



# July 2009

Potomac Place Assisted Living  
 2133 Montgomery Ave., Woodbridge, Va. 22191  
[www.potomacplace.com](http://www.potomacplace.com)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>DSS KEY:</b> 1 Cognitive    6 Reflective 2 Physical    7 Outdoor 3 Productive    8 Nature 4 Social 5 Sensory	<b>All equipment and supplies used are accounted for at the end of the activity to ensure a safe environment.</b>		<b>1 9:30 Resident Errands (O)</b> 10:00 Exercise (DR) 2 10:30 Bible Study (AR) 6 1:30 Scenic Drive (O) 8 3:00 Arts & Crafts (AR) 3 4:00 Parlor Games (FL) 1, 4 6:30 Bingo (AR) 1, 4	<b>2 Dollar Tree at 1:30</b> 10:00 Exercise (DR) 2 10:45 Decorate for the 4th (AR) 1:00 Movie & Popcorn (L) 1, 4 1:30 Dollar Tree (O) 7 4:00 Make a Word (FL) 1, 4	<b>3 9:00 Doctor Appts.</b> 10:00 Exercise (DR) 2 10:45 Manicures (AR) 3 11:00 Catholic Service (L) 6 12:30 4th of July Celebration w/Bob Clouse (DR) 2:30 MOVIE (L) 4:00 Current Events (FL) 1, 4	<b>HAPPY 4TH OF JULY</b> 10:00 Video Exercise (DR) 4 10:45 Game Time (AR) 1, 4 1:15 All Faiths Service Cancelled 1:30 Comedy Hour (L) 4 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4
<b>5 9:30 Bus to OLA</b> 10:00 Exercise (DR) 4 11:00 Catholic Communion (L) 6 1:00 Wii Bowling (L) 2, 4 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4	<b>6 9:00 Doctor Appts. (O)</b> 10:00 Exercise (DR) 2 10:45 Bingo (L) 1, 4 12:30 Movie (L) 1, 4 1:00 Card Sharks (3rd fl So) 1, 4 3:00 1:1 Visits 4:00 Sing a long (FL) 4	<b>7 9:30 Wal Mart at 1:30 today</b> 10:00 Exercise (DR) 2 10:45 Bowling w/Pins (L) 2 1:00 Bible Study (L) 6 1:30 Wal Mart (O) 2:30 Beltone Hearing Screening (L) 4:00 Crossword Puzzle (FL) 4	<b>8 9:30 Resident Errands (O)</b> 10:00 Exercise (DR) 2 10:30 Bible Study (AR) 6 1:30 Scenic Drive (O) 8 3:00 Arts & Crafts (AR) 3 4:00 Parlor Games (FL) 1, 4 6:00 Special Speaker Part 1 (L) 3 6:30 Bingo (AR) 1, 4	<b>9 9:30 Dollar Tree (O)</b> 10:00 Exercise (DR) 2 10:45 Games People Play (L) 1,4 1:00 Mail to Shut Ins (AR) 3 2:30 Wii Bowling (L) 2, 4 4:00 Make a Word (FL)	<b>10 9:00 Doctor Appts.</b> 10:00 Exercise (DR) 2 10:45 Manicures (AR) 3 2:00 Social w/Sabin (DR) 4 4:00 Current Events (FL) 1, 4	<b>11 10:00 Video Exercise (DR) 4</b> 10:45 Game Time (AR) 1, 4 1:30 All Faith's Service (L) 6 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4
<b>12 9:30 Bus to OLA</b> 10:00 Exercise (DR) 4 11:00 Catholic Communion (L) 6 1:00 Wii Bowling (L) 2, 4 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4	<b>13 9:00 Doctor Appts. (O)</b> 10:00 Exercise (DR) 2 10:45 Bingo (L) 1, 4 12:30 Movie (L) 1, 4 1:00 Card Sharks (3rd fl So) 1, 4 3:00 1:1 Visits 4:00 Sing a long (FL) 4	<b>14 9:30 Wal Mart at 1:30 today</b> 10:00 Exercise (DR) 2 10:45 Bowling w/Pins (L) 2 1:00 Bible Study (L) 6 1:30 Wal Mart (O) 4:00 Crossword Puzzle (FL) 4	<b>15 9:30 Resident Errands (O)</b> 10:00 Exercise (DR) 2 10:30 Bible Study (AR) 6 1:30 Scenic Drive (O) 8 3:00 Arts & Crafts (AR) 3 4:00 Parlor Games (FL) 1, 4 6:30 Bingo (AR) 1, 4	<b>16 9:30 Dollar Tree (O)</b> 10:00 Exercise (DR) 2 10:45 Games People Play (L) 1,4 1:30 Resident Council (L) 3 2:30 Wii Bowling (L) 2, 4 3:00 Flower Lady (FL) 3	<b>17 9:00 Doctor Appts.</b> 10:00 Exercise (DR) 2 10:45 Manicures (AR) 3 2:00 Social w/Keno Band (DR) 4 4:00 Current Events (FL) 1, 4	<b>18</b> 10:00 Video Exercise (DR) 4 10:45 Game Time (AR) 1, 4 1:30 All Faith's Service (L) 6 2:00 Cooking w/Josh (DR) 4 4:00 Parlor Games (FL) 1, 4
<b>19 9:30 Bus to OLA</b> 10:00 Exercise (DR) 4 11:00 Catholic Communion (L) 6 1:00 Wii Bowling (L) 2, 4 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4	<b>20 9:00 Doctor Appts. (O)</b> 10:00 Exercise (DR) 2 10:45 Bingo (L) 1, 4 12:30 Key Largo (L) 1, 4 1:00 Card Sharks (3rd fl So) 1, 4 3:00 1:1 Visits 4:00 Sing a long (FL) 4	<b>21 9:30 Wal Mart (O)</b> 10:00 Exercise (DR) 2 11:00 Catholic Service (L) 1:00 Bible Study (L) 6 2:00 Beach Volleyball (DR) 2 4:00 Crossword Puzzle (FL) 4	<b>22 9:30 Resident Errands (O)</b> 10:00 Exercise (DR) 2 10:30 Bible Study (AR) 6 10:45 Arts & Crafts (AR) 3 3:00 Beach Party (Patio) 4 4:00 Parlor Games (FL) 1, 4 6:00 Special Speaker Part 2 (L) 3 6:30 Bingo (AR) 1, 4	<b>23 9:30 Dollar Tree (O)</b> 10:00 Exercise (DR) 2 10:45 Bocce (DR) 2 2:00 Fresh Juice Making (DR) 3 3:00 Cruise Florida Keys (L) 4 4:00 Make a Word (FL)	<b>24 9:00 Doctor Appts.</b> 10:00 Exercise (DR) 2 10:45 Manicures (AR) 3 2:00 Social w/Jeff Pace (DR) 4 4:00 Current Events (FL) 1, 4	<b>25 CRAFT SHOW</b> 10:00 Video Exercise (AR) 4 10:45 Game Time (AR) 1, 4 1:30 All Faith's Service (L) 6 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4
<b>26 9:30 Bus to OLA</b> 10:00 Exercise (DR) 4 11:00 Catholic Communion (L) 6 1:00 Wii Bowling (L) 2, 4 2:30 Bingo (L) 1, 4 4:00 Parlor Games (FL) 1, 4	<b>27 9:00 Doctor Appts. (O)</b> 10:00 Exercise (DR) 2 10:45 Bingo (L) 1, 4 12:30 Movie (L) 1, 4 1:00 Card Sharks (3rd fl So) 1, 4 3:00 1:1 Visits 4:00 Sing a long (FL) 4	<b>28 9:30 Wal Mart (O)</b> 10:00 Exercise (DR) 2 10:45 Bowling w/Pins (L) 2 1:00 Bible Study (L) 6 2:00 Shuffle Board (DR) 2 4:00 Crossword Puzzle (FL) 4	<b>29 9:30 Resident Errands (O)</b> 10:00 Exercise (DR) 2 10:30 Bible Study (AR) 6 1:30 Scenic Drive (O) 8 3:00 Arts & Crafts (AR) 3 4:00 Parlor Games (FL) 1, 4 6:30 Bingo (AR) 1, 4	<b>30 9:30 Dollar Tree (O)</b> 10:00 Exercise (DR) 2 10:45 Games People Play (L) 1,4 1:30 Resident Council (L) 3 2:30 Wii Bowling (L) 2, 4 4:00 Make a Word (FL)	<b>31 9:00 Doctor Appts.</b> 10:00 Exercise (DR) 2 10:45 Manicures (AR) 3 2:00 Social w/Rose Nemerow (DR) 4 4:00 Current Events (FL) 1, 4	



**July 2009**  
**ROSE WING**  
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<b>5</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 SING A LONG 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 MATINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>6</b> 10:00 MORNING DEV.6 10:30 SITTCERCISE 2 11:00 HORSESHOES 1,4 1:00 SIT & FIT 2 2:00 ARTS & CRAFT 1,3,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>7</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 REMINISCING 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 SENSORY GAMETIME 1,4 3:00 PENNY ANTE 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>8</b> 9:30 SCENIC DRIVE 7 10:30 SITTCERCISE 2 11:00 SING A LONG 1,4 1:00 LET'S MOVE 2 2:00 PENNY ANTE 1,4 3:00 CHICKEN SOUP 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>9</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 LEMONADE & TEA SOCIAL 1,4 2:30 BINGO 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>10</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 LEMONADE & TEA SOCIAL 1,4 2:30 BINGO 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>11</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 SPELLING BEE 1,4 1:15 ALL FAITH SERVICE 6 2:00 MOVIE & SNACK 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4
<b>12</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 SING A LONG 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 MATINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>13</b> 10:00 MORNING DEV.6 10:30 SITTCERCISE 2 11:00 HORSESHOES 1,4 1:00 SIT & FIT 2 2:00 ARTS & CRAFT 1,3,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>14</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 REMINISCING 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 SENSORY GAMETIME 1,4 3:00 PENNY ANTE 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>15</b> 9:30 SCENIC DRIVE 7 10:30 SITTCERCISE 2 11:00 SING A LONG 1,4 1:00 LET'S MOVE 2 2:00 PENNY ANTE 1,4 3:00 CHICKEN SOUP 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>16</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 LEMONADE & TEA SOCIAL 1,4 2:30 BINGO 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>17</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 LEMONADE & TEA SOCIAL 1,4 2:30 BINGO 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>18</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 SPELLING BEE 1,4 1:15 ALL FAITH SERVICE 6 2:00 MOVIE & SNACK 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4
<b>19</b> 9:00 SPIRITUAL MUSIC 6 10:00 LIGHT EXERCISE 2 11:00 SING A LONG 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 MATINEE & SNACK 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>20</b> 10:00 MORNING DEV.6 10:30 SITTCERCISE 2 11:00 HORSESHOES 1,4 1:00 SIT & FIT 2 2:00 ARTS & CRAFT 1,3,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>21</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 REMINISCING 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 SENSORY GAMETIME 1,4 3:00 PENNY ANTE 1,4 4:00 MUSIC 5 6:00 GAMESHOWS 1,4	<b>22</b> 9:30 SCENIC DRIVE 7 10:30 SITTCERCISE 2 11:00 SING A LONG 1,4 1:00 LET'S MOVE 2 2:00 PENNY ANTE 1,4 3:00 CHICKEN SOUP 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>23</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 LEMONADE & TEA SOCIAL 1,4 3:00 BINGO 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4	<b>24</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 HIGHER OR LOWER 1,4 1:00 MIND, BODY, & SOUL 1,2,4 2:00 LEMONADE & TEA SOCIAL 1,4 3:15 JEFFREY PACE SING A LONG 4 6:00 GAMESHOWS 1,4	<b>25</b> 10:00 MORNING DEV. 6 10:30 SITTCERCISE 2 11:00 SPELLING BEE 1,4 1:15 ALL FAITH SERVICE 6 2:00 MOVIE & SNACK 1,4 4:00 MUSIC 6 6:00 GAMESHOWS 1,4
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