



November 2018



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 Shopping @ Giant 3:00 IT/Computer Help 7:00 Tai Chi w/ Elisabeth	2 11:30 Exercise w/ Walter 	3 11-12:30 ISCOPEs
4 DAYLIGHT SAVING TIME ENDS 1:00 Tea Talk w/ DPE 4:30 Rummikub 7:30 Movie	5 11:00 Yoga w/ Don 3:00 Computer/IT help	6 Election Day 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 7:00 Glee Club & Guitar Group	7 11:00 Yoga w/ Don 3:00 Food Committee	8 10:30 Trip to Amish Market 3:00 IT/Computer Help 7:00 Tai Chi w/ Elisabeth	9 11:00 Food Stamps Assistance 11:30 Exercise w/ Walter	10 10-1 Apt Clean-Up Day w/ ESA
11 Veterans' Day 12:30 Bingo w/ Western Presbyterian Youth 4:30 Rummikub 7:30 Movie	12 Veterans' Day Holiday NO LUNCH PROGRAM 11:00 Yoga w/ Don 3:00 Computer/IT Help 3-5 Dinner served	13 10:30 Lunch @ Saints Paradise (Daddy Grace) Cafeteria 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 7:00 Glee Club & Guitar Group	14 11:00 Yoga w/ Don 3:00 Episcopal Service w/ Fr. Bernard	15 11:00 Shopping @ Safeway 3:00 IT/Computer Help 3:30 Catholic Mass w/ Fr. Tom 6:30-7:30 ISCOPEs Event 7:00 Tai Chi w/ Elisabeth	16 11:30 Exercise w/ Walter 7:30 Ageless Films	17 12-1:30 Thanksgiving Lunch w/ GW Students
18 4:30 Rummikub 7:30 Movie	19 10:30 Shopping @ Walmart, Kingstowne 11:00 Yoga w/ Don 3:00 Computer/IT Help	20 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 7:00 Glee Club & Guitar Group	21 11:00 Yoga w/ Don	22 THANKSGIVING DAY 3-5 Thanksgiving Dinner	23 Full Moon 11:30 Exercise w/ Walter 	24 11-1 Manicure Day w/ ESA 1:30 Anastasia @ Kennedy Center 6:30 Bingo w/ ESA
25 3:00 Bethesda Chamber Singers 4:30 Rummikub 7:30 Movie	26 11:00 Yoga w/ Don 3:00 Computer/IT Help	27 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 7:00 Glee Club & Guitar Group	28 11:00 Yoga w/ Don 7:00 Remembrance Service	29 11:00 Shopping @ Safeway 2:00 Holy Eucharist & Poetry 3:00 IT/Computer Help 6:30 Interfaith Concert	30 11:30 Exercise w/ Walter <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, October 31, 2018 --- Drawing letters from 1:00-1:30pm --- Sign-up for trips and events begins at 1:30pm