:30pm in the activity room.

Sept 19..... *Mexican Fiesta with the Music Makers*, 11:30am in the dining room.

Sept 22..... *Centurion Day Celebration*, 10:30am in the front lobby.

Sept 23..... *Concentration*, 10:30am in the activity room. *Scenic Drive*, van departs at 1:00pm in the front lobby. *General Store*, 3:00pm in the front lobby.

Sept 24..... *Red Hat Meeting*, 1:00pm in the library. *Wii Bowling*, 2:30pm in the library.

Sept 25..... *Rehab, Active Aging and You Seminar*, 2:00pm in the library. *Polymer Clay Beads*, 2:30pm in the activity room.

Sept 26..... *Newcomer's Social with Jeff Pace*, 2:00pm in the dining room.

Sept 30..... *J.C. Penney shopping*, van departs at 1:00pm in the front lobby.



September Special Events

Monday September 1, 2008

Lucky Labor Day Bunco

Bonanza, 1:30pm, Dining Room. Invite your families and friends to join! Admission is \$10 and proceeds will benefit the American Diabetes Association.

Monday, September 8, 2008

Assisted Living Week begins!

Tuesday, September 9, 2008

Seminar: Life Adjustments,

2:00pm, Capital Hospice presents this free informational seminar on dealing with change.

September 15-19, 2008

Fly with Me to Mexico Week!



Thursday, September 25, 2008

Free Seminar: Rehab, Active Aging and You, 2:00pm, facilitated by a Genesis Rehab.

Tuesday, September 30, 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



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.

Taste & Tour

Tuesday, October 28, 2008

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



Labor Day Thoughts



There you sit on your lawn
My happy, sleepy neighbor;
Aren't you glad on Labor Day
There isn't any labor?
~ Shel Silverstein

Opportunity is missed by most people because it is dressed in overalls and looks like work. ~ Thomas Edison

Medical Corner

We Get Hotter With Age!!!

Not only do we get better and wiser with age, but we also need to add hotter to the list.

As we age, our bodies are unable to respond as quickly to sudden temperature changes. Older adults also have a higher likeliness of medical conditions that could potentially upset normal body responses to heat. In addition, as older adults, we are more likely to be on prescription medications that impair the body's ability to regulate temperature or that could inhibit perspiration.

All of these factors make older adults susceptible to problems associated with overheating such as heat stress, heat exhaustion, and in extreme cases, heat stroke.

Beat heat related stress—prevention is key

◆ Drink cool, non-alcoholic beverages. If your

doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.

- ◆ Rest.
- ◆ Take a cool shower, bath, or sponge bath.
- ◆ If possible, seek an air conditioned environment. (If you don't have air conditioning, consider visiting an air conditioned shopping mall or public library to cool off.)
- ◆ Wear lightweight clothing.
- ◆ If possible, remain indoors in the heat of the day.
- ◆ Do not engage in strenuous activities outside.

For more information on heat related injuries and how to avoid them, visit the Center's for Disease Control website.

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



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