



# Events & Activities

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

## Celebrating April

*April Fool's Day &  
Fun at Work Day  
(April 1)*

*Humor Month*

*Daffynitions Month*

*Pecan Month*

*Poetry Month*

*Southern Belles Month*

*World's Largest Trivia Contest  
April 11 – 13*

*Library Week  
April 13 – 19*

*U.S. Income Tax Day  
April 15*

*Take a Wild Guess Day  
April 15*

*Passover Begins  
Sundown, April 19*

*Boston Marathon  
April 21*

*Volunteer Week  
April 27 – May 3*

## Healthy Living at Potomac Place

Our Biggest Loser Competition is still going strong! Participants at Potomac Place have lost a total of 27.5 pounds so far! Congrats!

We continue our year long Healthy Living Series with several Free Seminars this month, including Advance Directives, Diabetes Basics and Dementia Basics. All seminars are open to the public as well as our residents.

## Annual Caregivers Conference

*Saturday, April 26, 2008*

The Caregivers Conference Committee of the Prince William Area Agency on Aging is hosting its annual conference, "Steps in Caregiving; Finding Joy in the Journey," on Saturday, April 26, 2008, from 8:30 am to 4:00 pm at Potomac Place.

The Conference offers a wide variety of experts in the areas of caregiving and aging. Jane H. Woods, former Secretary of Health and Human Services for the Commonwealth of Virginia, will speak about the challenges and rewards of caregiving. Courtney S. Tierney, director of Prince William Area Agency on Aging, will provide an overview of the aging network, and Andrew J. Carle, director of the Assisted Living and Senior Housing Administration at GMU, will discuss housing options for older adults.

To register or for more information, please contact the Prince William Area Agency on Aging at 703-792-6374.

## April 2008 Resident Activities

Activities are open to all residents.

April 1 ..... April Fool's Day -- Don't believe everything you hear today!

April 2 ..... Covenant Players, 2:00 pm in the dining room. All residents are invited to a play about renewal and spring.

April 3 ..... Food Council Meeting, 1:30 pm in the library.

April 3 ..... Mary Kay Demonstration, 2:30 pm in the activity room. Receive a free facial and sample Mary Kay products.

April 4 ..... Birthday Social, 2:00 pm in the dining room. All residents are invited to celebrate with our April babies!

April 8 ..... Advance Directive Seminar, 2:00 pm in the library.

April 9 ..... H&R Block will be here to discuss this year's tax rebate and provide instruction on steps necessary to receive yours.

April 11 ... Resident Social, 2:00 pm in the dining room.

April 12 ... Tom Stringer Sing-a-long, 2:15 pm in the dining room.

April 18 ... Newcomers Social, 2:00 pm in the dining room. Meet and greet new members of our Potomac Place family!

April 18 ... Yo-Yo Contest, 4:00 pm in the front lobby. Try your hand (and fingers) at this long time favorite pass time. Prizes will be awarded.



April 21 ... Hometown Week begins. Come with us as we travel to New York, New Jersey, Pennsylvania, Mississippi, Virginia and New England with delicious regional faire and arm chair travel. Check your daily calendar for details.

April 22 ... Earth Day. Volunteers needed at 10:30 am to plant flowers in the pots on the back patio.



April 24 ... Lunch Bunch, 11:30 am depart for Red Lobster. Please sign up early as space is limited.

April 25 ... Resident Social, 2:00 pm in the dining room with entertainment by the Prince William Sound Barbershop Quartet.

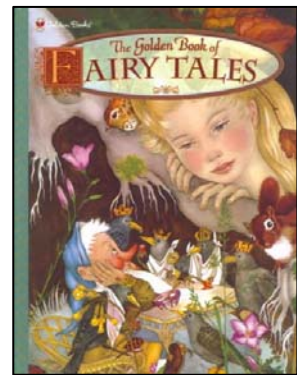
April 26 ... Special Caregivers Conference all day in the dining room.

April 29 ... Volunteer Luncheon, regular lunchtime in the dining room. Join us in honoring our volunteers who work with us throughout the year.

April 30 ... Dementia Basics Seminar, 2:00 pm in the library.

### Buy a Child a Book

April 2 is International Children's Book Day in honor of fairy tale author Hans Christian Andersen's birthday (1805). Some of his stories include "The Snow Queen," "The Little Mermaid," "The Emperor's New Clothes," and "The Ugly Duckling."



Buy or borrow a children's book and read it aloud together with someone who needs to hear a good story!

## April 2008 Special Events

*Tuesday, April 8, 2008*

### **FREE Advance Directives Seminar,**

2:00 pm, library. It's National Advance Directives Month! Evercare will present information on making healthy decisions for your future.

*Wednesday, April 9, 2008*

### **Tax Rebate Information,** 2:00 pm,

library. H&R Block will be here to discuss this year's tax rebate and provide instruction on steps necessary to receive yours.

*Friday, April 11, 2008*

### **Social Hour,** 2:00 pm, dining room.

Enjoy tasty goodies as you chat with friends!

*April 14-18, 2008*

**Hometown Travel Week!** Enjoy special activities and food as we visit towns familiar to our residents.

*Tuesday, April 15, 2008*

### **FREE Diabetes Basics Seminar,**

2:00 pm, library. An educator from Potomac Hospital will present information on living with Diabetes. A representative from Diamedix will also present diabetic supplies including shoes.

*Friday, April 25, 2008*

### **Social Hour,** 2:00 pm, dining room.

Enjoy tasty goodies as you chat with friends!

*Saturday, April 26, 2008*

### **Caregivers Conference,** 9 am - 4 pm,

front lobby & dining room. For information or to register, call the Prince William Area Agency on Aging at 703-792-6374.

*Tuesday, April 29, 2008*

### **Taste & Tour,** 6:00 pm. Join us for light

hors d'oeuvres and a tour of our community!

*Wednesday, April 4, 2008*

### **FREE Dementia Basics Seminar,** 2 pm,

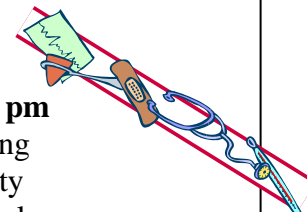
library. Learn the basics of Dementia from a representative from the Alzheimer's Association.

## Please Join Us for these Upcoming Events!

### **Healthy Tidbits Seminar**

**Tuesday, May 13, 2008, 2:00 pm**

Learn different tidbits on staying healthy! Given by a community educator from Potomac Hospital.



### **Heart Health Seminar**

**Tuesday, May 20, 2008, 2:00 pm**

Keep your heart healthy!  
Evercare presents this special informational seminar.

### **SPECIAL CHARITY EVENT!!!**

**Saturday, May 31, 2008 2-6 pm**

Get your tickets now! Special show featuring a local artist opening act and Michael Hoover as ELVIS! To be held at the NOVA Community College Auditorium in Woodbridge.



### **Pecan Pie**

April is Pecan Month, so here's a simple recipe for a southern favorite.

- 3 eggs slightly beaten
- 1 cup light brown sugar
- 1 cup light corn syrup
- 2 Tbsp. butter, melted
- 1 tsp. vanilla
- 1 cup fresh pecans
- 1 nine-inch pie crust



Preheat oven to 350°F. Combine first five ingredients until blended. Pour into pie crust and top with fresh pecans. Bake 50-55 minutes.

## Medical Corner

### April is Occupational Therapy Month

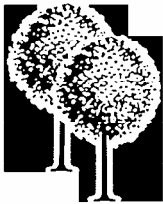
**Occupational therapy** refers to the use of meaningful occupation to assist people who have difficulty in achieving a healthy and balanced lifestyle; and to enable an inclusive society so that all people can participate to their potential in daily occupations of life. Occupational Therapists & Occupational Therapy Assistants work with a variety of individuals who have difficulty accessing or performing meaningful occupations.

Most commonly, Occupational Therapists & Occupational Therapy Assistants work with people to enable them to maximize their skills and abilities. Occupational therapy gives people the "skills for the job of living" necessary for living meaningful and satisfying lives.

Services typically include:

- Customized intervention programs to improve one's ability to perform daily activities.
- Comprehensive home and job site evaluations with adaptation recommendations.
- Performance skills assessments and treatment.
- Adaptive equipment recommendations and usage training.
- Guidance to family members and caregivers.

A wide variety of people may benefit from occupational therapy. Please feel free to contact Genesis Rehab at 703-490-6517 if you or your loved one may benefit from our Occupational Therapy Services.



## Potomac Place

*A Gracious Assisted Living Community*  
2133 Montgomery Avenue  
Woodbridge, VA 22191

Postage  
Information



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*Professional Management of Retirement Communities Since 1981.*





# APRIL 2008

## ASSISTED LIVING CALENDAR

### POTOMAC PLACE ASSISTED LIVING

#### Woodbridge, Virginia 22191



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Abbreviation Key:</b>            CO/Cognitive    DR/Dining Room            SP/Spiritual    L/Library            SE/Sensory      FL/Front Lobby            PH/Physical            RE/Reflective            SO/Social            O/Outing            PR/Productive</p>	<p style="text-align: center;"><u>DATES TO REMEMBER</u></p> <p>Apr. 1 April Fool's Day            Apr. 19 Passover Begins at Sundown            Apr. 21 Hometown Week            Apr. 22 Earth Day            Apr. 23 Administrative Professional Day</p>	<p><b>1</b> 9:30 Giant Shopping (O)            10:00 Exercise (DR)/PH            10:30 Use It or Lose It (AR)/CO/SO            1:00 Bible Study (L) SP            2:00 General Store (FL) SO            2:30 Needleworkers Club (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>2</b> 9:30 Safeway/Bank/PO (O)            10:00 Exercise (DR) PH            10:30 Gametime (AR)/SO./CO            2:00 Covenant Players Present            A Spring Play (DR)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>3</b> 9:30 Dollar Tree/Ulta (O)            10:00 Exercise (DR) PH            10:30 Bible Study (L) SO/SP            1:30 Food Council (L)            2:30 Mary Kay Demo (AR)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>4</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            10:00 Catholic Service (L) SP            10:30 Manicures (AR) SE            2:00 Birthday Social (DR) SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>5</b> 10:00 Exercise (DR) PH            10:45 Gametime (AR) SO            1:15 All Faith's Service (L) SP            2:15 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>
<p><b>6</b> 9:30 Bus to OLA            10:00 Catholic Service (L) SP            2:00 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>	<p><b>7</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            11:00 Catholic Service (L) SP            1:30 Wal Mart (O)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>8</b> 9:30 Giant Shopping (O)            10:00 Exercise (DR)/PH            10:30 Use It or Lose It (AR)/CO/SO            1:00 Bible Study (L) SP            2:00 Special Speaker (L) PR/CO            2:30 Needleworkers Club (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>9</b> 9:30 Safeway/Bank/PO (O)            10:00 Exercise (DR) PH            10:30 Gametime (AR)/SO./CO            2:00 Arts &amp; Crafts (AR) CO/PR            2:00 Needleworkers (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>10</b> 9:30 Dollar Tree/Ulta (O)            10:00 Exercise (DR) PH            10:30 Bible Study (L) SO/SP            2:00 Tea &amp; Conversation (L) SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>4</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            10:30 Manicures (AR) SE            2:00 Resident Social (DR) SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>12</b> 10:00 Exercise (DR) PH            10:45 Gametime (AR) SO            1:15 All Faith's Service (L) SP            2:00 Tom Stringer Music (DR) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>
<p><b>13</b> 9:30 Bus to OLA            10:00 Catholic Service (L) SP            2:00 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>	<p><b>14</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            11:00 Catholic Service (L) SP            1:30 Wal Mart (O)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>15</b> 9:30 Giant Shopping (O)            10:00 Exercise (DR)/PH            11:00 Catholic Service (L) SP            1:00 Bible Study (L) SP            2:00 General Store (FL) SO            2:30 Needleworkers Club (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>16</b> 9:30 Safeway/Bank/PO (O)            10:00 Exercise (DR) PH            10:30 Gametime (AR)/SO./CO            2:00 Arts &amp; Crafts (AR) CO/PR            2:00 Needleworkers (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>17</b> 9:30 Dollar Tree/Ulta (O)            10:00 Exercise (DR) PH            10:30 Bible Study (L) SO/SP            1:30 Resident Council (L)            2:30 Men's Club (L) SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>18</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            10:30 Manicures (AR) SE            2:00 Newcomer's Social (DR) SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>19</b> 10:00 Exercise (DR) PH            10:45 Gametime (AR) SO            1:15 All Faith's Service (L) SP            2:15 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>
<p><b>20</b> 9:30 Bus to OLA            10:00 Catholic Service (L) SP            2:00 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>	<p><b>21</b> <u>Home Town Week Begins</u>            9:00 Doctor Appts.            10:00 Exercise (DR) PH            11:00 Catholic Service (L) SP            1:30 Wal Mart (O)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>22</b> 9:30 Giant Shopping (O)            10:00 Exercise (DR)/PH            10:30 Earth Day Project (AR) PR/SO            1:00 Bible Study (L) SP            2:00 Local History (L) CO/SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>23</b> 9:30 Safeway/Bank/PO (O)            10:00 Exercise (DR) PH            10:30 Gametime (AR)/SO./CO            2:00 Arm Chair Travel (L) CO/SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>24</b> 9:30 Dollar Tree/Ulta (O)            10:00 Exercise (DR) PH            10:30 Bible Study (L) SO/SP            1:30 Scenic Drive (O)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>25</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            10:30 Manicures (AR) SE            2:00 Resident Social w/ Barbershop            Quartet (DR) SO            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>26</b> 10:00 Exercise (DR) PH            10:45 Gametime (AR) SO            1:15 All Faith's Service (L) SP            2:15 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>
<p><b>27</b> 9:30 Bus to OLA            10:00 Catholic Service (L) SP            2:00 Movie &amp; Popcorn (L) SO            4:00 Parlor Games (FL) SO            7:00 Bingo (L) SO/CO</p>	<p><b>28</b> 9:00 Doctor Appts.            10:00 Exercise (DR) PH            11:00 Catholic Service (L) SP            1:30 Wal Mart (O)            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>29</b> 9:30 Giant Shopping (O)            10:00 Exercise (DR)/PH            10:30 Use It or Lose It (AR)/CO/SO            1:00 Bible Study (L) SP            2:00 General Store (FL) SO            2:30 Needleworkers Club (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>	<p><b>30</b> 9:30 Safeway/Bank/PO (O)            10:00 Exercise (DR) PH            10:30 Gametime (AR)/SO./CO            2:00 Arts &amp; Crafts (AR) CO/PR            2:00 Needleworkers (AR) PR            4:00 Parlor Games (FL) SO/CO            7:00 Bingo (L) SO/CO</p>			



# April 2008

## ROSE WING CALENDAR

### POTOMAC PLACE ASSISTED LIVING



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

<p>ABBREVIATION KEY: CO/COGNITIVE SE/SENSORY PH/PHYSICAL RE/REFLECTIVE SO/SOCIAL SP/SPIRITUAL O/OUTING PR/PRODUCTIVE</p>		<p><b>1</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 APRIL FOOL'S TRIVIA (SO/CO) 1:00 WALK ABOUT (PH) 2:00 CHICKEN SOUP (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>2</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 ARTS &amp; CRAFT W/VOLUNTEERS (CO/SOPR) 1:00 WALK ABOUT (PH) 2:00 TRIVIA (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>3</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 BEACH BALL GAME (PH) 1:00 WALK ABOUT (PH) 2:00 MANICURES (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>4</b> 10:00 EXERCISE (PH) 10:00 CATHOLIC SERVICE (SP) (L) 10:30 AM CHAT (CO/SO) 11:00 MUSIC CLUB (CO/SO) 1:00 WALK ABOUT (PH) 2:00 BIRTHDAY SOCIAL (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>5</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 ARTS &amp; CRAFT (CO/SO) 1:00 WALK ABOUT (PH) 1:15 ALL FATH'S SERVICE (SP) (L) 2:30 MOVIE &amp; POPCORN (CO/SO) 3:30 MUSIC (SEN)</p>
<p><b>6</b> 9:00 SPIRITUAL MUSIC (SEN) 10:00 EXERCISE (PH) 10:00 CATHOLIC SERVICE (SP) (L) 10:30 AM CHAT 11:00 AD BROWSING/COFFEE BREAK (CO/SO) 1:00 WALK ABOUT (PH) 2:30 MOVIE &amp; POPCORN (CO/SO)</p>	<p><b>7</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 CATHOLIC SERVICE (SP) (L) 11:00 ARTS &amp; CRAFT (CO/SO/PR) 1:00 WALK ABOUT (PH) 2:00 TRIVIA (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>8</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 IN THE GARDEN (CO/SO/PH) 1:00 WALK ABOUT (PH) 2:00 WORD GAMES (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>9</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 MUSIC CLUB W/VOLUNTEERS (CO/SO/PR) 1:00 WALK ABOUT (PH) 2:00 BEACH BALL GAME (PH) 3:30 MUSIC (SEN)</p>	<p><b>10</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 LIBRARY CLUB (CO/SO) 1:00 WALK ABOUT (PH) 2:00 MANICURES (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>11</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 SPELLING BEE (CO/SO) 1:00 WALK ABOUT (PH) 2:00 RESIDENT SOCIAL (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>12</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 HORSESHOES (PH) 1:00 WALK ABOUT (PH) 1:15 ALL FATH'S SERVICE (SP) (L) 2:00 TOM STRINGER (SEN) 3:00 MOVIE &amp; POPCORN (CO/SO)</p>
<p><b>13</b> 9:00 SPIRITUAL MUSIC (SEN) 10:00 EXERCISE (PH) 10:00 CATHOLIC SERVICE (SP) (L) 10:30 AM CHAT 11:00 AD BROWSING/COFFEE BREAK (CO/SO) 1:00 WALK ABOUT (PH) 2:30 MOVIE &amp; POPCORN (CO/SO)</p>	<p><b>14 Home Town Week Begins</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 PRICE IS RIGHT (CO/SO) 11:00 CATHOLIC SERVICE (SP) (L) 1:00 WALK ABOUT (PH) 2:00 TRIVIA (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>15</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 CATHOLIC SERVICE (CO/SO) (L) 11:00 MUSIC CLUB (CO/SO) 1:00 WALK ABOUT (PH) 3:30 MUSIC (SEN)</p>	<p><b>16</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 IN THE KITCHEN W/VOLUNTEERS (CO/SOPR) 1:00 WALK ABOUT (PH) 2:00 TRIVIA (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>17</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 SPELLING BEE (CO/SO) 1:00 WALK ABOUT (PH) 2:00 MANICURES (CO/SO) 3:30 MUSIC (SEN)</p>	<p><b>18</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 IN THE GARDEN (CO/SO/PH) 1:00 WALK ABOUT (PH) 2:00 NEWCOMERS SOCIAL (CO/PH) 3:30 MUSIC (SEN)</p>	<p><b>19</b> 10:00 EXERCISE (PH) 10:30 AM CHAT (CO/SO) 11:00 MUSIC CLUB (CO/SO) 1:00 WALK ABOUT (PH) 1:15 ALL FATH'S SERVICE (SP) (L) 2:30 MOVIE &amp; POPCORN (CO/SO) 3:30 MUSIC (SEN)</p>
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