

Potomac Community Resources, Inc.

February 2006

Volume 12, Issue 2

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

PCR BEACH PARTY

Friday, February 3rd, 2006

Connelly School of the Holy Child Gym

9029 Bradley Blvd.,
Potomac, MD 20854

6:30-9:30

Attire: Shorts, T-
shirts, flip-flops, etc.

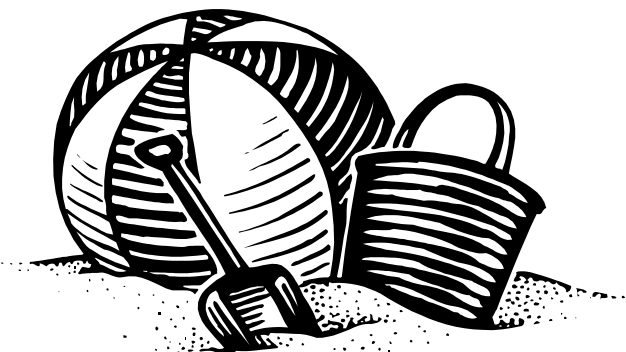
FREE If you RSVP by
TUESDAY, JANUARY 31
\$5 for no RSVP
or late RSVP

Call 301-365-0561 or
email seth@pcr-inc.org

ARTS &
CRAFTS

LIVE
DJ

SNACK



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!	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 I, II, III	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.	I Wednesdays 6:15- 7:05 pm II Wednesdays 7:15- 8:05 pm III Tuesdays 6:30- 7:20 pm
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.	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.	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 ratio is 1:10, must be able to socialize independently. PLEASE SEE INSERT FOR NEW REGISTRATION PROCESS!	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.	Sundays 5- 6 pm
Tricia Sullivan Respite Program	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.	First Tuesday of each month 7- 8 pm
Women'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. Call Julia at PCR.	I Tuesdays 7- 8 pm II Tuesdays 8- 9 pm
First Wednesday Art	Art enjoyment group. Have fun and express yourself using a wide variety of multicultural art media to create a personal masterpiece each session.	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.	Wednesdays Basics 6:30 - 7:30 pm Advanced 7:40 - 8:40 pm
Transition Times 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.	One Wednesday per month. 7:30—9:00 PM
PCR/CSS 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 directions and conducting cues, ability to make quick transitions, function well in a group, and desire to perform. Regular attendance is required.	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.	Generally every other Saturday 10 am- 4 pm
Graduate Transition Program	Post- high school program providing academic and vocational services	Separate registration, Contact PCR
PCR/CSS Sing-A-Long	A group for singing enjoyment for those who want to sing with friends without the pressure of performing. We will share a wide range of musical styles and select songs that lend themselves to fast learning. Participants are expected to be able to read song words or learn by rote and stay on task for the program duration. No music skills required except a love of singing!	Wednesdays, 5:30 pm- 6:20 pm
Line Dancing	A fun aerobic dance experience. Line dances reflecting the best of America's diverse cultural traditions and popular culture will be used as the basis of this program. Participants are expected to follow 3-step directions, know right and left and forward and backward, and pay attention for program duration. Bring a water bottle, wear loose clothes and your (comfortable) dancing shoes!	Mondays 6:30—7:20 pm

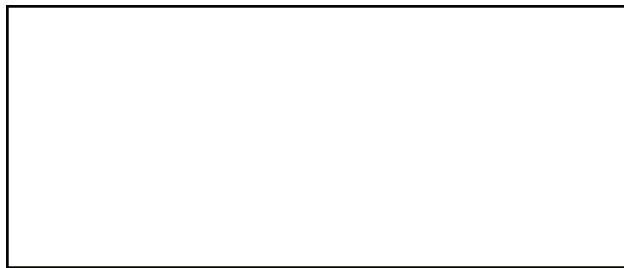
Schedule	Cost/ make check out to:	Location
<p>I & II: Feb.: (SKIP 2), 9, 16, 23; March: 2, 9, (SKIP 16), 23, 30; April: 6, (SKIP 13), 20, 27; May: (SKIP 4), 11, 18, 25; June: 1, 8, (SKIP 15), 22, 29.</p> <p>III & IV: Jan.: 30; Feb.: 6, 13, (SKIP 20), 27; March: 6, 13, 20, 27; April: 3, (SKIP 10), 17, 24; May: 1, 8, 15, 22, (SKIP 29); June 5, 12, 19, (SKIP 26).</p>	<p>I, II: \$170 payable to PCR III, IV: \$180 payable to PCR</p>	<p>I & II: Potomac Community Center, Potomac III & IV: Bradley Hills Presb. Church, Bethesda</p>
<p>I & II: Feb.: 1, 8, 15, 22; March: 1, 8, 15, 22, 29; April: 5, (SKIP 12), 19, 26; May: 3, 10, (SKIP 17), 24, 31; June: 7, 14, 21, 28. III: Jan.: 31; Feb.: 7, 14, 21, 28; March: 7, 14, 21, 28; April: 4, 11, 18, 25; May: 2, 9, (SKIP 16), 23, 30; June: 6, 13, 20, 27.</p>	<p>I, II: \$200 payable to PCR III: \$210 payable to PCR</p>	<p>Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD</p>
<p>Feb.: 8, 15, 22; March: 8, 15, 22, 29; April: (SKIP 12), 19, 26; May: 10, 17, 24; June: 14, 21, 28.</p> <p>No meeting on the first Wednesday of each month.</p>	<p>\$10 payable to PCR</p>	<p>Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD</p>
<p>Jan.: 30; Feb.: 6, 13, (SKIP 20), 27; March: 6, 13, (SKIP 20), 27; April: 3, (SKIP 10), 17, 24; May: 1, 8, 15, 22, (SKIP 29); June: 5, 12, 19, 26.</p>	<p>\$180 payable to PCR</p>	<p>Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD</p>
<p>Feb. 17, March: 17, April 21, May 19, June 16.</p>	<p>\$10 at the door NO REGISTRATION FEE FOR THIS PROGRAM</p>	<p>Gaithersburg CSS, 9075 Comprint Court</p>
<p>Jan.: 29; Feb.: 5, 12, (SKIP 19), 26; March: 5, 12, 19, 26; April: 2, (SKIP 9), (SKIP 16), 23, 30; May (SKIP 7), (SKIP 14), 21, (SKIP 28); June: (SKIP 4), 11, (SKIP 18), 25.</p>	<p>\$10 payable to PCR</p>	<p>The Heights School Gym 10400 Seven Locks Road, Potomac</p>
<p>Jan. 22; Feb.: 5, 26; March 5; April 2, 23; May: 7, 14; June: 4, 18.</p>	<p>\$25 donation to PCR requested. Financial assistance available. Qualifies for use of respite funding.</p>	<p>Gaithersburg</p>
<p>Feb. 7, March 7, April 4, May 2, June 6.</p>	<p>\$10 payable to PCR. Supply your own point and shoot camera and film. Developing photos is also up to you.</p>	<p>Rockville SEEC VIA site. 622 Hungerford Drive Rockville, MD</p>
<p>Jan.: 31; Feb.: 7, 14, 21, 28; March: 7, 14, 21, 28; April: 4, (SKIP 11), (SKIP 18), 25; May: 2, 9, 16, 23, (SKIP 30); June: 6, 13, (SKIP 20), (SKIP 27).</p>	<p>\$10 payable to PCR</p>	<p>Byron House Library 9210 Kentsdale Dr. Potomac</p>
<p>Feb. 1, March 1, April 5, May 3, June 7.</p>	<p>\$75 payable to PCR</p>	<p>Rockville SEEC VIA site</p>
<p>March 1, 8, 15, 22, 29; April: 5, (SKIP 12), 19, 26; May: 3, 10, 17, 24, 31; June 7.</p>	<p>\$210 payable to PCR</p>	<p>Gaithersburg CSS site 9075 Comprint Ct. Gaithersburg</p>
<p>Jan. 18, Feb 15, March 15, April 19, May 17, June 21.</p>	<p>N/A but RSVPs will be requested. Use registration form. Last minute participants welcome.</p>	<p>The Arc of Montgomery County conference room 11600 Nebel St., Rockville</p>
<p>Feb.: 2, 9, 16, 23; March: 2, 9, (SKIP 16), 23, 30; April: 6, (SKIP 13), 20, 27; May: 4, 11, 18, 25; June: 1, (SKIP 8), 15, 22, (SKIP 29).</p>	<p>\$216 payable to PCR</p>	<p>Gaithersburg CSS site 9075 Comprint Ct. Gaithersburg</p>
<p>This program is currently on break. Registration information will appear at a later date.</p>		
<p>Weekdays</p>	<p>Tuition based academics, DDA funding for vocational services</p>	<p>On the campus of Montgomery College–Rockville and community job sites.</p>
<p>Feb.: 1, 8, 15, 22; March: 1, 8, (SKIP 15), 22, 29; April: 5, (SKIP 12), 19, 26; May: 3, 10, 17, 24, 31; June: (SKIP 7), 14, 21, (SKIP 28).</p>	<p>\$180 payable to PCR</p>	<p>Gaithersburg CSS site 9075 Comprint Ct. Gaithersburg</p>
<p>March: 6, 13, 20, 27; April: 3, 10, (SKIP 17), 24; May: 1.</p>	<p>\$80 payable to PCR</p>	<p>Rockville SEEC VIA site. 622 Hungerford Drive Rockville, MD</p>

PCR, Inc.

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Potomac, MD 20854
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**IMPORTANT STUDIO
3F REGISTRATION
INFO INSIDE!**



FEBRUARY PROGRAM **SKIP DATES**

NoteAbles I & II: February 2nd
NoteAbles III & IV: February 20th
Tai Ji: February 20th
Basketball: February 19th

PLEASE NOTE DATES FOR LINE
DANCING AND DATE CHANGES
FOR CHORUS AND SING-A-LONG

NEW PROCESS FOR STUDIO 3F REGISTRATION

3 STEPS FOR FUN AT STUDIO 3F

1) REGISTER: Only 60 registrations will be accepted for the Spring session of Studio 3F. The Spring session runs from February through June. Registrations will be taken on a first come-first serve 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.

PCR INCLEMENT WEATHER POLICY

If Montgomery County Public Schools are closed for the day or have cancelled evening programs there will be no PCR programs that evening. You can find out about closures by watching your local news channel, listening to a news radio station such as WTOP (1500 AM), or visiting the MCPS website (www.mcps.k12.md.us) If it is a weekend program about which you need to inquire, please call the office 301-365 - 0561. Please do not call the emergency phone with closure questions.

NEW PCR WEBSITE

Visit PCR's new and improved website at **www.pcr-inc.org**. You can now register for programs, check program dates, update your PCR profile, and much more. To use the online registration or receive emails from PCR you must create a member account. Please be patient as we work out the kinks in the system.

REMINDER!

NEW PCR LATE PICK-UP POLICY

Due to continuing late pick-ups from programs, PCR is instituting a late pick-up policy and fee. PCR staff work extremely hard, and for the most part, are part-time employees. When a PCR member is late in leaving a program, it causes our staff to be late meeting personal and professional responsibilities. In addition, PCR then incurs the additional cost of paying our staff for their time. In an effort to curtail this problem the following policy will be enforced beginning **January 1st, 2006**.

A late fee of \$10.00 will be charged for every 15 minutes or part thereof that a member is picked up after the stated end time. For example: if a member is picked up 25 minutes after the stated end time then the charge would be \$20.00. If you have a question about start and end times, please speak to the PCR staff on site, or call the PCR office.

This policy applies to all members, regardless of their mode of transportation to and from PCR programs. Members making use of Metro Access should schedule their pick-up time 15 minutes before the stated end of programs, as Metro Access has a policy of a 15 minute window on either side of the pick-up time.

At the time of a late pick-up, PCR staff will inform the member and the family member/caregiver of the assessed fee. Questions and concerns regarding this policy in general or a specific incident should be directed to the PCR office, not the staff on site.

All late fee payments must be mailed to the PCR office. Late fees must be paid within a week of the infraction for the PCR member to continue their participation in PCR programs.

Payments should be made by check payable to PCR, Inc.

Consistent lateness will affect a member's ability to pre-register for PCR programs, and his/her ranking on PCR program waiting lists.

In the Community

SPECIAL EDUCATION ADVOCATE TO SPEAK ON LEARNING ACCOMODATIONS "WHAT YOU DON'T KNOW CAN HURT YOU"

Sandra A. Mercer, a longtime advocate for special education students in Maryland will be giving a presentation on learning accommodation and strategies. She will be discussing strategies for parents and students to level the educational playing field, ways to communicate with teachers, the importance of a supportive environment, and the realities of the "accommodated SAT".

This presentation is co-sponsored by the Learning Disabilities Association of Montgomery County and the Special Needs Library and will take place on January 30th at 7:30 PM at the Special Needs Library (6400 Democracy Blvd., Bethesda). Reservations are requested and can be made by calling LDAMC at 301-993-1076.