



Potomac Community Resources, Inc.

A Catalogue of Philanthropy Charity

October 2007

Volume 13, Issue 10

Mailing Address ONLY: 9200 Kentsdale Dr., Potomac, MD 20854
301-365-0561, www.pcr-inc.org

INTRODUCING....

PCR'S NEW DAYTIME PROGRAMS



DANCE

FUN &
GAMES

RELAXATION



ARTS

MUSIC



EXERCISE

PCR DAYTIME PROGRAMS

PCR will be offering a series of pilot daytime programs starting in October. The programs will take place in and around downtown Rockville. These are pilot programs, so space is limited at this time. Members are responsible for providing their own transportation and staffing as necessary for member participation in a particular program. Please feel free to contact PCR with any questions.

Group Games: Tuesdays, 11:00-11:50 AM, 10/9-12/18, \$143.00

This program provides members with the opportunity to exercise and socialize through games promoting gross motor, social, and communication skills. Members follow 2-3 step directions, practice balance, and stretching abilities, play cooperatively, and have a good time!

PCR Percussion: Tuesdays, 12:15-1:00 PM, 10/9-12/18, \$143.00

Drumming is universal, ancient and modern, complex and simple. PCR Percussion will promote group work, rhythm skills, personal expression through drumming, communication, knowledge of world drum music, and lots of fun. Members should be able to listen, safely use drums and simple percussion instruments, and follow 2-3 step directions.

Rhythmic Movement: Thursdays, 12:15-1:00 PM, 10/11-12/20 (SKIP 11/22), \$130.00

A wide variety of musical styles encourages members to feel the rhythm and move! Members with a range of abilities are welcome to this group that focuses on stretching, rhythmic awareness, expression of emotions through music, and socialization. Program is designed to be especially appropriate for members using wheelchairs. Members receive assistance as necessary to fully participate in this group.

Circle Dancing: Thursdays, 11:00-11:50 AM, 10/11-12/20 (SKIP 11/22), \$130.00

Circle round and enjoy being part of a group doing circle dances from around the world. 1-2 step directions are easy to follow, the music is motivating, the movement both individual and group, and the exercise is aerobic and beneficial to coordination.

NoteAbles V: Tuesdays, 11:00-11:50 AM, 10/9-12/18, \$143.00

Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Love of music is the prerequisite! Fun, friendly environment.

Movin' Along IV: Tuesdays, 12:15-1:00 PM, 10/9-12/18, \$143.00

A fun, aerobic way to improve balance, coordination, and muscle tone. Small groups, easy to follow 1 and 2 step directions. Exercise to upbeat music.

Grab Bag: Thursdays, 12:15-1:00 PM, 10/11-12/20 (SKIP 11/22), \$130.00

A fun-filled forty-five minutes of various activities. Art projects, cooking, games, and therapeutic activities. A new theme and/or activity each week.

Relax & Renew: Thursdays, 11:00-11:50 AM, 10/11-12/20 (SKIP 11/22), \$130.00

Relax & Renew is designed to provide members with significant challenges the opportunity to rejuvenate their bodies and minds. This unique program is a chance for members to relax constricted muscles, relieve stress, increase circulation, improve digestion, and stimulate the senses. Members will be assisted with movement, experience soothing music and scents, participate in calming breathing techniques that increase lung capacity, and enjoy the visual stimulation of candlelight and the touch of light massage techniques. Members must be able to tolerate physical cues for the upper body (waist up).

Clay Creations: Fridays, 1:00 - 2:00 PM, 10/19 - 12/21 (SKIP 11/23), \$261.00

Students dive into the 'mud' and create fantastic animals, sculptures, pots and more! Learn hand-building techniques like pinching and coiling. Since this is a group class, students must be able to work with minimal assistance, or be accompanied by someone who can provide help.

Draw & Paint: Thursdays, 2:30 - 3:30 PM, 11/1 - 12/20 (SKIP 11/22), \$120.00

Students learn to see, interpret and create drawings and paintings in a new and challenging way. Explore color, line, movement and form with an emphasis on personal expression.

Fine Art Sampler-Level A: Tuesdays, 11:00 AM - 12:00 PM, 10/16 - 12/18, \$160.00

Students explore sculpture, fiber arts, mixed media, painting, drawing and much more! Experiment with several art styles and techniques while enjoying the creative process. Students must be able to complete one and two step directions with verbal cueing, and be able to manipulate art materials with assistance.

Fine Art Sampler-Level B: Wednesdays, 11:00 AM - 12:00 PM, 10/17 - 12/19, \$160.00

Students explore sculpture, fiber arts, mixed media, painting, drawing and much more! Experiment with several art styles and techniques while enjoying the creative process. Students must be able to independently complete two and three step directions, manipulate art materials without assistance, and safely and cooperatively work in a 1:4 teacher/student ratio.

From Joe Feakes, Development Director

Fall is traditionally a time when we express thanks for the blessings we have received. It is a time to pause and make plans for the future. For many, it can also be a time for sharing with others through charitable gifts.

Thinking carefully about what to give, and when to give it, can help increase the impact of your gifts. There are a number of opportunities available to you for making gifts in ways that not only would fulfill your charitable intentions, but also feature tax savings and other benefits. Please consider PCR in your year-end giving.

As always, we strongly recommend that you consult with your financial advisor before making any decisions.

Thank you for all that you do for PCR and our members.



Come Support Your Washington Redskins at the PCR Football Party



When: Sunday, October 7th, 1:00 PM

Where: Potomac Community Center, Community Room

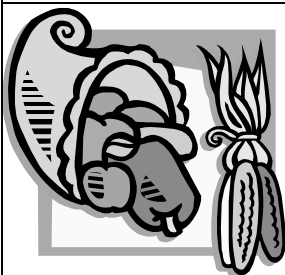
Cost: \$10.00 at the door

PCR will provide pizza, snacks and drinks.

All you need to bring is your Redskins gear and team spirit.

Limited spots available.

To RSVP, contact Seth at 301-365-0561 or seth@pcr-inc.org



FALL GARDEN CLUB EVENT

Come create a Fall themed craft with the Little Farms Garden Club. The group will meet in the Art Room at the Potomac Community Center on Tuesday, October 16th.

The event is free, but spaces are going fast. To RSVP,

contact Abby Lubran at 301-365-0561 or abby@pcr-inc.org.



MCRRC RACE VOLUNTEERS

Are you interested in supporting the PCR runners at the Rockville 5/10 K race? Volunteers need to meet up before 8 AM on Sunday, November 4th. Contact Abby at abby@pcr-inc.org or 301-365-0561.

WOMEN'S GROUP OPENINGS

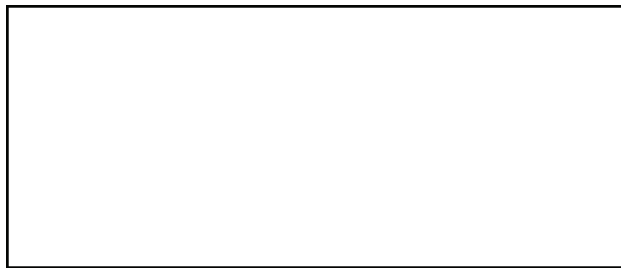
PCR is looking for teenage girls and young women who are interested in participating regularly in a discussion group facilitated by a

PCR, Inc.

Mailing Address ONLY:
9200 Kentsdale Dr.
Potomac, MD 20854
301-365-0561
info@pcr-inc.org



Skins' Game
Oct. 7
Info
Inside



OCTOBER SKIP DATES

Basketball: 10/7, 10/28

Communication Counts: 10/17

Line Dancing: 10/8

Men's Group: 10/3

NoteAbles III & IV: 10/8

DATES TO REMEMBER

Phabulous Photographers: 10/2

Studio 3F: 10/19

Transition Times: 10/17

Tricia Sullivan Respite I: 10/7, 10/21

Tricia Sullivan Respite II: 10/14

Wednesday Art: 10/3