



Potomac  
Community  
Village

Feb. – March 2017

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

240-221-1370

info@PotomacCommunityVillage.org

www.PotomacCommunityVillage.org

## Potomac Community Village News

*Lunch and Learn on Friday, March 10, 12:30 – 2 p.m.*

### Coming of age under Castro, and immigrating from Cuba

Our speaker for PCV's second Lunch and Learn program is Simon Babil, talking about growing up in Cuba as Castro assumed power, then immigrating to the U.S. alone as a 15-year-old refugee with one suitcase and \$5. He also will discuss the impact of the Castro revolution on the Cuban Jewish community. Please bring your own brown-bag lunch to the Potomac Community Center at 11315 Falls Road, Potomac. PCV will provide beverages and dessert. The program is free and open to all in our community. Questions? Please call us at 240-221-1370.

### PCV partners with National Institute on Aging's Go4Life in a free pilot workshop set for Friday, March 24

PCV is working with Go4Life to develop a new program that gets more seniors exercising, with a free class called the **Fit4Function Workshop from Go4Life®**. Go4Life is the National Institute on Aging's campaign to encourage older adults to include exercise and physical activity in their everyday lives. The PCV-hosted workshop will be held on Friday March 24, from 1 – 2:30 p.m. at a Potomac location.



The workshop will be led by Stephanie Dailey, the Director of Go4Life. The long-range plan of the pilot program is to develop: 1) a workshop that motivates older adults to become more physically active by learning the tools to start and stay motivated to

exercise; and 2) a trainer's guide that can be used by site coordinators to lead workshops. PCV is one of several organizations partnering with Go4Life on this project.

People who want to be more fit are needed to participate in the free workshop, **but they must meet certain characteristics and must register in advance:**

Age 50+. Not currently exercising regularly, but think that regular physical activity would be a good idea. Or might have exercised in the past, but got out of the habit and would like to start again. Or exercising only occasionally, not regularly, and need more motivation to keep at it. The workshop is **not** for people who are already committed to regular exercise, or who never want to exercise, or who are infirm.

Participants will engage in guided discussion, watch videos, practice simple stretches and other non-aerobic activities and share ideas and experiences. Dress is casual, with no need for "exercise clothes." Sneakers would be appropriate but are not necessary.

PCV will provide healthy snacks and Go4Life will distribute free helpful materials. **The deadline to sign up is Friday, March 17**, and space is limited. Please provide your name, address, telephone number and email when you register, either to the Help Desk at 240-221-1370 or to info@PotomacCommunityVillage.org.

**Next Meeting – Thursday, March 16 from 7 - 9 p.m.**

**"Smart Technology for Our Homes"**

**with Gary Flax of Smart Automation Solutions**

**at the Bolger Center, 9600 Newbridge Dr., Potomac**

**Free! All welcome. Bring your friends and neighbors!**

# Celebrate St. Patrick's Day with a members-only special lunch!

Gather for a St. Patrick's Day lunch on Friday, March 17 at 1 p.m. at Lahinch Tavern and Grill, in the Cabin John Shopping Center. Menu items include a two-course Irish lunch for about \$20 (plus tax and tip) that includes an appetizer and an entrée specialty such as corn beef and cabbage, fish and chips, bangers and mash, etc. You can also order from the regular menu. To make payment easier, the restaurant will issue separate checks. This is a **members-only** event. Please make your **reservations by March 8**, either calling the Help Desk, 240-221-1370, or online at [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org). Our thanks to Marcia Akresh for organizing this event!

## *What can PCV do to help you?*

## **What can you do to help PCV and help your neighbors?**

In recent weeks, PCV volunteers provided 24 rides, offered assistance with computer problems, paid friendly visits and helped with some household chores. Volunteers also staffed our Help Desk, provided members with names from our Suggested Contractors List, planned and presented educational programs and social events, prepared and printed newsletters and fliers, sent out emails and snail mails, made connections between volunteers and members, trained our volunteers, updated our website and Facebook page, and helped create new social connections.

## *What can you do to help more of these good things happen?*

You can be a PCV direct services volunteer, just like 90 other people – drivers, computer helpers, friendly visitors, simple household chore doers, etc. And you can help PCV by volunteering for one of our assorted teams and committees, such as program, communications, membership, volunteers, or community partnerships. Non-members are welcome as direct services volunteers or to help out on our committees. To learn more, please email us at [info@PotomacCommunityVillage.org](mailto:info@PotomacCommunityVillage.org) or call 240-221-1370.

- **Program Committee:** We'd like to offer more daytime events, but need people to share their ideas and volunteer to organize one program. It could be a wine tasting, a speaker for a Lunch and Learn, a trip to see a play, a walk at the mall or on the Canal, a visit to a museum, a lunch at a local restaurant, or any other social, educational, cultural or fun event that appeals to you. Call us and we'll go from there!

## **Coming up with PCV...**

- **Afternoon Tea and Talk meets on Tuesday, Feb. 21 from 3-4:30**, at the Corner Bakery near Montgomery Mall. RSVPs not required, but it helps us plan if you call the Help Desk at 240-221-1370 to let us know if you expect to attend.
- **Morning Coffee and Conversation, Thursday, March 9, 10- 11:30**, at Tally Ho Restaurant.
- **Lunch and Learn on Friday, March 10 from 12:30 – 2** at the Potomac Community Center. See other side.
- **Afternoon Tea and Talk, Tuesday, March 14**, at the Corner Bakery.
- **General meeting on Thursday, March 16, at 7 p.m.** See box on the other side for details.
- **St. Patrick's Day lunch on Friday, March 17 from 1 – 3.** See article above.
- **The PCV Book Club will be meeting on Tuesday, March 21 at 1:30** to discuss *In the Garden of Beasts*, by Eric Larsen and *Dark Money* by Jane Mayer. The book club is for **members only**. For directions or questions, please call Julia Medin (301-762-1290) or Linda Perlis (301-299-6181).
- **Fit4Function Workshop from Go4Life, Friday, March 24, 1 – 2:30.** See other side.
- **Hexagon matinee and dinner on Sunday, March 26 at 2:30.** Reservation deadline has passed.

**Thank  
You!**

**Thank you** to the following for their support: **Stacy Holstein**, of **Personal Velocity** for providing us with gift cards for personal training services for our raffle. Stacy can be reached at 240-997-1698 or [stacy@personalv.com](mailto:stacy@personalv.com); the **Bolger Center** for providing PCV with free meeting space; **Carol Nerenberg**, of **Berkshire Hathaway PenFed Realty's** Bethesda office, for printing our newsletters each month. Carol can be reached at [carol@carolnerenberg.com](mailto:carol@carolnerenberg.com) or at 301-961-6000; **Hopkins & Porter**, a construction and handyman services firm at 301-812-3161 or [www.hopkinsandporter.com](http://www.hopkinsandporter.com), for their financial support.