



# Potomac Community Resources, Inc.

*A Catalogue of Philanthropy Charity*

**January 2008**

**Volume 14, Issue 1**

Mailing Address ONLY: 9200 Kentsdale Dr., Potomac, MD 20854  
301-365-0561, [www.pcr-inc.org](http://www.pcr-inc.org)



# PCR BEACH PARTY!

CONNELLY SCHOOL  
OF THE HOLY CHILD  
9029 BRADLEY BLVD.  
POTOMAC

DATE & TIME:  
FRIDAY, FEB. 1st  
6:30 PM-9:00 PM

BEACH ATTIRE:  
SHORTS,  
BEACH SHIRTS,  
FLIP-FLOPS

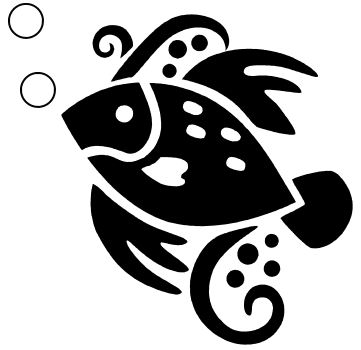
ARTS &  
CRAFTS

GAMES

DJ



PLEASE CONTACT  
301-365-0561 or  
[seth@pcr-inc.org](mailto:seth@pcr-inc.org)  
TO RSVP FOR THE  
BEACH PARTY



# 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: 2/3, ENDS: 7/27

SKIP DATES: 2/17, 2/24, 3/16, 3/23, 4/13, 4/20, 5/11,  
5/25, 6/8, 6/15, 7/6

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, 7:00 pm -8:15 pm, \$ 290.00

STARTS: 2/7, ENDS: 7/31

SKIP DATES: 3/20, 4/24, 6/12, 7/17

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, \$ 292.00

STARTS: 2/6, ENDS: 5/21

SKIP DATES: 3/26

### **Communication Counts-Advanced:**

Wednesdays, 7:40 pm-8:40 pm, \$ 292.00

STARTS: 2/6, ENDS: 5/21

SKIP DATES: 3/26

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

## LINE DANCING

*Line dancing reflects the best of America's diverse cultural traditions and is a great aerobic exercise. Participants are expected to follow, independently or with minor assistance, 3-step directions, know right and left and forward and backward, and pay attention for 50 minutes.*

Mondays, 6:30 pm-7:20 pm, \$ 300.00

STARTS: 2/4, ENDS: 7/28

SKIP DATES: 2/18, 5/26

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 Julia for placement.*

### **Men's Group II:**

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

STARTS: 2/13, ENDS: TBD

SKIP DATES: 3/5, 4/2, 5/7, 6/4, \*

### **Men's Group I:**

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

STARTS: 2/13, ENDS: TBD

SKIP DATES: 3/5, 4/2, 5/7, 6/4, \*

\* July dates to be announced later.

Both 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, \$ 338.00

STARTS: 2/6, ENDS: 7/30,

SKIP DATES: None

### **Movin' Along II:**

Wed., 7:15-8:05 pm, \$ 338.00

STARTS: 2/6, ENDS: 7/30,

SKIP DATES: None

### **Movin' Along III:**

Tues., 6:30-7:20 pm, \$ 338.00

STARTS: 2/5, ENDS: 7/29

SKIP DATES: None

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, \$ 216.00

STARTS: 2/7, ENDS: 7/31

SKIP DATES: 2/14, 3/6, 3/27, 4/24, 5/1, 5/22, 6/12, 7/3

### **NoteAbles II:**

Thurs., 6:00-6:50 pm, \$ 216.00

STARTS: 2/7, ENDS: 7/31

SKIP DATES: 2/14, 3/6, 3/27, 4/24, 5/1, 5/22, 6/12, 7/3

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

# EVENING & WEEKEND PROGRAMS

## NOTEABLES (cont.)

**NoteAbles III:** Mon., 7:30 pm - 8:20 pm, \$240.00

STARTS: 2/4, ENDS: 7/28

SKIP DATES: 2/18, 3/17, 3/24, 5/26, 6/16, 7/14

**NoteAbles IV:** Mon., 6:30-7:20 pm, \$240.00

STARTS: 2/4, ENDS: 7/28

SKIP DATES: 2/18, 3/17, 3/24, 5/26, 6/16, 7/14

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: 2/5, 3/4, 4/1, 5/6, 6/3, 7/1

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, 6:00 pm –6:50 pm, \$ 242.00

STARTS: 2/7, ENDS: 7/31

SKIP DATES: 3/20, 4/24, 6/12, 7/17

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:

2/22, 3/21, 4/18, 5/16, 6/20, 7/18

9075 Comprint Ct., Gaithersburg

## 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: 2/20, 3/19, 4/16, 5/21, 6/18

The Arc of Montgomery County Conference Room:

## 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:

2/10, 2/24, 3/2, 3/16, 4/6, 4/27, 5/18, 6/1, 6/22, 7/13, 7/27

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: NO FEBRUARY DATE,

3/9, 4/13, 5/4, 6/8, 7/20

## 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, \$112.00

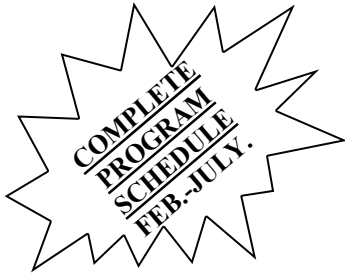
PROGRAM DATES: 2/6, 3/5, 4/2, 5/7, 6/4, 7/1

622 Hungerford Dr. #7, Rockville

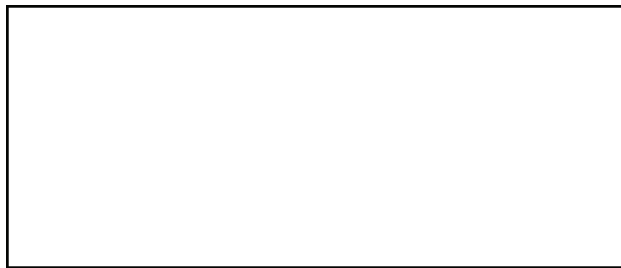
**PLEASE NOTE THAT THERE IS NO PCR  
SIGNAGE AT ANY OF THE PCR PROGRAM  
LOCATIONS.**

## **PCR, Inc.**

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



**PCR BEACH  
PARTY!  
INFORMATION  
INSIDE!**



## **JANUARY SKIP DATES**

Basketball: 1/20	NoteAbles I & II: 1/31
Line Dancing: 1/21	NoteAbles III & IV: 1/21
Men's Group: 1/2	Women's Group: 1/1
Movin' Along III: 1/1	

## **DATES TO REMEMBER**

Phabulous Photographers: 1/8  
Studio 3F: 1/18  
Transition Times: 1/16  
Tricia Sullivan Respite I: 1/27  
Tricia Sullivan Respite II: 1/13  
Wednesday Art: 1/2

## QUESTIONS OR CONCERNS?

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT PCR PROGRAMS OR ACTIVITIES, PLEASE FEEL FREE TO CONTACT THE OFFICE AT 301-365-0561 OR CONTACT PCR PROGRAM COORDINATOR, SETH DUNCAN, AT [seth@pcr-inc.org](mailto:seth@pcr-inc.org). WE LOOK FORWARD TO SEEING YOU THIS SPRING!

## 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.

### 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 July. 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](mailto: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](mailto:seth@pcr-inc.org).

### 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>

## PCR DAYTIME PROGRAMS

### MOVEMENT & MUSIC @ WINTERGREEN PLAZA, ROCKVILLE

**NoteAbles V: Tuesdays, 11:00-11:50 AM, 2/12-6/10, SKIP 5/27, \$ 221.00**

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

**Group Games: Tuesdays, 11:00-11:50 AM, 2/12-6/10, SKIP 5/27, \$ 221.00**

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, 2/12-6/10, SKIP 5/27, \$ 221.00**

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.

**Movin' Along IV: Tuesdays, 12:15-1:00 PM, 2/12-6/10, SKIP 5/27, \$ 221.00**

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, 12:15-1:00 PM, 2/14-6/12, \$ 234.00**

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.

### ARTS @ VISARTS in ROCKVILE TOWN CENTER

**Clay Creations: Mondays, 1:00 - 2:30 PM**

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 I: Tuesdays, 1:30 PM - 2:30 PM**

**Draw & Paint II: Fridays, 11:00 AM - 12:00 NOON**

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.

**PLEASE CONTACT SETH DUNCAN AT THE PCR OFFICE FOR INFORMATION  
REGARDING ART CLASS COSTS AND DATES**