

September 2011

Volume 17, Issue 9

Potomac Community Resources, Inc.

Serving teens and adults with developmental differences

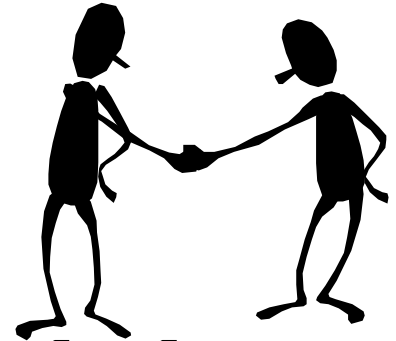
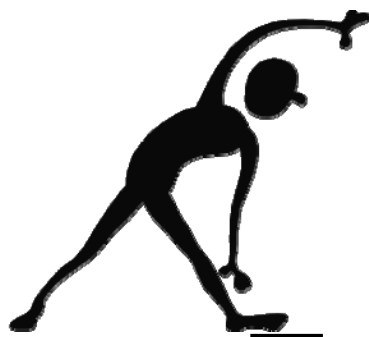
A Catalogue for Philanthropy Charity



Potomac Community Resources, Inc.



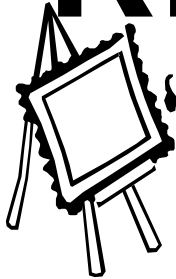
@PCRmd



THE FALL 2011

REGISTRATION

ISSUE



PCR EVENING & WEEKEND PROGRAMS



A.C.E. PROGRAM **(AEROBIC & CORE EXERCISE)**

A low-impact exercise program that focuses on aerobic exercise, strength and core work, stretching, and flexibility. Please make sure to bring a bottle of water and wear appropriate clothes.

Thursdays, 7:00 pm-8:00 pm, \$ 234.00
STARTS: 9/8, ENDS: 1/26/12
SKIP DATES: 9/29, 11/24, 12/29

Location: Our Lady of Mercy School Gym
9222 Kentsdale Dr., Potomac

M&T BANK BASKETBALL

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

Sundays, 5:00 pm-6:45 pm, \$ 60.00
STARTS: 9/11, ENDS: 1/29/12
SKIP DATES: 9/25, 10/9, 10/23, 10/30, 11/27, 12/11, 12/25, 1/1, 1/15

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

CHORUS

Sessions include warm-ups, skill building, and learning a repertoire drawn from various choral styles. 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.

Thursdays, 7:00 pm –8:00 pm, \$ 198.00
STARTS: 9/15 ENDS: 1/26/12
SKIP DATES: 9/29, 11/10, 11/24, 12/22, 12/29
Location: The Kennedy Institute
1010 Grandin Ave., Rockville

COMMUNICATION COUNTS

Basics session focuses on basic communication such as introductions, asking and answering questions, and conversational basics. Advanced 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, \$ 254.00
STARTS: 9/14, ENDS: 12/21, SKIP DATES: 9/28, 11/23

Communication Counts-Advanced:

Wednesdays, 7:40 pm-8:40 pm, \$ 254.00
STARTS: 9/14, ENDS: 12/21, SKIP DATES: 9/28, 11/23

Both Communication Counts groups meet at the Kennedy Institute, 1010 Grandin Ave., 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 Seth Duncan for placement.

Men's Group II:

Wednesdays, 6:15 pm -7:05 pm, \$ 200.00
STARTS: 9/14, ENDS: 1/25/12
SKIP DATES: 9/28, 10/5, 11/23, 12/7, 12/28, 1/4

Men's Group I:

Wednesdays, 7:10 pm -8:00 pm, \$ 200.00
STARTS: 9/14, ENDS: 1/25/12
SKIP DATES: 9/28, 10/5, 11/23, 12/7, 12/28, 1/4

Both programs meet at Rockville United Methodist Church, Room 33: 112 W. Montgomery Ave., 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:

Tuesdays, 6:00-6:50 pm, \$ 273.00
STARTS: 9/6, ENDS: 1/31/12, SKIP DATES: 12/27

Movin' Along II:

Tuesdays, 7:00-7:50 pm, \$ 273.00
STARTS: 9/6, ENDS: 1/31/12, SKIP DATES: 12/27

Both programs meet at the Kennedy Institute, 1010 Grandin Ave., Rockville

NOTEABLES

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

NoteAbles I:

Wednesdays, 7:00-7:50 pm, \$ 192.00
STARTS: 9/14, ENDS: 1/25/12
SKIP DATES: 9/28, 11/23, 12/21, 12/28,

NoteAbles II:

Wednesdays, 6:00-6:50 pm, \$ 192.00
STARTS: 9/14, ENDS: 1/25/12
SKIP DATES: 9/28, 11/23, 12/21, 12/28,

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

NoteAbles III:

Mondays, 7:30 pm-8:20 pm, \$180.00
STARTS: 9/12, ENDS: 1/30/12
SKIP DATES: 10/10, 10/31, 12/5, 12/26, 1/2, 1/16

NoteAbles IV:

Mondays, 6:30-7:20 pm, \$180.00
STARTS: 9/12, ENDS: 1/30/12
SKIP DATES: 10/10, 10/31, 12/5, 12/26, 1/2, 1/16

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

PCR EVENING & WEEKEND PROGRAMS

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: 9/6, 10/4, 11/1, 12/6, 1/3/12

Location: Kennedy Institute, 1010 Grandin Ave., Rockville

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. Monthly RSVP required, please see insert for details.

Third Friday of the Month, 7:00 pm-10:00 pm,
Payment of \$15 per meeting
PROGRAM DATES: 9/16, 10/21, 11/18, 1/20/12

Location: Wisconsin Place Community Center,
5311 Friendship Blvd, Chevy Chase

TAI JI

Ancient Chinese exercise. Have fun while improving balance, coordination and concentration. Must be able to follow and remember several complex movements. Call PCR for more information and availability.

Mondays, 7:00 pm-8:00 pm, \$208.00
START DATE: 9/12, END DATE: 1/30/12
SKIP DATES: 10/10, 10/31, 11/28, 12/26, 1/16

Location: Enzler Room, Our Lady of Mercy Church,
9200 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: 9/21, 10/19, 11/16, 1/18/12

Location: The Arc 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. Please contact the PCR office.

Sundays, 12:00 pm-5:00 pm, \$ 50.00/mtg., pay at the door
PROGRAM DATES: 9/11, 9/25, 10/9, 10/23, 11/6, 12/4,
12/18, 1/8/12, 1/22/12

Location: The Kennedy Institute, 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: 9/18, 10/16, 11/13, 12/11, 1/15/12

Location: Clara Barton Community Center,
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.

Two Wednesdays per Month, 7:00 pm -8:00 pm, \$188.00,
PROGRAM DATES: 9/7, 9/14, 10/12, 10/26, 11/9, 11/30,
12/7, 12/14, 1/11/12, 1/25/12

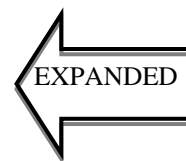
Location: The Kennedy Institute, 1010 Grandin Ave.,
Rockville

WOMEN'S GROUP

Group focuses on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Contact the PCR office for more information.

Women's Group: Tuesdays, 7:30 pm-8:30 pm, \$ 200.00
STARTS: 9/13, ENDS: 1/31, SKIP DATES: 10/11, 11/8, 12/27

Location: Our Lady of Mercy Parish,
Byron House Library: 9210 Kentsdale Dr., Potomac



If you have any questions about the appropriateness of a program, or which section of a program would be the best fit, please call the PCR office at 301-365-0561 or email Seth Duncan, PCR Program Director at seth@pcr-inc.org

PCR

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

**16th ANNUAL
PATRICIA
SULLIVAN
BENEFIT DINNER
OCTOBER 15, 2011**



SEPTEMBER SKIP DATES

A.C.E. Program: 9/29

Basketball: 9/25

Chorus: 9/29

Communication Counts: 9/28

Men's Group I & II: 9/28

NoteAbles I & II: 9/28

DATES TO REMEMBER

Phabulous Photographers: 9/6

Studio 3F: 9/16

Transition Times: 9/21

Tricia Sullivan Respite I: 9/11, 9/25

Tricia Sullivan Respite II: 9/18

Wednesday Art: 9/7, 9/14

PCR DAYTIME PROGRAMS

**NoteAbles V: Tuesdays, 9:30-10:20 AM,
9/13 – 1/24/12; SKIP 12/20, 12/27, \$234.00***

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

**Movin' Along III: Tuesdays, 9:30-10:20 AM,
9/13 – 1/24/12; SKIP 12/20, 12/27, \$234.00***

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,
9/13 – 1/24/12; SKIP 12/20, 12/27, \$234.00***

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

**Movin' Along IV: Tuesdays, 10:30-11:20 AM,
9/13 – 1/24/12; SKIP 12/20, 12/27, \$234.00***

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, 12:45-1:45 PM,
9/15 – 1/26/12, SKIP 9/29, 11/24, 12/29, \$221.00**

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 \$425.00 for both
programs, a savings of \$43.00!**

Please make sure to contact your day-program provider to arrange
staffing and transportation.

Please feel free to contact ABBY LUBRAN at the PCR office or by email
at abby@pcr-inc.org with any questions or concerns regarding these
programs.

PCR POLICIES & PROCEDURES

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:

www.montgomeryschools.org

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 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 Duncan at 301-365-0561 or seth@pcr-inc.org