



Potomac
Community
Village

September 2016

"your roadside assistance on the journey of life"

240-221-1370

info@PotomacCommunityVillage.org

www.PotomacCommunityVillage.org

Potomac Community Village News

Start off the Fall by Joining PCV! Have fun, and meet new people!

Planning to join but been putting it off? Join now, and you can take advantage of our member-only Walk on the Canal on Sept. 18 (see details below), our October theater parties, our November concert trip, and all our other member benefits! Plus you make sure that PCV is there when *you* need it, just like any other insurance policy, *and* you help support a worthwhile cause. Standard membership, for those who live in the 20854 zip code, is \$150 per household, \$100 for an individual, and includes volunteer services (transportation, computer help, household chores help, etc.), social activities, access to our Neighbor-Suggested Contractor list and member discounts. Associate membership (if you live outside of 20854) is \$75 for a household, \$50 for an individual and does *not* include volunteer services. Dues and any other donations are tax-deductible. Any questions, please contact us at info@PotomacCommunityVillage.org, or at 240-221-1370. Membership forms are on the PCV website, www.PotomacCommunityVillage.org, or call us, and we'll send it out.

Afternoon tea and morning coffee will resume this fall!

Both events will return to the convenient and well liked Corner Bakery located on Westlake Drive near Montgomery Mall. Morning Coffee will be on Thursday, September 8, 10 a.m., while Afternoon Tea will be on Tuesday, September 13, 3 p.m. Open to members and non-members alike, it's a chance to chat with Potomac-area neighbors, meet new people, share ideas about aging in place. Details are on the PCV website, www.PotomacCommunityVillage.org.

Be part of our Go4Life event. Get a lifetime Senior Parks Pass, courtesy of PCV PCV's member-only Walk on the Canal, Sunday, Sept. 18, 9:30 a.m.



September is the National Institutes of Aging's Go4Life Month, encouraging all of us to do what we can to maintain our health and our ability to walk, bend, climb, balance and continue to be active. To move that along, PCV is offering a member-only walk on the C & O Canal, Sunday morning, Sept. 18, at 9:30, along with a Senior National Parks pass for any PCV member who does not already have one, and walks with us. Our walk starts at the Great Falls Tavern Visitors Center and goes to Old Anglers Inn and back (or as far as you choose to walk in 2 hours), followed by a social get-together at the Potomac Village Starbucks. Refreshments are on your own. Registration in advance please, by Sept 16, so we know how many of our members to expect and if you will need us to purchase a Senior Pass for you. To register, or for questions, 240 – 221 – 1370 or info@potomaccommunityvillage.org.

Next Meeting – Thursday, September 22, 7 – 9 p.m.

Louis Tenenbaum, aging-in-place expert, on

"A Grassroots Role in Aging in Place Policy"

Bolger Center, 9600 Newbridge Drive, Potomac

All welcome. Bring your friends and neighbors!

Books, bricks, printers, painters, pools...

What kind of help do PCV members ask for – and get?

In recent weeks, four of our members needed technology assistance: getting help with a printer that wasn't working as it should and with setting up a new computer, among other problems. Another member asked for, and received, help with packing up books and getting them delivered to the library for donation. Many calls came in asking for names of suggested contractors, including a need for painters, plumbers, fence repair, handymen and a pool repair company. Still other members received transportation, most commonly to daytime doctor appointments, but also to PCV's evening meetings, since they don't drive at night. This is what PCV is all about – neighbor helping neighbor and being what we like to call "a network of friends and neighbors." We may not have known each other before, but as PCV members and volunteers – helping each other, getting together for coffee or at teas, at theater events, lunches or dinners, talking at monthly meetings, caring about each other – we've become friends.

If you think some volunteer help might make your life a little easier, or you're interested in volunteering to help others, please don't be shy. Call our Help Desk – 240-221-1370 – or email info@PotomacCommunityVillage.org - to explore the possibilities.

Upcoming Events:

- **PCV's booth at the Potomac Farmers Market, every Thursday starting on Sept 1, 2 – 6:30**, at the corner of South Glen and Falls Roads. Drop by, and say hello.
- **Morning coffee at 10 a.m. Thursday, September 8, and Afternoon tea at 3 p.m. Tuesday, September 13**, both at the Corner Bakery, Westlake Drive, near Montgomery Mall.
- **Boot Camp for Aging in Place, Thursday, Sept. 15, 6:30 – 8:30 p.m.**, in partnership with Assisting Hands Home Care, at the River Falls Club House. Free, open to all, but RSVPs required, to Kathleen, at 301-363-2580, or KMcGuiness@assistinghands.com.
- **A Walk on the Canal, for PCV members, Sunday morning, Sept. 18, at 9:30**. See other side for details.
- **Book Group, Tuesday, September 20, 1:30-3:30 p.m.**, discussing "The Blue Zones Solution: Eating and Living Like the World's Healthiest People" by Dan Buettner. The book group is for PCV members only but new book group members are always welcome. For directions, and to RSVP, please contact Linda Perlis at 301-299-6181 or LJPerlis@gmail.com.
- **Monthly meeting – Thursday, September 22, 7 p.m.** Open to all. See other side for details.
- **October monthly meeting, Thursday, October 20, 7 p.m.**, on the Mediterranean Diet and its benefits.
- **Potomac Day, on Saturday, Oct. 22!** Visit our booth and cheer us on in the Potomac Day Parade.
- **Theater party at the Round House** – in two parts! "Angels in America" by Tony Kushner. Part 1 on Tuesday, October 18; part 2 on Tuesday, October 25. Members only, 240-231-1370 or see our website.
- **Future plans!** Afternoon movies, museum visits, concerts, plays, books, lunches, coffees, teas, monthly meetings! For details, see the calendar on our website, www.PotomacCommunityVillage.org.



**Thank
YOU!**

PCV acknowledges the following for their significant donations: the **Bolger Center**; **Carol Nerenberg**, of **Berkshire Hathaway PenFed Realty's** Bethesda office, reachable at carol@carolnerenberg.com or at 301-961-6000; **Hopkins & Porter**, a construction and handyman services firm at 301-812-3161 or www.hopkinsandporter.com.

PCV's Volunteer Appreciation event also recognized the following Community Supporters: Carpet and Vacuum Expo, Tally Ho restaurant, Potomac Yoga, Premier

Homecare, 123 Junk, and Squeals on Wheels Petting Zoo for offering discounts to our members. PCV also appreciates the gift cards for refreshments and for our fund-raising efforts donated by: Attman's Deli, Brooklyn's Deli, Gregorio's Trattoria, Harris Teeter at Park Potomac, Lahinch Irish Tavern, Normandie Farm, Strosniders Hardware, Trader Joe's Rockville, and Walgreens at Fortune Terrace.