







August 2018



St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AUGUST IS: <i>Foot Health Month</i> <i>Nat'l Parks Month</i> <i>Family Meal Month</i> <i>Nat'l Sandwich Month</i> <i>Nat'l Fried Catfish Month</i>		1 	2 1:00 Sign Up for Trips 5-6 Cabaret w/ Daisy Holtz	3 11:30 Exercise w/ Walter 	4 11:00 Computer/IT Help 
5 4:30 Rummikub 7:30 Movie Night	6 10:00 ESL Class 11:00 Yoga w/ Don resumes 2:00 Arts & Crafts w/ Joan	7 11:30 Exercise w/ Walter 2:00 Jewelry, Cards & Stamps Store 7:00 Glee Club & Guitar	8 11:00 Yoga w/ Don 3:00 Episcopal Service w/ Fr. Bernard	9 11:00 Shopping @ Safeway 4:30-6:30 Sandwich Bar	10 11:00 Food Stamps Assistance 11:30 Exercise w/ Walter	11 11:00 Computer/IT Help
12 4:30 Rummikub 7:30 Movie Night	13 10:00 ESL Class 10:30 Trip to Hair Cuttery & Potomac Yard 11:00 Yoga w/ Don	14 11:30 Exercise w/ Walter 2:00 Jewelry, Cards & Stamps Store 4:00 Evening out on Waterfront 7:00 Glee Club & Guitar	15 11:00 Yoga w/ Don 	16 10:00 Asian American & Pacific Islanders meeting 10:30 Shopping @ Amish Market 3:00 Activities Meeting	17 11:30 Exercise w/ Walter 12:15 Piano music w/ Harriet Jachles 1:00 Mel's Farewell 7:30 Ageless Films	18 11:00 Computer/IT Help 
19 4:30 Rummikub 7:30 Movie Night	20 10:00 ESL Class 11:00 Yoga w/ Don 2:00 Arts & Crafts w/ Joan	21 2:00 Jewelry, Cards & Stamps Store 11:30 Exercise w/ Walter 7:00 Glee Club & Guitar	22 11:00 Yoga w/ Don 6:30 Ice Cream Social 	23 11:00 Shopping @ Safeway 1-4 Apartment Clean-up GWU Freshmen 1:00 Blood Pressure Clinic 3:30 Catholic Mass w/ Fr. Tom	24 11:30 Exercise w/ Walter 4:30-6:30 Fried Catfish Night	25 11:00 Computer/IT Help 2:00 The Color Purple
26 FULL MOON 4:30 Rummikub 7:30 Movie Night	27 10:00 ESL Class 10:30 Picnic & Trip to Zoo 11:00 Yoga w/ Don 6:30 Women's Group w/ All Souls' Church	28 11:30 Exercise w/ Walter 2:00 Jewelry, Cards & Stamps Store 3:00 Under the Sea w/ Warren 7:00 Glee Club & Guitar	29 11:00 Yoga w/ Don 3:00 Dina Santos Memorial	30 2:00 Holy Eucharist w/ Rev. Elizabeth 2:30 Refreshments & Poetry Circle w/ Joy	31 11:30 Exercise w/ Walter 	

SIGN-UP FOR TRIPS BEGINS FROM 1:00-1:30PM WITH DRAWING ON THURSDAY, AUGUST 2 - DOWNSTAIRS RECREATION AREA