



November 2017



St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER IS THE MONTH FOR: *Alzheimer's Awareness *American Diabetes *Native American Heritage *Lung Cancer Awareness *I am So Thankful			1 All Saints' Day 11:00 Yoga w/ Don 1:00 Sign up for trips 3:00 Food Comm. Mtg.	2 11:00 Shopping @ Safeway	3 	4 Full Moon 11-1 Manicure Day w/ ESA
5 DAYLIGHT SAVING TIME ENDS 10:00 GW Students Errands 1:00 Tea Talk w/ DPE 2:00 Project Rousseau 7:30 Movie	6 10:30 Shopping @ Shoppers Food Warehouse 11:00 Yoga w/ Don	7 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 3:30 IT/Computer Help 7:00 Glee Club & Guitar Group	8 11:00 Yoga w/ Don 3:00 Episcopal Service w/ Fr. Bernard	9 10:30 Trip to Amish Market 3:30 Catholic Mass w/ Fr. Tom	10 Veterans' Day Holiday NO LUNCH PROGRAM 3-5 Dinner served	11 Veterans' Day 10-1 Apt Clean-Up Day 6:30 Bingo w/ ESA
12 10:00 GW Students Errands 2:00 Project Rousseau 7:30 Movie	13 10:30 Shopping @ Walmart, Kingstowne 11:00 Yoga w/ Don 6:30 Women's Group Mtg w/ All Souls' Church	14 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 3:30 IT/Computer Help 7:00 Glee Club & Guitar Group	15 11:00 Yoga w/ Don	16 11:00 Shopping @ Safeway 11:00 Food Stamps Assistance 3:00 Resident & Management Meeting 6:30-8:30 ISCOPEs Event	17 7:30 Ageless Films	18 12-1:30 Thanksgiving Lunch w/ GW Students
19 10:00 GW Students Errands 2:00 Project Rousseau 7:30 Movie	20 11:00 Yoga w/ Don	21 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 3:30 IT/Computer Help 7:00 Glee Club & Guitar Group	22 11:00 Yoga w/ Don	23 THANKSGIVING DAY 3-5 Thanksgiving Dinner	24 	25
26 7:30 Movie	27 11:00 Yoga w/ Don	28 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 3:30 IT/Computer Help 7:00 Glee Club & Guitar Group	29 11:00 Yoga w/ Don 7:00 Remembrance Service	30 11:00 Shopping @ Safeway	31 	<i>"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."</i> ~ John F. Kennedy

Wednesday, November 1, 2017 --- NEW TIME FOR drawing letters from 1:00-1:30pm --- Sign-up for trips and events begins at 1:30pm