








FEBRUARY 2017

St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FEBRUARY IS: Black History Month American History Month American Heart Month	<i>"I think there is only one quality worse than hardness of heart and that is softness of head."</i> Theodore Roosevelt	1 11:00 Yoga w/ Don 3:00 Food Committee Meeting	2 	3 	4 11:00 Crafts w/ Rachel 6:30 Bingo w/ ESA
5 Super Bowl Sunday 10:00 GW Students-Errands for the Residents 7:30 Movie	6 11:00 Computer/IT Help w/ Katie & Youmna 11:00 Yoga w/ Don	7 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 3:30 Mass w/ Fr. Gaunt 7:00 Guitar Lessons & Glee Club	8 11:00 Yoga w/ Don 3:00 Episcopal Service w/ Fr. Bernard	9 11:00 Shopping @ Safeway 2:00 Computer/IT Help w/ Teresa	10 Full Moon 11:00 Food Stamps Assistance	11 10-12 ISCOPEs Workshop 10-1 Apt. Clean-Up w/ ESA
12 10:00 GW Students-Errands for the Residents 7:30 Movie	13 10:30 Shopping @ Potomac Yard 11:00 Computer/IT Help w/ Katie & Youmna 1:00 Yoga w/ Don 7:30 Movie	14 Valentine's Day 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 4:30-6:30 Valentine's Dinner 7:00 Guitar Lessons & Glee Club	15 11:00 Yoga w/ Don 2:00 Project Update Mtg.	16 10:30 Trip to Amish Market 2:00 Computer/IT Help w/ Teresa	17 10:30 Lunch @ Chinese Restaurant 11:30 Exercise w/ Mary 7:30 Ageless Film	18 11-1 Manicure Day w/ ESA
19 10:00 GW Students-Errands for the Residents 7:30 Movie	20 Presidents' Day 11:00 Computer/IT Help w/ Katie & Youmna 11:00 Yoga w/ Don 3-5 Dinner served	21 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 5:00 Daisy & Holtz, Musicians 7:00 Guitar Lessons & Glee Club	22 11:00 Yoga w/ Don 3:00 Bible Study w/ Mary McCue	23 11:00 Shopping @ Safeway 2:00 Computer/IT Help w/ Teresa 2:00 Episcopal Service 2:30 Mardi Gras Reception 3:00 Poetry Circle	24 11:30 Exercise w/ Mary 2:00 Black History Month Dinner & Speaker	25 10-12 ISCOPEs Event
26 10:00 GW Students-Errands for Residents 2:00 Tea and Treats w/ DPE sorority 7:30 Movie	27 11:00 Yoga w/ Don 11:00 Computer/IT Help w/ Katie & Youmna	28 Mardi Gras 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 4:30-6:30 Mardi Gras Dinner 7:00 Guitar Lessons & Glee Club				

DRAWING FOR TRIPS will be from 10:30am to 11:00am THURSDAY, FEBRUARY 2

SIGN-UP FOR TRIPS begins at 11:00am, THURSDAY, FEBRUARY 2