



Potomac Community Resources, Inc.

September 2005

Volume 11, Issue 9

MAILING ADDRESS ONLY: 9200 Kentsdale Drive, Potomac, MD 20854

301-365-0561, info@pcr-inc.org

Fall/Winter PCR Programs

IMPORTANT PCR REGISTRATION INFORMATION:

Administration fee is required for ALL FREE programs such as basketball, photography and discussion groups. The \$10 administration fee is for the entire series. NOTE: if you sign up for multiple free programs— please pay \$10 per program.

Registration is required for ALL programs. PCR must have a complete, signed registration form for all programs, free, drop-in or ongoing. Make sure emergency information is complete and you have SIGNED the form.

Fees are payable to PCR. We will pay our wonderful program leaders. Mail checks with registration to the office. DO NOT BRING TO PROGRAMS! *Metro Movers* has separate registration process.

No payment (or financial aid agreement), no complete registration form = no participation. No exceptions.



Program	Description	Day/time
NoteAbles I, II, III, IV	Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Uses a wide variety of percussion instruments, parachutes, and many other creative approaches. Love of music is the prerequisite! Fun, friendly environment. Each session is a little different, so check with PCR to see which is the right fit for you! FILLED	I Thursdays 7:00—7:50 pm II Thursdays 6:00—6:50 pm III Mondays 7:30—8:20 pm IV Mondays 6:30—7:20 pm
Movin' Along	A fun, aerobic way to improve balance, coordination, and muscle tone. Small groups, easy to follow directions. Lots of variety of activity. Exercise to upbeat music. A full workout! Great social opportunity. FILLED	I Wednesdays 6:15—7:05 pm II Wednesdays 7:15—8:05 pm III Tuesdays 6:30— 7:20 pm
Young Men's Group I, II	Facilitated by clinical social worker. Focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Groups are unique, so call the office and speak to Julia to see which is right for you. MAY HAVE ONE SPOT- CALL PCR.	I Wednesdays 7:40—8:30 pm II Wednesdays 6:30—7:30 pm
Tai Ji	Ancient Chinese exercise. Have fun while improving balance, coordination and concentration. Must be able to follow and remember several complex movements. OPENINGS FOR BEGINNERS- LIMITED TIME ONLY! CALL TODAY!	Mondays 7:00—8:00 pm
Studio 3F	A Friday night social club for PCR members and friends. Come dance, shoot hoops, play billiards, do art, play board games, and hang with friends. Staff ration is 1:10, must be able to socialize independently. OPENINGS VARY	Third Friday of each month 7:00 -10:00 pm
Basketball	Players at all levels of skill welcome to join us for friendly, informal game. JOIN ANYTIME	Sundays 5—6 pm
Super Sunday Respite	Five hours of fun and therapeutic activities for people with significant care needs and/or those with medical needs. RN on staff. Admission by interview.	Usually first and third Sundays of each month. 12:00—5:00 pm
Phabulous Photographers	Welcomes everyone interested in photography basics to join us once a month for a lesson and chance to share our work. Sponsored by North Bethesda Camera Club. JOIN ANYTIME	First Tuesday of each month 7- 8 pm
Young Women's Group	Facilitated by clinical social worker. Focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Call Julia at PCR. OPENINGS!	Tuesdays 7- 8 pm
First Wednesday Art	Art enjoyment group. Have fun and express yourself using a wide variety of multi-cultural art media to create a personal masterpiece each session. FILLED	First Wednesday of each month 7- 8 pm
Communication Counts	6:30 session focuses on basic communication such as asking directions, and conversational basics. 7:40 session focuses on improving understanding and using verbal and nonverbal communication skills for social and work settings. Call PCR for further details on placement. Facilitated by certified speech language pathologist. CALL FOR OPENINGS STATUS.	Wednesdays Basics 6:30 -7:30 pm Advanced 7:40 – 8:40 pm
Transition Group for caregivers of young adults leaving high school	A joint program of PCR and the Arc of Montgomery County. Learn from other families and professional resources as you make choices about the nuts and bolts of this transition to adulthood. Share ideas, strategies and support. JOIN ANYTIME.	One Wednesday per month.
PCR/CSS Chorus	Join us and learn how to sing in a chorus! Sessions will include warm-ups, skill building, and mastering a repertoire drawn from Americana, Grammys, movies, folk and more! Participants should be able to stay on task for 50 minutes, read or learn by rote, follow 3 step directions, ability to make quick transitions, interest in performing, enjoy group activities (little individual attention), ability to follow gestural cues. MAY HAVE OPENINGS- CALL PCR.	Thursdays 7:00—8:15 pm
Metro Movers	Using Metro, participants will visit Washington area sights. A fun way to become more familiar and comfortable with public transportation, socialize and explore the region. MAY HAVE OPENINGS- CALL TARGET.	Generally every other Saturday 10 am— 4 pm

Schedule	Cost/ make check out to:	Location
<p>I & II: Sept.: (SKIP 8), 15, 22, 29; Oct.: (SKIP 6 & 13), 20, 27; Nov.: 3, (SKIP 10), 17, (SKIP 24); Dec.: 1, 8, 15, (SKIP 22 & 29); Jan.: 5, 12, 19, 26;</p> <p>III & IV: Sept.: 12, 19, 26; Oct.: (SKIP 3 & 10), 17, 24, 31; Nov.: 7, (SKIP 14), 21, 28; Dec.: 5, 12, 19, (SKIP 26); Jan.: (SKIP 2), 9, (SKIP 16), 23.</p>	I, II, III, IV \$140 payable to PCR	<p>I & II: Potomac Community Center, Potomac</p> <p>III & IV: Bradley Hills Presb. Church, Bethesda</p>
<p>I & II: Sept. 7, 14, 21, 28; Oct. 5, (SKIP 12), 19, 26; Nov. 2, 9, 16, (SKIP 23), 30; Dec. 7, 14, 21, (SKIP 28); Jan. 4, 11, 18, 25.</p> <p>III: Sept. 6, 13, 20, 27; Oct. (SKIP 4), 11, 18, 25; Nov. 1, 8, 15, (SKIP 22), 29; Dec. 6, 13, 20, (SKIP 27); Jan. 3, 10, 17, 24.</p>	I, II, III \$180 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
<p>Sept. 14, 21, 28; Oct. (SKIP 12), 19, 26; Nov. 9, 16, (SKIP 23), 30; Dec. 14, (SKIP 21 & 28). January dates to come later.</p> <p>No meeting on the first Wednesday of each month.</p>	\$10 payable to PCR	Rockville SEEC VIA site
<p>Sept. 12, 19, 26; Oct. (SKIP 3), 10, 17, 24, 31; Nov. 7, 14, (SKIP 21), 28; Dec. 5, 12, 19, (SKIP 26); Jan. (SKIP 2), 9, (SKIP 16), 23. NOTE ADDITION OF OCT. 10</p>	\$140 payable to PCR	Rockville SEEC VIA site
Sept. 16, Oct. 21, Nov. 18, Dec. 16, Jan. 20.	\$10/session payable to PCR Register for any or all sessions.	Gaithersburg CSS, 9075 Comprint Court
Sept. (SKIP 4), 11, 18, 25; Oct. 2, (SKIP 9), 16, 23, (SKIP 30); Nov. 6, 13, 20, (SKIP 27); Dec. 4, (SKIP 11), 18, (SKIP 25); January (SKIP 1), 8, 15, 22, 29.	\$10 payable to PCR	The Heights School Gym 10400 Seven Locks Road, Potomac
Sept. 18 (only); Oct. 2, 16; Nov. 6, 20; Dec. 4, 18.	\$25 donation to PCR requested. Financial assistance available. Qualifies for use of respite funding.	Gaithersburg
Sept. 6, (SKIP Oct. 4), Nov. 1, Dec. 6, Jan. 3.	\$10 payable to PCR. Supply your own point and shoot camera and film. Developing photos is also up to you.	Rockville SEEC VIA site.
Sept. 6, 13, 20, 27; Oct. (SKIP 4), 11, 18, (SKIP 25); Nov. 1, 8, 15, 22, 29; Dec. 6, 13, 20, (SKIP 27); Jan. 3, 10, 17, 24.	\$10 payable to PCR	Byron House Library 9210 Kentsdale Dr. Potomac
Sept. 7; Oct. 5; Nov. 2; Dec. 7; Jan. 4.	\$75 payable to PCR	Rockville SEEC VIA site
Sept. 7, 14, 21, 28; Oct. 5, (SKIP 12), 19, 26; Nov. 2, 9, 16, (SKIP 23), 30; Dec. 7, 14 (last date for fall series).	\$195 payable to PCR	Gaithersburg CSS site 9075 Comprint Ct. Gaithersburg
Oct. 19, Nov. 16, No Dec. meeting, Jan. 18, Feb. 15, Mar. 15, April 19, May 17, June 21	N/A but RSVPs will be requested. Use registration form. Last minute participants welcome.	The Arc of Montgomery County conference room 11600 Nebel St., Rockville
Sept. 8, 15, 22, 29; Oct. 6, (SKIP 13), 20, 27; Nov. 3, 10, (SKIP 17 & 24); Dec. 1, 8, 15, (SKIP 22 & 29); Jan. 5, 12, 19, 26.	\$192 payable to PCR	Gaithersburg CSS site
See separate registration information attached.		If you have questions contact Toula Candenido: metromovers_tcandenado@yahoo.com

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**PCR - the
place to be
this fall.**



Young Women's Group Openings

PCR currently offers one group for teens and young women. We are considering creating two groups.

One would focus on *older teens*, ages 15-20. We would focus on issues typical of young people finishing high school: peer relationships, social life, exploring careers, increasing independence, negotiating family relationships and rules, identity, dating, etc.

The other would be for *women ages 21 and above who have completed high school*. Our focus would be on transitioning to adult life, workplace situations, independent decision making, finding a community, lifestyle issues, identity, etc.

Both groups would meet Tuesdays. Teens, 7-8, young women's group 8-9. Location: Bradley Blvd. Potomac

Interested? Questions? Call Julia at PCR 301-365-0561



Condolences to **Jan, Jim and Lydia Maloney**,
parents and sister of PCR member

Daniel Maloney who passed away in
August. We cherish the great times we had with him.

In the Community

Stephen Knolls School
40 Years of Exceptional Education

*Join the Stephen Knolls Community as we celebrate
the 40th anniversary as a center-based school for
students with special needs.*

September 15, 2005 3-7 PM
Open House and Reunion at Stephen Knolls

*Join current and former families, students, staff and community members as we come together
to celebrate our 40th year.*

Current students and siblings will be entertained in the gym.

Parents, staff and friends will gather in the cafeteria for light refreshments and fellowship.

Photo gallery of students and staff from years past and present will be featured.

School tours will be conducted.

For more information, contact Peg Kolm at 301-562-9573, or at lkolm@mindspring.com.