



Events & Activities

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

Celebrating June

*International Accordion
Awareness Month*

Fishing Month

*Belmont Stakes and the English
Derby at Epsom Downs
June 7*

*Royal Ascot Races
June 17 - 20*

*Flag Day
June 14*

*World Juggling Day
June 14*

*Father's Day
June 15*

*World Sauntering Day
June 19*

*Longest Dam Run
June 21*

*Summer Solstice
June 20*

*Vinegar Day
June 20*

*Let It Go Day
June 23*



Healthy Living at POTOMAC PLACE

We continue our year long Healthy Living Series with a Healthy Minds Workshop this month on June 10th. You can learn new techniques and suggestions to help keep your mind sharp and alert! More free seminars will be given in the months ahead! We hope you will join us!

Celebrate a Day With Dad (For Father's Day)

Please join us for a fun-filled afternoon with your dad! We will provide all of the activities!

Get ready for:

- Wii Bowling
- Putt Putt
- Picture Frame Crafts
- Poker & Blackjack
- Horse Racing
- and more!

Dinner is on us! Treat your dad for father's day!

Saturday, June 14, 2008, 2:00-6:00pm

JUNE 2008 Resident Activities

Activities are open to all residents.

June 1Enjoy listening to music by Sabin, 2:00pm in the dining room.

June 3Lunch out at Wendy's. Depart 11:30am.

June 5Food Committee, 1:30pm in the library.

June 6Birthday Social, 2:00pm in the dining room.

June 10Special Speaker Topic: Healthy Minds, 2:00pm in the library.

June 10General Store, 2:00pm in the front lobby.

June 11Shopping at Potomac Mills. Bus departs at 1:30 pm.

June 12Tour of Historic Rippon Lodge. Bus Departs at 1:30 pm.

June 13Resident Social with Music by Aellyn and Charles, 2:00pm in the dining room.

June 14Day with Dad, 2:00pm - 6:00pm. Activities will be held throughout the building.

June 15.....Father's Day Luncheon, 11:30am - 1:00pm in the dining room.

June 19.....Resident Council Meeting, 1:30pm in the library.

June 19.....Red Hat Meeting, 3:00pm in the library.



June 20.....Newcomer's Social, 2:00pm in the dining room.

June 21.....Wedding Renewal and Reception, 7:00pm - 9:00pm in the dining room.

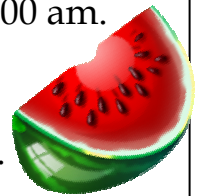
June 23.....Beach Week Begins.

June 24.....Sand Castle Contest, 2:30pm on the patio.

June 25.....Meet Me at the Carnival, 2:00pm in the dining room.

June 26.....Lunch Bunch goes to Red Lobster. Depart at 11:00 am.

June 26.....Watermelon Party, 2:30pm on the patio.



June 27.....Tacky Tourist Social, 2:00pm in the dining room, with music by Jeffrey Pace.

JUNE 2008 Special Events

Tuesday, June 10, 2008

Healthy Minds Workshop, 2:00pm, Library. Evercare presents a seminar on keeping your mind alert and sharp. It's Free!

Friday, June 13, 2008

Social Hour, 2:00pm, Dining Room. Enjoy tasty goodies as you chat with friends!

Saturday, June 14, 2008

Day with Dad, 2:00-6:00pm, Bring your dad and have a great day with us! We will have different activities all day plus dinner! It's Free!



June 23-27, 2008

Beach Week!

Tuesday, June 24, 2008

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

Thursday, June 26, 2008

Chamber Business Before Hours, 8:00pm, Library. Join us for light hors d'oeuvres and a tour of our community!

Friday, June 27, 2008

Social Hour, 2:00pm, Dining Room. Enjoy tasty goodies as you chat with friends!

PLEASE JOIN US FOR THESE UPCOMING EVENTS!

Holiday Craft Show

Saturday, July 12, 2008, 10am-3pm

Join us for this fun affair at Potomac Place. Many different vendors will showcase their creativity! Food & drinks available, too.



Senior Top Model Contest

Saturday, August 9, 2008

Potomac Place hosts this fun event once again. Competition is stiff this year with new residents and participants from previous years. Come out and show your support!

Team Captain Kickoff for Diabetes Walk

Friday, August 15, 2008, 7-9pm

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



Let It Go Day JUNE 23

"All the art of living lies in a fine mingling of letting go and holding on."

~ Havelock Ellis

"The art of being wise is the art of knowing what to overlook."

~ William James

"Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of nonessentials."

~ Lin Yutang



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.

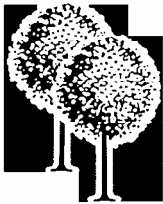
Seek out your friends, family, and neighbors. Social connections are good for your emotional well-being.

Eat a lot of fruits and vegetables. Try a diet emphasizing fruits, vegetables, legumes, cereals, and fish.

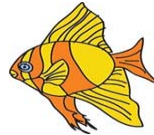
Laugh a lot. Laughing increases circulation, immune system defenses and mental functioning while decreasing stress hormones.

Get enough sleep. Get your seven to eight hours of sleep each night.

Genesis Health Care at Potomac Place
703-490-6517.



Potomac Place

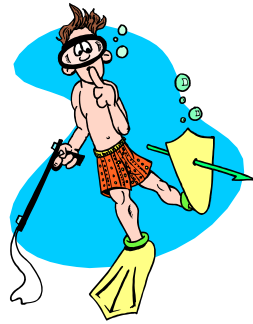


A Gracious Assisted Living Community
2133 Montgomery Avenue
Woodbridge, VA 22191



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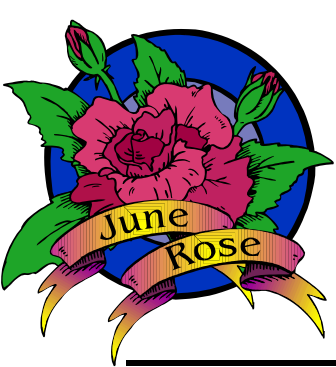




June 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Bus to OLA 10:00 Catholic Service (L) R 10:30 Game Time (AR) C/SO 1:00 Walk About (FL) P 2:00 Music by Sabin (DR) SO 4:00 Parlor Games (FL) SO/C 7:00Bingo (L) SO/C	2 9:00 Doctor Appt. (O) 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 12:45 Afternoon Movie (L) SO 1:00 Wal Mart (O) 3:00 Band Practice (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	3 10:00 Exercise/Walk (DR) P 10:30 Use It or Lose It (L) C/SO 11:30 Fast Food Lunch (O) 1:00 Bible Study (L) R 2:00 Needleworkers/Crafts (AR) PR 3:00 Literature Appreciation (L) 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	4 Safeway/Bank/PO (O) 10:00 Exercise/Walk (DR) P 10:30 Wii Bowling (L) P 2:00 Special Interest Film (L) CO 3:00 WORD FIND (AR) C/SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	5 9:30 Dollar Tree (O) 10:00 Exercise/Walk (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 1:30 Food Committee (L) PR 2:30 Movie (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	6 9:00 Doctor Appts. 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 10:30 Manicures (AR) SE 2:00 Birthday Social (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C	7 10:00 Exercise (DR) P 10:30 Walk About (FL) P 11:00 Sing a Long (FL) SO 1:15 All Faith's Service (L) R 2:15 Movie (L) SO 2:30 Puzzles (AR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C
8 9:30 Bus to OLA 10:00 Catholic Service (L) R 10:00 Exercise (DR) P 1:00 Exercise (L) P 2:00 Movie & Popcorn (L) SO 2:30 Game Time (FL) C/SO 4:00 Parlor Games (FL) SO/C 7:00Bingo (L) SO/C	9 9:00 Doctor Appt. (O) 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 12:45 Afternoon Movie (L) SO 1:00 Wal Mart (O) 3:00 Band Practice (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	10 10:00 Exercise/Walk (DR) P 10:30 Use It or Lose It (L) C/SO 1:00 Bible Study (L) R 2:00 Special Speaker (L) PR 2:00 General Store (FL) PR 3:30 Cheese Tasting Party (FL) 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	11 Safeway/Bank/PO (O) 10:00 Exercise/Walk (DR) P 10:30 Wii Bowling (L) P 1:30 Potomac Mills Shopping (O) 2:00 Special Interest Film (L) CO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	12 9:30 Dollar Tree (O) 10:00 Exercise/Walk (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 1:30 Depart for Rippon Lodge (O) 2:00 Movie (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	13 9:00 Doctor Appts. 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 10:30 Manicures (AR) SE 2:00 Resident Social w/ Music (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C	14 10:00 Exercise (DR) P Day with Dad 1:15 All Faith's Service (L) R 2:15 Movie (L) SO 2:30 Puzzles (AR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C
15 FATHER'S DAY 9:30 Bus to OLA 10:00 Catholic Service (L) R 11:30-1:00 Father's Day Luncheon 1:00 Exercise (L) P 2:00 Movie & Popcorn (L) SO 2:30 Game Time (FL) SO 4:00 Parlor Games (FL) SO/C 7:00Bingo (L) SO/C	16 9:00 Doctor Appt. (O) 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 12:45 Afternoon Movie (L) SO 1:00 Wal Mart (O) 3:00 Band Practice (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	17 10:00 Exercise/Walk (DR) P 10:30 Use It or Lose It (L) C/SO 1:00 Bible Study (L) R 2:00 Needleworkers/Crafts (AR) PR 3:00 Music Appreciation (L) 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	18 Safeway/Bank/PO (O) 10:00 Exercise/Walk (DR) P 10:30 Wii Bowling (L) P 1:30 Scenic Drive (O) 3:00 Special Interest Film (L) CO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	19 9:30 Dollar Tree (O) 10:00 Exercise/Walk (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 1:30 Resident Council (L) PR 3:00 Red Hat Meeting (L) PR 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	20 9:00 Doctor Appts. 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 10:30 Manicures (AR) SE 2:00 Newcomer's Social (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C	21 10:00 Exercise (DR) P 10:30 Walk About (FL) P 11:00 Sing a Long (FL) SO 1:15 All Faith's Service (L) R 2:15 Movie (L) SO 2:30 Puzzles (AR) SO 4:00 Parlor Games (FL) SO 7:00 Wedding Renewal and Reception (DR)
22 9:30 Bus to OLA 10:00 Catholic Service (L) R 1:00 Exercise (L) P 2:00 Movie & Popcorn (L) SO 2:30 Game Time (FL) C/SO 4:00 Parlor Games (FL) SO/C 7:00Bingo (L) SO/C	23 BEACH WEEK BEGINS 9:00 Doctor Appt. (O) 10:00 Exercise (DR) P 10:00 Catholic Service (L) R 12:45 Afternoon Movie (L) SO 1:00 Wal Mart (O) 3:00 Band Practice (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	24 10:00 Exercise/Walk (DR) P 10:30 Use It or Lose It (L) C/SO 1:00 Bible Study (L) R 2:30 Sand Castle Contest (Patio) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	25 Safeway/Bank/PO (O) 10:00 Exercise/Walk (DR) P 10:30 Wii Bowling (L) P 2:00 Carnival (DR) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	26 9:30 Dollar Tree (O) 10:00 Exercise/Walk (DR) P 10:30 Bible Study (L) R 10:30 Rummikube (AR) C/SO 11:30 Lunch Bunch /Old Country Buffet (O) 2:30 Watermelon Party (Patio) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C	27 9:00 Doctor Appts. 10:00 Exercise/Walk (DR) P 10:00 Catholic Service (L) R 10:30 Manicures (AR) SE 2:00 Tacky Tourist Party w/ Music (DR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C	28 10:00 Exercise (DR) P 10:30 Walk About (FL) P 11:00 Sing a Long (FL) SO 1:15 All Faith's Service (L) R 2:15 Movie (L) SO 2:30 Puzzles (AR) SO 4:00 Parlor Games (FL) SO 7:00 Bingo (L) SO/C
29 9:30 Bus to OLA 10:00 Catholic Service (L) R 1:00 Exercise (L) P 2:00 Movie & Popcorn (L) SO 2:30 Game Time (FL) C/SO 4:00 Parlor Games (FL) SO/C 7:00Bingo (L) SO/C	30 9:00 Doctor Appt. (O) 10:00 Exercise/ (DR) P 10:00 Catholic Service (L) R 12:45 Afternoon Movie (L) SO 1:00 Wal Mart (O) 3:00 Band Practice (L) SO 4:00 Parlor Games (FL) SO/C 7:00 Bingo (L) SO/C					



June 2008

ROSE WING CALENDAR

POTOMAC PLACE ASSISTED LIVING AND SPECIALIZED ALZHEIMER'S CARE

WOODBIDGE, VIRGINIA 22191

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>19:00 SPIRITUAL MUSIC (S) 10:00 CATHOLIC SERVIC (L) (R) 10:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE (C/SO) 1:00 WALK ABOUT (P/SO) 2:30 MOVIE & POPCORN (C/SO) 3:30 MUSIC (S)</p>	<p>210:00 EXERCISE (P) 10:00 CATHOLIC SERVICE (R) 10:30 AM CHAT (C/SO) 11:00 TRIVIA (C/SO) 1:00 WALK ABOUT (PH) 2:00 REMEMBER WHEN (C/SO) 3:30 MUSIC (S)</p>	<p>310:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 MUSIC CLUB (C/SO) 1:00 WALK ABOUT/MAIL TIME (P) 2:00 ARTS & CRAFTS (C/PR) 3:30 MUSIC (S)</p>	<p>410:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 ARTS & CRAFTS (C/SO/PR) 1:00 WALK ABOUT/MAIL TIME (P) 2:00 BINGO (C/SO) 3:30 MUSIC (S)</p>	<p>510:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 WII GAME (CO/SO/P) 1:00 WALK ABOUT (P) 2:00 MANICURES(C/SO) 3:30 MUSIC (S)</p>	<p>610:00 EXERCISE (P) 10:00 CATHOLIC SERVICE (R) 10:30 AM CHAT (C/SO) 11:00 MUSIC CLUB (C/SO) 1:00 WALK ABOUT (P) 2:00 RESIDENT SOCIAL (C/SO) 3:30 MUSIC (S)</p>	<p>710:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 GAMETIME (C/SO) 1:00 WALK ABOUT (P) 1:15 ALL FAITH'S SERVICE (L) (R) 2:30 MOVIE & POPCORN (C/SO) 3:30 MUSIC (S)</p>
<p>89:00 SPIRITUAL MUSIC (S) 10:00 CATHOLIC SERVIC (L) (R) 10:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE (C/SO) 1:00 WALK ABOUT (P/SO) 2:30 MOVIE & POPCORN (C/SO) 3:30 MUSIC (S)</p>	<p>910:00 EXERCISE (P) 10:00 CATHOLIC SERVICE (R) 10:30 AM CHAT (C/SO) 11:00 BOWLING (C/SO/P) 1:00 WALK ABOUT (P) 2:00 STORY TIME (C/SO/PR) 3:30 MUSIC (S)</p>	<p>1010:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 WORD GAMES (C/SO) 1:00 WALK ABOUT/MAIL TIME (P) 2:00 ARTS & CRAFTS(C/PR) 3:30 MUSIC (S)</p>	<p>1110:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 CROSSWORD PUZZLE (C/SO/) 1:00 WALK ABOUT (P) 2:00 READ A STORY (C/SO) 3:30 MUSIC (S)</p>	<p>1210:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 POETRY READING (C) 1:00 WALK ABOUT (P) 2:00 MANICURES (C/SO) 3:30 MUSIC (S)</p>	<p>1310:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 HORSESHOES (P) 1:00 WALK ABOUT (P) 2:00 RESIDENTIAL SOCIAL (C/SO) 3:30 MUSIC (S)</p>	<p>1410:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 LIBRARY CLUB (C/SO) 1:00 WALK ABOUT (P) 2:00 TRIVIA (C/SO) 3:30 MUSIC (S)</p>
<p>159:00 SPIRITUAL MUSIC (S) 10:00 CATHOLIC SERVIC (L) (R) 10:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE (C/SO) 1:00 WALK ABOUT (P/SO) 2:30 MOVIE & POPCORN (C/SO) 3:30 MUSIC (S)</p>	<p>1610:00 EXERCISE (PH) 10:00 CATHOLIC SERVICE (R) 10:30 AM CHAT (C/SO) 11:00 SPELLING BEE (C/SO) 1:00 WALK ABOUT (P) 2:00 STORY TIME (PR) 3:30 MUSIC (S)</p>	<p>1710:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 WII GAME (C/SO/P) 1:00 WALK ABOUT/MAIL TIME (P) 2:00 IN THE KITCHEN (C/PR) 3:30 MUSIC (S)</p>	<p>1810:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 MANICURES (C/SO/) 1:00 WALK ABOUT (P) 2:00 TRIVIA (C/SO) 3:30 MUSIC (S)</p>	<p>1910:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 CARD CLUB (SO/C) 1:00 WALK ABOUT (P) 2:00 TRIVIA (C/SO) 3:30 MUSIC (S)</p>	<p>2010:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 SPELLING BEE (C/SO) 1:00 WALK ABOUT (P) 2:00 RESIDENTIAL SOCIAL C/SO) 3:30 MUSIC (S)</p>	<p>2110:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 MUSIC CLUB (C/SO) 1:00 WALK ABOUT (P) 2:00 TRIVIA (C/SO) 3:30 MUSIC (S)</p>
<p>229:00 SPIRITUAL MUSIC (S) 10:00 CATHOLIC SERVIC (L) (R) 10:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE (C/SO) 1:00 WALK ABOUT (P/SO) 2:30 MOVIE & POPCORN (C/SO) 3:30 MUSIC (S)</p>	<p>23BEACH WEEK BEGINS 10:00 EXERCISE (P) 10:00 CATHOLIC SERVICE (R) 10:30 AM CHAT (C/SO) 11:00 HORSESHOES (C/SO/P) 1:00 WALK ABOUT (P) 2:00 STORY TIME (/SO) 3:30 MUSIC (S)</p>	<p>2410:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 CARD CLUB (C/SO) 1:00 WALK ABOUT/MAIL TIME (P) 2:00 ARTS & CRAFTS (C/PR) 3:30 MUSIC (S)</p>	<p>2510:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 BOWLING (C/SO/P) 1:00 WALK ABOUT (P) 2:00 IN THE GARDEN (C/SO/PR) 3:30 MUSIC (S)</p>	<p>2610:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 PARACHUTE (CSO/P) 1:00 WALK ABOUT (P) 2:00 REMEMBER WHEN (C/SO) 3:30 MUSIC (S)</p>	<p>2710:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 CROSSWORD PUZZLE (C/SO) 1:00 WALK ABOUT (P) 2:00 RESIDENT SOCIAL C/SO) 3:30 MUSIC (S)</p>	<p>2810:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 IN THE GARDEN (C/SO/PH) 1:00 WALK ABOUT (P) 2:00 TRIVIA (C/SO) 3:30 MUSIC (S)</p>
<p>299:00 SPIRITUAL MUSIC (S) 10:00 CATHOLIC SERVIC (L) (R) 10:00 EXERCISE (P) 10:30 AM CHAT (C/SO) 11:00 AD BROWSING/COFFEE (C/SO) 1:00 WALK ABOUT (P/SO) 2:30 MOVIE & POPCORN (C/SO) 3:30 MUSIC (S)</p>	<p>3010:00 EXERCISE (P) 10:00 CATHOLIC SERVICE (R) 10:30 AM CHAT (C/SO) 11:00 PRICE IS RIGHT (C/SO) 1:00 WALK ABOUT (P) 2:00 TRIVIA (C/SO) 3:30 MUSIC (S)</p>	<p>ABBREVIATION KEY: C/COGNITIVE S/SENSORY PR/PRODUCTIVE P/PHYSICAL SO/SOCIAL R/REFLECTIVE</p>				