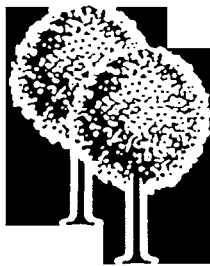


January 2008 Events & Activities



Potomac Place

A Gracious Assisted Living Community

2133 Montgomery Avenue

Woodbridge, Va. 22191

703-494-3817

www.potomacplace.com



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Professional Management of Retirement Communities Since 1981.





Healthy Living at Potomac Place

Potomac Place kicks off the New Year with a focus on Health and Wellness. We will be featuring programs and seminars to help inform our residents and the community about staying healthy this year. Please join us for our upcoming events!

Starting in January Genesis Rehab will present a series of healthy living seminars, including stress management and healthy walking. We will also have community educators from Potomac Hospital addressing various health issues.

We hope you will join us for a healthy and joyful New Year!

For more information, please call 703-494-3817

January 2008 Special Events

Friday, January 4, 2008

Wine & Cheese Social, 2 pm. Enjoy good food and drinks at our Wine & Cheese event.

Wednesday, January 9, 2008

Stress Management Seminar, 2 pm. Genesis Rehab. presents how to manage your stress in the new year.

Friday, January 18, 2008

Wine & Cheese Social, 2 pm. Enjoy good food and drinks at our Wine & Cheese event.

Saturday, January 19, 2008

Desserts & Dancing Extravaganza, 6:30 pm. Enjoy a taste of the towns' desserts from area restaurants and businesses while dancing to the jazz sounds of B&B Jazz.

January 21-25, 2008

Come Fly with me to Hawaii Week! Enjoy activities and island cuisine this week as we take a trip to Hawaii! Hawaiian dancing will be featured on January 23rd at 2 pm.

January 29, 2008

Tax Seminar, 2 pm. Given by H & R Block. Learn tax changes for this year and get advice on your taxes.

Join us for these Upcoming Events

*Tailgate Superbowl
Beer & Cheese Social
February 1, 2008*

Celebrate the upcoming
Superbowl with us!



*Come Fly with Me
To California
February 25-29, 2008*

We are taking a week long
“vacation” to California!

*Leap Year Mystery Dinner
February 29, 2008*

Celebrate the Leap Year
with a Mystery Dinner
Theatre.



January 2008

Resident Activities

Jan. 3.....Food council meeting 1:30 pm in the library. All residents are encouraged to attend.

Jan. 4.....Wine and Cheese, 2:00 pm in the dining room. Enjoy good food, good friends and music.

Jan. 6.....Sabin will entertain with his guitar at 2:00 pm in the dining room.

Jan. 8.....General Store 2:00 pm in the front lobby. Our version of a 7-11 store.

Jan. 10.....Bingo will be held in the dining room.

Jan. 11.....Newcomer's Social 2:00 pm in the dining room. All residents are invited to meet and greet our new residents with a warm Potomac Place welcome!

Jan. 13.....Youth group from Good Shepherd Methodist Church visit from 3:30 pm to 4:30 pm in the front lobby.

Jan. 18.....Wine and Cheese, 2:00 pm in the dining room.

Continued...

January 2008

Resident Activities

Jan. 19.....Desserts and Dancing Extravaganza, 7:00 – 9:00 pm in the dining room. Dance to the music of Bob Rice with B&B Jazz, while enjoying delectable desserts from Woodbridge area restaurants and good company. Invite your friends and family.

Jan. 21.....Come Fly with Me Week begins with travelogue at 3:30 pm in the library.

Jan. 22.....General Store 2:00 pm in the front lobby.

Jan. 22.....Taste of Hawaii 2:00 pm in the front lobby. Sample the flavors of the islands.

Jan. 23.....Hawaiian Dancers 2:00 pm in the dining room.

Jan. 24.....Captain's dinner 5:00 pm in the dining room. Selected residents will join Captain Susan Haynes for a delicious meal of island cuisine.

Jan. 25.....Birthday Social and Docking Party at 2:00 pm in the dining room. Come and celebrate all the January birthdays as we end our trip to Hawaii.

Jan 29.....H & R Block presents information on taxes in the Library at 2:00 pm.

January 2008

Medical Corner

9 Ways to Get Active and Achieve a Healthy Lifestyle

Plan on trying these activities over the next months; don't do everything at once. But work on all of the 9 ways to get active; each will bring you a year's worth of rewards.

- **Invest in a good pair of shoes.** When your feet are happy so are you.
- **Play games.** Games keep your brain working and cognitive skills healthy.
- **Take a walk or stroll.** Two short walks a day can be as good as a single, longer stroll.
- **Visit an eye doctor.** Failing eyesight is not a given as we age.
- **Increase your physical activity.** Make opportunities for activity, like a weekly walking day with a friend.
- **Seek out your friends, family, and neighbors.** Social connections are good for your emotional well-being.
- **Eat a lot of fruits and vegetables.** Try a diet emphasizing fruits, vegetables, legumes, cereals, and fish.
- **Laugh a lot.** Laughing increases circulation, immune system defenses and mental functioning while decreasing stress hormones.
- **Get enough sleep.** Get your seven to eight hours of sleep each night.



January 2008
Resident Program
Highlight

Be My Neighbor Program

Living at Potomac Place has many benefits...nice people, good food, and a host of events and activities and the “Be My Neighbor” program. Residents of Potomac Place are encouraged to invite family, friends, colleagues, former neighbors and others to join them in living here at Potomac Place. If a resident refers an individual who decides to move into our community, the referring resident will receive a \$500 credit. The “Be My Neighbor” program is a wonderful way to save money and live among friends.