

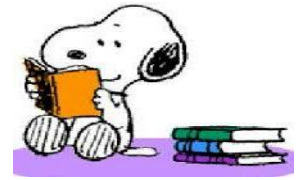







OCTOBER 2018

St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October is: <i>National Breast Cancer Awareness Month</i> <i>Vegetarian Awareness Month</i> <i>Pasta & Pizza Month</i> <i>National Book Month</i> <i>National Chili Month</i>	1 11:00 Yoga w/ Don 3:00 Computer help 	2 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 3:00 Food Committee Mtg. 6:30 FRIENDS meeting 7:00 Glee Club & Guitar	3 11:00 Yoga w/ Don 1:00 Sign-up for Trips	4 Wear Pink Day 11:00 Shopping @ Giant 3:00 Computer/IT Help 7:00 Tai Chi w/ Elizabeth begins	5 11:30 Exercise w/ Walter 	6 11:00 ISCOPEs Meet & Greet
7 7:30 Movie	8 Columbus Day 11:00 Yoga w/ Don 2:00 Arts & Crafts Spooktacular 3-5 Dinner served	9 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 7:00 Glee Club & Guitar	10 11:00 Yoga w/ Don 3:00 Episcopal Service w/ Fr. Bernard	11 3:00 Computer/IT Help 7:00 Tai Chi w/ Elizabeth	12 11:00 Food Stamps Assistance 11:30 Exercise w/ Walter	13 10-1 Apartment Clean-Up Day
14 12:30 Bingo w/ Youth from Western Presbyterian 7:30 Movie	15 11:00 Yoga w/ Don 3:00 Computer help	16 10:30 Trip to African American Museum 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 7:00 Glee Club & Guitar	17 11:00 Yoga w/ Don	18 10:30 Shopping @ Safeway 3:00 Computer/IT Help 3:30 Catholic Mass w/ Fr. Tom 4:30-6:30 Pizza/Pasta Night 7:00 Tai Chi w/ Elizabeth	19 11:30 Exercise w/ Walter 7:30 Ageless Films	20 11-1 Manicure Day w/ ESA
21 7:30 Movie	22 10:30 Trip to the Dollar Tree 11:00 Yoga w/ Don 2:00 Arts & Crafts w/ Joan	23 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 7:00 Glee Club & Guitar	24 FULL MOON 11:00 Yoga w/ Don 4:30-6:30 Chili Night	25 11:00 Trip to Amish Market 1:00 Blood Pressure Clinic w/ RN 2:00 Episcopal Service w/ Rev. Elizabeth 2:30 Poetry & Refreshments 3:00 Computer/IT Help 7:00 Tai Chi w/ Elizabeth	26 11:30 Exercise w/ Walter 	27 6:30 Bingo w/ ESA
28 National Chocolate Day  7:30 Movie	29 11:00 Yoga w/ Don 3:00 Computer help 	30 11:30 Exercise w/ Walter 1:00 Blood Pressure Clinic 2:00 Cards & Stamps Store 3:00 Fish Tank Talk 7:00 Glee Club & Guitar	31 Halloween <i>"Autumn is a second spring, when every leaf is a flower." Albert Camus</i>			

WEDNESDAY, OCTOBER 3 --- Drawing for letters from 1:00-1:30pm ----- Sign-up for trips at 1:30pm