


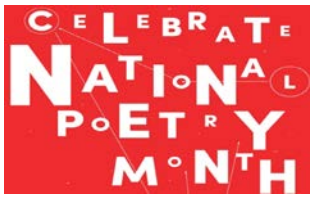



APRIL 2019

St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools' Day 11:00 Yoga w/ Don 1:30 – 4:45 Falls Screening	2 10:00 ESL w/ José 11:30 Exercise w/ Walter 1:00 Sign-up for Trips 2:00 Cards + Stamps Store 7:00 Guitar & Glee Club	3 10:00 Senior Celebration @ National Cathedral 11:00 Yoga w/ Don 11:00 Computer/IT Help	4 11:00 Shopping @ Giant 11:00 Tai Chi w/ Elisabeth 7:00 Tai Chi w/ Elisabeth	5 11:30 Exercise w/ Walter Trivia question: <i>How many Peeps marshmallow treats are eaten every year?</i> Answer at end of the month	 6:30 Bingo w/ ESA
7 10:00 GWU Students - Errands for Residents 7:30 Movie	8 11:00 Yoga w/ Don 2:00 Arts & Crafts w/ Joan	9 10:00 ESL w/ José 11:30 Exercise w/ Walter 2:00 Cards + Stamps Store 3:00 Food Committee 7:00 Guitar & Glee Club	10 11:00 Yoga w/ Don 11:00 Computer/IT Help 3:00 Episcopal Holy Eucharist w/ Fr. Bernard	11 Holocaust Remembrance Day 10:30 Amish Market Trip 11:00 Tai Chi w/ Elisabeth 3:30 Catholic Mass w/ Fr. Tom 7:00 Tai Chi w/ Elisabeth	12 11:00 Food Stamps Assistance 11:30 Exercise w/ Walter	13 11-12:30 ISCOPEES Event
14 Palm Sunday 10:00 GWU Students - Errands for Residents 1:00 Tea & Conversation w/ GWU students 7:30 Movie	15 11:00 Yoga w/ Don	16 D.C. Emancipation Day 10:00 ESL w/ José 11:30 Exercise w/ Walter No lunch program 2:00 Cards + Stamps Store 7:00 Guitar & Glee Club	17 11:00 Yoga w/ Don 11:00 Computer/IT Help	18 11:00 Shopping @ Safeway 11:00 Tai Chi w/ Elisabeth 7:00 Tai Chi w/ Elisabeth	19 11:30 Exercise w/ Walter 7:30 Ageless Films	20 10-1 Apartment Clean-up Day
21 Easter Day 10:00 GWU Students - Errands for Residents 7:30 Movie	22 Earth Day 11:00 Yoga w/ Don 4:30-6:30 Easter Dinner	23 10:00 ESL w/ José 10:30 Trip to Walmart 11:30 Exercise w/ Walter 2:00 Cards + Stamps Store 7:00 Guitar & Glee Club	24 11:00 Yoga w/ Don 11:00 Computer/IT Help 7:00 Volunteer Salute	25 10:00 7th Floor Inspections 11:00 Tai Chi w/ Elisabeth 2:00 Episcopal Service w/ Rev. Elizabeth 2:30 Reception & Poetry 7:00 Tai Chi w/ Elisabeth	11:30 Exercise w/ Walter 	27 11-1 Manicure Day w/ ESA
28 Orthodox Easter 10:00 GWU Students - Errands for Residents 7:30 Movie	29 10:30 Lunch @ Olive Garden 11:00 Yoga w/ Don 11:00 Computer/IT Help 2:00 Arts & Crafts	30 11:30 Exercise w/ Walter 2:00 Cards + Stamps Store 7:00 Guitar & Glee Club 7:00 "Down Under" Travel Presentation	Answer: <i>700 million</i>		April is: <i>Alcohol Awareness Month</i> <i>Jazz Appreciation Month</i> <i>National Garden Month</i> <i>National Poetry Month</i> <i>National Recycling Month</i>	

Lottery drawing will be downstairs from 1:00-1:30pm on Tuesday, April 2. Sign-up begins at 1:30pm