



# POTOMAC PLACE

2133 Montgomery Avenue, Woodbridge, VA

potomacplace.com • 703-494-3817

ASSISTED LIVING & MEMORY CARE

## Timeless Pursuits

The best thing about hobbies is that you don't have to be an expert to enjoy doing them.

"I don't see myself as artistic; just as an art aficionado who loves the joy it brings!" exclaims Kathy Spriggs. Kathy is one of many residents who loves working on new and colorful pieces with the Life Enrichment Team every Monday.

Special events – like July's "Art Detox" program, which incorporated meditation—give residents other opportunities to get creative.

For those who gravitate to more physical activities, there's a once-monthly Ladies' Yoga class, plus our ever-popular Walking Club. And for some mental exercise, grab a book, puzzle, or game. Whether you're looking for something new or an old favorite, there are hobbies for everyone at Potomac Place!



Volunteer Emma Choi and Toni Cope (right) present their works of art!



Left to right: Kenneth Schmidt with volunteers Tim and Dale.



Left to right: Pat, Ellen, and Sandra participate in a recent yoga class.



Kathy Spriggs



*William Hazelwood (right) and his daughter enjoy chatting with car owners.*



# Hot Wheels

June's heat wave didn't put a damper on the hottest summer event in Woodbridge—our Fourth Annual Charity Car Show! Our parking lot was filled with the area's best-looking new and classic cars. Donations from the event benefitted our charity of choice, "Project Mend-A-House." Residents, friends, and guests from the community enjoyed the raffles and door prizes, food, music, and of course, the trophy presentation.



*Frieda Howden (in yellow) with her daughter-in-law Nychau, son Kenny, and daughter Pam.*



*Dining Room Server Millie Quaye kept folks hydrated with ice-cold drinks.*



*Executive Director Fredy Montes (right) poses with a few of our trophy winners, including Vic (center), the son of former resident Virginia Tuck.*





*Pup Ambassador Mikey makes an appearance on Tea Day.*



*Virginia White*



# Tea Time: A Southern Staple

International Tea Day was a perfect excuse to raise our cups and say “cheers” to the soothing flavors of our favorite brewed beverage. Whether it’s a hot cup of chamomile or a tall glass of something sweet, tea is a tradition here in the South. Here, every day is tea day!



*Eileen Lucas*

## Smooth Potomac Place Sweet Tea

### INGREDIENTS

- 1 pinch baking soda
- 2 cups boiling water
- 6 tea bags of your favorite black tea brand
- ¾ cup white sugar
- 6 cups cool water
- Lemon wedges (optional)

### DIRECTIONS

Sprinkle a pinch of baking soda into a 64-ounce, heat-proof glass pitcher. Pour in boiling water and add tea bags. Cover and steep for 15 minutes. Remove tea bags. Add sugar and stir until fully dissolved. Pour in cool water and refrigerate until cold (approximately 3 hours). Enjoy straight from the fridge with a lemon wedge or over ice!



## The Coordinated Services Management Community Family

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*Assisted Living, Memory Care*  
Reston, Virginia • 703-834-9800



# Democracy Calls

Thank you to members of the League of Women Voters of the Prince William-Fauquier Area for their recent visit. They provided valuable information to our residents and team members about voter registration, mail-in voting, and in-person voting.

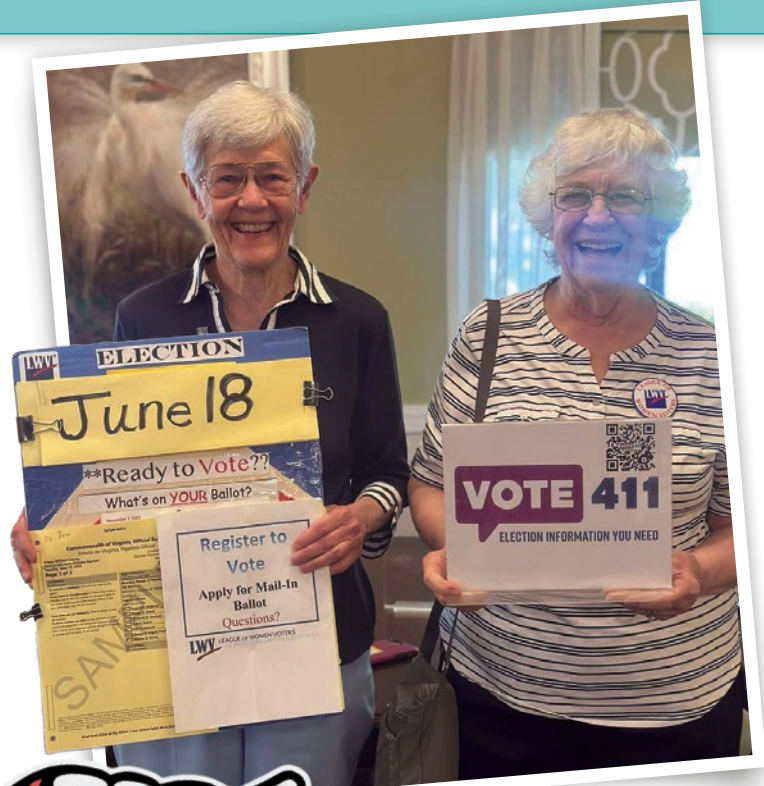
Mark your calendars! The Presidential Election will be held Tuesday, November 5, 2024!



*George Washington was the only U.S. president to be unanimously chosen.*

*Virginia is known as the “Mother of Presidents,” with eight U.S. presidents born here – more than any other state.*

*Congress chose early November for voting day because it was after the fall harvest, but before winter weather set in, making it convenient for voters.*



*Volunteers Carol and Jane with the League of Women Voters.*



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