



Potomac Community Resources, Inc.

A Catalogue of Philanthropy Charity

September 2008

Volume 14, Issue 9

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

SAVE THE DATE!

Potomac Community Resources Thirteenth Annual Patricia Sullivan Benefit Dinner Saturday, November 1, 2008



Cocktails: 7:00 PM

Dinner: 8:00 PM

**Bethesda North
Marriott Hotel &
Conference Center**

**Contact the PCR office for
more information**

EVENING & WEEKEND PROGRAMS

BASKETBALL

Players at all levels of skill welcome to join us for friendly, informal games.

Sundays, 5:00 pm-6:45 pm, \$ 60.00

STARTS: 9/14, ENDS: 1/25/09

SKIP DATES: 9/28, 10/26, 11/30, 12/7, 12/28, 1/18

The Heights School Gym:
10400 Seven Locks Rd., Potomac

CHORUS

Sessions include warm-ups, skill building, and learning a repertoire drawn from Americana, Grammys, movies, folk and more! Participants should be able to read words or learn by rote, follow directions and conducting cues, have ability to make quick transitions, function well in a group, and desire to perform. Regular attendance required.

Thursdays, 7:15 pm –8:30 pm, \$ 238.00

STARTS: 9/4, ENDS: 1/29

SKIP DATES: 10/9, 11/27, 12/25, 1/1/09

9075 Comprint Ct., Gaithersburg

COMMUNICATION COUNTS

6:30 session focuses on basic communication such as introductions, asking and answering questions, 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.

Communication Counts-Basics:

Wednesdays, 6:30 pm-7:30 pm, \$ 253.00

STARTS: 9/10, ENDS: 12/17

SKIP DATES: 10/8, 11/26

Communication Counts-Advanced:

Wednesdays, 7:40 pm-8:40 pm, \$ 253.00

STARTS: 9/10, ENDS: 12/17

SKIP DATES: 10/8, 11/26

Both Communication Counts groups meet at
9075 Comprint Ct., Gaithersburg

EVERYBODY DANCE! (formerly Line Dancing)

Join us for a fun romp through adapted line dance, folk dance, circle dance, and creative movement to American and World music. Participants should be able to follow (independently or with minor assistance) 1- and 2-step directions, know right and left, forward and backward, and pay attention for 50 minutes.

Mondays, 6:30 pm-7:20 pm, \$ 212.00

STARTS: 9/8, ENDS: 1/26/09

SKIP DATES: 9/29, 10/13, 12/29, 1/19/09

622 Hungerford Dr. #7, Rockville

MEN'S GROUP

Groups focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Please contact PCR for placement.

Men's Group II:

Wednesdays, 6:15 pm -7:05 pm, \$ 200.00

STARTS: 9/10, ENDS: 1/28/09

SKIP DATES: 10/1, 10/8, 11/5, 11/26, 12/3, 12/24, 12/31, 1/7/09

Men's Group I:

Wednesdays, 7:10 pm -8:00 pm, \$ 200.00

STARTS: 9/10, ENDS: 1/28/09

SKIP DATES: 10/1, 10/8, 11/5, 11/26, 12/3, 12/24, 12/31, 1/7/09

Men's Group III:

Mondays, 6:30 pm –7:30 pm, \$ 200.00

STARTS: 9/15, ENDS: 1/26/09

SKIP DATES: 9/29, 10/13, 12/8, 12/22, 12/29, 1/19/09



All programs meet at
622 Hungerford Dr. #7, Rockville

MOVIN' ALONG

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.

Movin' Along I:

Wed., 6:15-7:05 pm, \$ 234.00

STARTS: 9/3, ENDS: 1/28/09,

SKIP DATES: 10/8, 11/26, 12/24, 12/31

Movin' Along II:

Wed., 7:15-8:05 pm, \$ 234.00

STARTS: 9/3, ENDS: 1/28/09,

SKIP DATES: 10/8, 11/26, 12/24, 12/31

Movin' Along III:

Tues., 6:30-7:20 pm, \$ 234.00

STARTS: 9/2, ENDS: 1/27/09

SKIP DATES: 9/30, 11/4, 11/11, 12/30

All programs meet at 622 Hungerford Dr. #7, Rockville

NOTEABLES

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

NoteAbles I:

Thurs., 7:00-7:50 pm, \$ 192.00

STARTS: 9/11, ENDS: 1/29/09

SKIP DATES: 10/2, 10/30, 11/27, 12/25, 1/1/09

NoteAbles Listings Continued on Next Page

EVENING & WEEKEND PROGRAMS

NOTEABLES (cont.)

NoteAbles II:

Thurs., 6:00-6:50 pm, \$ \$ 192.00

STARTS: 9/11, ENDS: 1/29/09

SKIP DATES: 10/2, 10/30, 11/27, 12/25, 1/1/09

NoteAbles I & II meet at the Potomac Community Center: 11315 Falls Rd., Potomac

NoteAbles III: Mon., 7:30 pm - 8:20 pm, \$168.00

STARTS: 9/8, ENDS: 1/26/09

SKIP DATES:

9/29, 10/13, 11/10, 12/1, 12/22, 12/29, 1/19/09

NoteAbles IV: Mon., 6:30-7:20 pm, \$168.00

STARTS: 9/8, ENDS: 1/26/09

SKIP DATES:

9/29, 10/13, 11/10, 12/1, 12/22, 12/29, 1/19/09

NOTEABLES III & IV meet at:
Bradley Hills Presbyterian Church:
6601 Bradley Blvd., Bethesda

PHABULOUS PHOTOGRAPHERS

Welcomes everyone interested in photography basics to join us once a month for a lesson and chance to share our work. Members are responsible for printing their own pictures.

First Tuesday of the Month, 7:00 pm-8:00 pm, \$30.00

PROGRAM DATES: 9/2, 10/7, 11/18, 12/2, 1/6/09

622 Hungerford Dr. #7, Rockville

SING-A-LONG

A group for singing enjoyment for those who want to sing with friends without the pressure of performing. Come learn a wide range of musical styles in a relaxed, upbeat atmosphere. No music skills required except a love of singing!

Thursdays, 6:15 pm –7:05 pm, \$ 198.00

STARTS: 9/4, ENDS: 1/29

SKIP DATES: 10/9, 11/27, 12/25, 1/1/09

9075 Comprint Ct., Gaithersburg

STUDIO 3F

A Friday night social club for PCR members and friends. Come dance, shoot hoops, do art, play board games, and hang with friends. Staff ratio is 1:10; must be able to socialize independently.

Third Friday of the Month, 7:00 pm-10:00 pm,
Payment of \$15 per meeting at the door

PROGRAM DATES: 9/19, 10/17,
THE REMAINING DATES WILL BE
ANNOUNCED AT A LATER TIME

9222 Kentsdale Dr., Potomac

TRANSITION TIMES

A joint program of PCR and the Arc of Montgomery County for families of students transitioning from high school to adulthood and adult services. Learn from other families and professional resources as you make choices about the nuts and bolts of this process. Share ideas, strategies and support.

Third Wednesday of the Month, 7:30 pm-9:00 pm, FREE
PROGRAM DATES: 9/17, 10/15, 11/19, 1/21/09

The Arc of Montgomery County Conference Room:
11600 Nebel St., Rockville

TRICIA SULLIVAN RESPITE PROGRAM I

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.

Sundays, 12:00 pm-5:00 pm, \$ 50.00/mtg., pay at the door

PROGRAM DATES: 9/14, 9/28, 10/12, 10/26, 11/9,
11/23, 12/7, 12/21, 1/11/09

1010 Grandin Ave., Rockville

TRICIA SULLIVAN RESPITE PROGRAM II

Five hours of therapeutically fun activities for people with moderate needs. Ability to function in a 1 to 4 staff ratio and in a group of up to 25 people, ability to follow 1-2 step directions, and self-ambulation required. Participants should not be a danger to self or others, and no personal care (feeding & toileting) is provided. Please contact PCR for admission.

One Sunday a Month, 12:00 pm –5:00 pm, \$ 50.00/mtg.,
pay at the door

PROGRAM DATES: 9/21, 10/19, 11/16, 12/14, 1/25/09

7425 MacArthur Blvd., Cabin John

WEDNESDAY ART

Art enjoyment group. Have fun and express yourself using a wide variety of media to create a personal masterpiece each session.

First Wednesday of the Month,

7:00 pm –7:45 pm, \$94.00

PROGRAM DATES: 9/3, 10/1, 11/5, 12/3, 1/7/09

622 Hungerford Dr. #7, Rockville

WOMEN'S GROUP

Group focuses on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview.

Women's Group: Tuesdays, 7:30 pm-8:30 pm, \$ 200.00

STARTS: 9/9, ENDS: 1/27/09

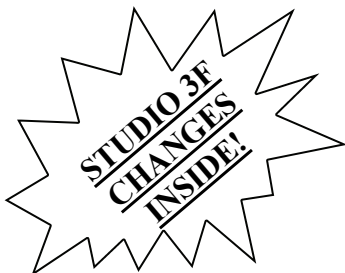
SKIP DATES: 9/30, 10/14, 10/21, 11/4, 11/11, 12/30

Byron House Library: 9210 Kentsdale Dr., Potomac

PCR, Inc.

Mailing Address ONLY:

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



**PLEASE MAKE A
NOTE THAT SOME
PROGRAM TIMES
HAVE CHANGED!**



SEPTEMBER SKIP DATES

Everybody Dance: 9/29 NoteAbles III/IV: 9/29
Movin' Along III: 9/30 Women's Group: 9/30

DATES TO REMEMBER

Phabulous Photographers: 9/2
Studio 3F: 9/19
Transition Times: 9/17
Tricia Sullivan Respite I: 9/14, 9/28
Tricia Sullivan Respite II: 9/21
Wednesday Art: 9/3

PCR DAYTIME PROGRAMS

NoteAbles V: Tuesdays, 9:30-10:20 AM, 9/9-12/16; SKIP 9/30, 11/4, 11/11 \$156.00*
Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Love of music is the prerequisite! Fun, friendly environment.

Movin' Along IV: Tuesdays, 9:30-10:20 AM, 9/9-12/16; SKIP 9/30, 11/4, 11/11 \$156.00*
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.

NoteAbles VI: Tuesdays, 10:30-11:20 AM, 9/9-12/16; SKIP 9/30, 11/4, 11/11 \$156.00*
Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Love of music is the prerequisite! Fun, friendly environment.

Movin' Along V: Tuesdays, 10:30-11:20 AM, 9/9-12/16; SKIP 9/30, 11/4, 11/11 \$156.00*
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.

Rhythmic Movement: Thursdays, 12:45-1:30 PM, 9/11-12/18; SKIP 10/9, 11/27, \$169.00
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.

ALL PROGRAMS TAKE PLACE AT MUSICAL THEATER CENTER,
837-D ROCKVILLE PIKE, ROCKVILLE

***Members who sign up for both the Tuesday NoteAbles and Movin' Along programs will receive a reduced fee of \$250.00 for both programs, a savings of \$62.00!**

Please make sure to contact your day-program provider to arrange staffing and transportation.
Please feel free to contact SETH DUNCAN at the PCR office with any questions or concerns regarding these programs.

POLICIES & PROCEDURES

PCR DROP-OFF POLICY

Please remember that when you drop off a PCR member at a program you should accompany that person inside to the program area. Please DO NOT drop the member off outside the program area or building and leave. Also, please do not drop off a member at a program before the stated start time. PCR staff use this time to set up for the program. You should also come inside to pick up members at the end of a program. These procedures allow you to make sure that your member gets safely inside, that there is a program that day, and also lets you communicate with the PCR staff.

PCR WEATHER CANCELLATION POLICY

Please remember that PCR follows the closing policy for Montgomery County Public Schools. If Montgomery County Public Schools are closed for the day, or they cancel evening activities,

PCR WILL NOT HAVE PROGRAM THAT NIGHT!

You can stay up-to-date with school closings by listening to the radio, watching your local TV news station, or by visiting the MCPS website at: <http://www.mcps.k12.md.us>

PROCESS FOR STUDIO 3F REGISTRATION

3 STEPS FOR FUN AT STUDIO 3F

1) REGISTER: Only 60 registrations will be accepted for the Fall session of Studio 3F. The Fall session runs from September through January. Registrations will be taken on a first come-first served basis. To be accepted, all registration forms must be completed and signed. Registration does not guarantee a spot at Studio 3F (see step 2). All payments for this program should be made at the door; **do not send payment with your registration form.**

2) RSVP: You must RSVP to attend each Studio 3F. PCR will start accepting RSVP's at 12:01 AM on the first of the month. RSVP's will only be accepted for that particular month. You must RSVP for each session you plan on attending. Any RSVP's received before the stated start time or date will be disregarded. There are only 45 spots available per month. RSVP's will be accepted by phone (301-365-0561) or email (seth@pcr-inc.org). All RSVP's will be accepted based on time and date received, so RSVP early! All RSVP's received after the program is filled will be placed on a wait-list.

3) COME: Come to Studio 3F and have a great time!

SOME OTHER IMPORTANT INFO:

To Cancel Your RSVP: Call or email the above contacts by 5 PM the Wednesday before Studio 3F. This gives us some time to fill the spot from the wait-list. If you RSVP and do not attend you will automatically be placed at the bottom of the wait-list for the next month. If you break your RSVP a second time, you will lose your ability to RSVP for the rest of the session.

WANT TO SEE WHAT STUDIO 3F IS ALL ABOUT?
Contact Seth at 301-365-0561 or seth@pcr-inc.org.