







FEBRUARY 2019

St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FEBRUARY IS: <i>Black History Month</i> <i>American History Month</i> <i>American Heart Month</i>	<i>"I think there is only one quality worse than hardness of heart and that is softness of head."</i> Theodore Roosevelt			1 11:30 Exercise w/ Walter	2 Groundhog Day 11-1 Manicure Day w/ ESA 6:30 Bingo w/ ESA
3 Super Bowl Sunday 10:00 GWU Students-Errands for the Residents	4 11:00 Yoga w/ Don	5 Chinese New Year 10:00 ESL w/ Jose Barrera 11:30 Exercise w/ Walter 1:00 – Sign-Up for Trips 7:00 Guitar & Glee Club	6 11:00 Yoga w/ Don 11:00 IT/Computer Help	7 11:00 Shopping @ Giant, Silver Spring, MD 11:00 Tai Chi 6:30 ISCOPEs Event: Arthritis Management 7:00 Tai Chi	8 11:00 Food Stamps Assistance 11:30 Exercise w/ Walter	9
10 10:00 GWU Students-Errands for the Residents	11 11:00 Computer/IT Help 11:00 Yoga w/ Don	12 10:00 ESL w/ Jose Barrera 10:30 Shopping @ Potomac Yard 11:30 Exercise w/ Walter 7:00 Guitar & Glee Club	13 11:00 Yoga w/ Don 11:00 IT/Computer Help 3:00 Holy Eucharist w/ Fr. Bernard	14 Valentine's Day 10:30 Trip to Amish Market 11:00 Tai Chi 4:30-6:30 Valentine's Day Dinner 7:00 Tai Chi	15 11:30 Exercise w/ Walter	16 10-1 Apartment Clean-up Day w/ ESA 
17 10:00 GWU Students-Errands for the Residents	18 Presidents' Day 11:00 Computer/IT Help 11:00 Yoga w/ Don NO LUNCH PROGRAM 3-5 Dinner served	19 Full Moon 10:00 ESL w/ Jose Barrera 10:30 Lunch @Peking Duck Chinese Restaurant 11:30 Exercise w/ Walter 7:00 Guitar & Glee Club	20 11:00 Yoga w/ Don 11:00 IT/Computer Help 1:30 "Getting Your Papers in Order" w/ Legal Counsel for Elderly	21 11:00 Shopping @ Safeway 11:00 Tai Chi 3:30 Catholic Mass w/ Fr. Tom 7:00 Tai Chi	22 11:30 Exercise w/ Walter 	23 11-12:30 ISCOPEs Event
24 10:00 GWU Students-Errands for the Residents	25 11:00 Yoga w/ Don	26 10:00 ESL w/ Jose Barrera 11:30 Exercise w/ Walter 7:00 Guitar & Glee Club	27 10:30 Black History Tour 11:00 Yoga w/ Don 11:00 IT/Computer Help	28 10:00 9th Floor Inspections 11:00 Tai Chi 2:00 Episcopal Service w/ the Rev. Elizabeth 2:30 Refreshments, Poetry 7:00 Tai Chi		

TUESDAY, FEBRUARY 5, 2019 --- In the Downstairs Recreation Area
Drawing letters between 1:00 – 1:30pm --- Sign-up for trips and events begins at 1:30pm