

# FEBRUARY 2018

## St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>FEBRUARY IS:</b> 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		<b>1</b> 1:00 Computer/IT Help 6:30 ISCOPEs Event	<b>2</b> Groundhog Day 	<b>3</b> 
<b>4 Super Bowl Sunday</b> 10:00 GW Students-Errands for the Residents 2:00 Project Rousseau 7:30 Movie	<b>5</b> 11:00 Computer/IT Help 11:00 Yoga w/ Don 1:00 – Sign-Up for Trips 3:00 Food Committee Meeting	<b>6</b> 11:30 Exercise w/ Walter 2:00 Cards & Stamps Store 3:30 Mass w/ Fr. Gaunt 7:00 Guitar & Glee Club	<b>7</b> 11:00 Yoga w/ Don 2:00 Tea Tasting Party 6:30 Knit - Crochet Club	<b>8</b> 11:00 Shopping @ Safeway 1:00 Computer/IT Help	<b>9</b> 11:00 Food Stamps Assistance	<b>10</b> 6:30 Bingo w/ ESA
<b>11</b> 10:00 GW Students-Errands for the Residents 2:00 Project Rousseau 7:30 Movie	<b>12</b> 10:30 Shopping @ Potomac Yard 11:00 Computer/IT Help 1:00 Yoga w/ Don 7:30 Movie	<b>13 Mardi Gras</b> 11:30 Exercise w/ Walter 2:00 Cards & Stamps Store 4:30-6:30 Pancake Supper 7:00 Guitar & Glee Club	<b>14 Valentine's Day/Ash Wed</b> 11:00 Yoga w/ Don 3:00 Holy Eucharist and Imposition of Ashes w/ Fr. Bernard 4:30-6:30 Valentine's Day Dinner	<b>15</b> 10:30 Trip to Amish Market 1:00 Computer/IT Help 3:30 Catholic Mass w/ Fr. Tom	<b>16 Chinese New Year</b> 7:30 Ageless Film	<b>17</b> 11-1 Manicure Day w/ ESA 11-1 ISCOPEs Event 4:30-6:30 Residents' International Potluck
<b>18</b> 10:00 GW Students-Errands for the Residents 2:00 Project Rousseau 7:30 Movie	<b>19 Presidents' Day</b> 11:00 Computer/IT Help 11:00 Yoga w/ Don 3-5 Dinner served	<b>20</b> 11:30 Exercise w/ Walter 2:00 Cards & Stamps Store 7:00 Guitar & Glee Club	<b>21</b> 10:30 Lunch @ Chinese Restaurant 11:00 Yoga w/ Don 6:30 Knit - Crochet Club	<b>22</b> 11:00 Shopping @ Safeway 1:00 Computer/IT Help / 1:00 Blood Pressure Clinic 2:00 Episcopal Service 2:30 Mardi Gras Reception 3:00 Poetry Circle	<b>23</b> 	<b>24</b> 10-1 Apt. Clean-Up w/ ESA 
<b>25</b> 10:00 GW Students-Errands for the Residents 2:00 Project Rousseau 7:30 Movie	<b>26</b> 11:00 Yoga w/ Don 11:00 Computer/IT Help	<b>27</b> 11:30 Exercise w/ Walter 2:00 Cards & Stamps Store 7:00 Guitar & Glee Club	<b>28 Purim begins at sundown</b> 11:00 Yoga w/ Don 6:45 Health Presentation Jorge Soderro, MD			

**MONDAY, FEBRUARY 5, 2018 --- In the Downstairs Recreation Area**  
**Drawing letters between 1:00 – 1:30pm --- Sign-up for trips and events begins at 1:30pm**