



**Potomac  
Community  
Village**

**Mar-Apr 2019**

*"your roadside assistance on the journey of life"*

[info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org)

Potomac Community Village, PO Box 59424, Potomac, MD 20859

*Want to know more, or want to join? Call the Help Desk at 240-221-1370 Mon-Fri, 9-5*

## **Potomac Community Village News**

### **PCV Health and Wellness Fair**

**Monday, April 1, 7 - 9 pm**

**Potomac Community Center - 11315 Falls Road, Potomac**

Steven Lorberbaum of Assisting Hands Home Care (and PCV Board member) will speak about "Talking with Your Doctor – Making the Most of Your Healthcare Appointment." There will also be a yoga presentation, collection of not needed/outdated medications for proper disposal, NIH's Go4Life program and exercise demonstrations, blood pressure testing plus other health and wellness-related information. See item in "Coming up with PCV..." on Page 3. **FREE AND OPEN TO ALL**

### **PCV April Monthly Meeting**

**"75 Years of Preserving History in Montgomery County"**

**Thursday, April 25, 7 - 9 pm**

**Potomac Community Center**

This year, Montgomery History will be celebrating its 75th anniversary as the county's historical society. Executive Director Matthew Logan will talk about the ways in which this organization has evolved over time to maintain its relevance to the people of Montgomery County and its plans for the future. **FREE AND OPEN TO ALL**

### **Members Only Lunch at India Palace**

**Tuesday, April 9, 11:30 am – 1:30 pm**

**India Palace Bar and Tandoor, 19743 Frederick Rd, Germantown**

Join in a buffet lunch at one of our member's favorite dining spots, with an extensive menu. RSVPs needed by Friday, April 5. **MEMBERS ONLY**. See item in "Coming up with PCV..." on Page 3.

# Around the Village

**Around the Village** is devoted to the members of PCV, highlighting what you have been doing, what programs you have enjoyed, what associations you have made with other members, and how PCV has helped you. To make this work, the Newsletter has to hear from you. If at any time there is something you want to share, you are invited to write a short paragraph on any of these (or other) experiences and mail it to the PCV PO Box listed at the top of page 1, or call the Help Desk (240-221-1370) and request a call back from someone at the Newsletter.



The **PCV Book Club** has been around almost as long as the Potomac Community Village has existed. At first, meetings were held at the Potomac Community Center but then moved to the home of one of the participants. There are about ten “regulars” in the group, although not all attend each monthly session. The books to be read and discussed are chosen by consensus; members make suggestions and the group decides. The book for February was *The Alice Network*, by Kate Quinn. Male/female relationships in the book drove a major part of the conversation, and this spun off into a discussion of personal experiences of the participants, the experiences of their children in coed college dormitories and the #MeToo movement. One of the highlights of the Book Group’s history was a live video chat with the author of one of the books discussed. He was contacted and he agreed to talk with them during a regular meeting. The four February participants (left to right: Julia, Connie, Carol, Linda) are committed to the Book Group and get a lot out of it. As Linda said, “These books have been an education for me.”

**Dr. Stonestreet**, portrayed by Clarence Hickey, a docent with the Stonestreet Museum, stopped by the PCV February monthly meeting to talk about his life as a country doctor in Rockville in the second half of the 19th century. PCV member Leonard Tow was there and says he learned a lot about 19<sup>th</sup> century medicine, such as the introduction of the stethoscope (replacing the ear horn) to hear inside a patient’s chest. Len thought Mr. Hickey gave an impressive performance in that he stayed in character throughout and responded appropriately to audience questions or comments containing anachronisms such as cell phones. Len said Hickey made you believe he really had a horse and buggy at the hitching rail outside. This program, as well as Linda Kenyon’s as Eleanor Roosevelt and Julia Child, was very informative and entertaining. We should have more of them.



Photo by Phyllis Weltz



www.PotomacCommunityVillage.org

Phone: 240-221-1370 (Mon-Fri, 9-5)

Mail to: Potomac Community Village, PO Box 59424, Potomac, MD 20859

## MARCH - APRIL 2019

*Coming up with PCV in the next few weeks:*

**OPEN TO ALL: Mon., April 1, 7 – 9 pm.** PCV Health and Wellness Fair at the Potomac Community Center, 11315 Falls Rd., Potomac. Steven Lorberbaum of Assisting Hands Home Care will present a program on “Talking with Your Doctor – Making the Most of Your Healthcare Appointment.” This free event is part of the county’s celebration of National Public Health Week. PCV will be collecting outdated/unused prescription drugs for disposal and offering an exercise session for better balance from Go4Life (a program of the National Institute on Aging). In addition, information will be available regarding healthy eating, aging and sex, skin and eye care, memory issues, fitness and other topics of interest. RSVPs not required but are helpful to plan seating and handouts. To RSVP, please call the Help Desk at 240-221-1370 (Mon. – Fri., 9 – 5).

**MEMBERS ONLY: Tues., April 9, 11:30 am – 1:30 pm.** Social lunch at India Palace Bar & Tandoor, 19743 Frederick Rd., Germantown. RSVPs required by Fri., April 5, either to 240-221-1370 or [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org). Cost is \$12 (including non-alcoholic beverages and dessert). Payment is to be made at the restaurant, not in advance.

**MEMBERS ONLY: Tues., April 16, 1:30 – 3:30 pm.** PCV Book Group to discuss *The Great Alone* by Kristin Hannah. Call the Help Desk at 240-221-1370 (Mon. – Fri., 9 – 5) for location. **(Non-members are welcome to come *once* to try us out.)**

**OPEN TO ALL: Thurs., April 25, 7 – 9 pm.** Potomac Community Center, 11315 Falls Rd., Potomac. Matt Logan of Montgomery History will speak about how Montgomery History has evolved over time to maintain its relevance to county residents and its plans for the future. Free. RSVPs not required but are helpful to plan seating, handouts and refreshments. To RSVP, please call the Help Desk at 240-221-1370 (Mon. – Fri., 9 – 5).

**OPEN TO ALL: Bring a Friend Social Lunch** (or just come on your own), **Tues., April 30, 12 noon – 1:30.** Tally Ho Restaurant, 9923 Falls Road, Potomac. RSVPs preferred, but not required. Call 240-221-1370 by Monday, Apr. 29. Participants pay for their own meal.

**MEMBERS AND INVITED GUESTS ONLY: Tues., May 14, 1:30 - 3:30 pm.** PCV Birthday Party in the Social Hall at St James Episcopal Church, 11815 Seven Locks Rd, Potomac. PCV is celebrating the 9’s this year – those born in 1929, 1939, 1949 and 1959, so turning ages 90, 80, 70 and 60 in 2019, and all members already in their 90s

# Around the Village

(Continued from Page 2)

The goal of the **PCV Members' Activities Committee** is to create new connections for all of us. Some members of the committee met the evening of March 4 to work on new events and gatherings for PCV members, such as lunches and movies out, happy hours, and wine and cheese parties. If you have an idea, share it with the committee and help plan and make it happen. You will have help; no one who volunteers to work on a PCV event does it all on his/her own. Call the Help Desk at 240-221-1370 or send an email to [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org).



Left to right: Marcia, Elisabeth, Susan, Sheila (committee chair), Lois, Lisa, Marge

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**Businesses and individuals who have made donations or otherwise support PCV are listed on the PCV website under the SUPPORTERS tab.**