

May 2019

St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>During May we recognize: Older Americans Healthy Vision Awareness Mental Health Awareness High Blood Pressure and Stroke Awareness</p>	<p>TRIVIA Who was the original host of <i>The Tonight Show</i>? T/F: Cinco de Mayo is Mexico's Independence Day celebration day. See answers end of month</p>		<p>1 May Day 11:00 Yoga w/ Don 11:00 Computer/IT Help 1:30 Sign-Up for Trips</p>	<p>2 National Day of Prayer 11:00 Shopping @ Giant 11:00 Tai Chi w/ Elisabeth 3:00 Presentation on Older Americans Month 7:00 Tai Chi w/ Elisabeth</p>	<p>3 11:30 Exercise w/ Walter 12:30 Harriet Jachles' lunch time piano</p>	<p>4 10-1 Apt. Clean-Up w/ ESA 6:30 Bingo w/ ESA</p>
<p>5 Ramadan begins @ sundown Cinco de Mayo 10:00 GWU Students errands for residents 4:30 Rummikub 7:30 Movie</p>	<p>6 11:00 Yoga w/ Don 2:00 Arts & Crafts w/ Joan 7:00 Runnymede Singers Concert</p>	<p>7 11:30 Exercise w/ Walter 2:00 Cards & Stamps 3:00 Food Committee Meeting 7:00 Glee Club & Guitar</p>	<p>8 11:00 Yoga w/ Don 12:00 Housing Rally 11:00 Computer/IT Help 3:00 Episcopal Service w/ Fr. Bernard</p>	<p>9 10:30 Trip to Amish Mkt. 11:00 Tai Chi w/ Elisabeth 7:00 Tai Chi w/ Elisabeth 7:00 "Down Under" Travel Presentation</p>	<p>10 11:00 Food Stamps Assistance 11:30 Exercise w/ Walter</p>	
<p>12 Mother's Day 4:30 Rummikub 7:30 Movie</p>	<p>13 10:30 Lunch @ The Golden Corral 11:00 Yoga w/ Don</p>	<p>14 11:30 Exercise w/ Walter 2:00 Cards & Stamps 7:00 Glee Club & Guitar</p>	<p>15 11:00 Yoga w/ Don</p>	<p>16 11:00 Shopping @ Safeway 11:00 Tai Chi w/ Elisabeth 4:30-6:30 Asian/Pacific American Heritage Dinner 7:00 Tai Chi w/ Elisabeth</p>	<p>17 11:30 Exercise w/ Walter 7:30 Ageless Film</p>	<p>18 Armed Forces Day Full Moon</p> 
<p>19 4:30 Rummikub 7:30 Movie</p>	<p>20 10:30 Trip to Potomac Yard 11:00 Yoga w/ Don 2:00 Arts & Crafts w/Joan</p>	<p>21 11:30 Exercise w/ Walter 2:00 Cards & Stamps 7:00 Glee Club & Guitar</p>	<p>22 11:00 Yoga w/ Don 11:00 Computer/IT Help</p>	<p>23 10:00 6th Floor Inspections 11:00 Tai Chi w/ Elisabeth 03:30 Catholic Mass w/ Fr. Tom 7:00 Tai Chi w/ Elisabeth</p>	<p>24 11:30 Exercise w/ Walter</p>	
<p>26 4:30 Rummikub 7:30 Movie</p>	<p>27 Memorial Day HOLIDAY 11:00 Yoga w/ Don 3-5 Memorial Day BBQ 7:30 Movie</p>	<p>28 11:30 Exercise w/ Walter 2:00 Cards & Stamps 7:00 Glee Club & Guitar</p>	<p>29 11:00 Yoga w/ Don 11:00 Computer/IT Help</p>	<p>30 11:00 Shopping @ Safeway 11:00 Tai Chi w/ Elisabeth 2:00 Episcopal Service w/ Rev. Elizabeth 2:30 Refreshments & Poetry 7:00 Tai Chi w/ Elisabeth</p>	<p>31 11:30 Exercise w/ Walter</p>	<p>Answers: Jack Parr <i>False</i>-it celebrates Mexico's victory over France in the Battle of Puebla 5/5/1862</p>

DRAWING FOR TRIPS BEGINS AT 1:00pm ON Wednesday, May 1 WITH SIGN-UP AT 1:30pm