

ONGOING PROGRAM DESCRIPTIONS

Program	Description	Location
Chair Yoga	A morning of relaxing Chair Yoga! It might change your life! Class meets Fridays at 11:00am.	CHAI, LOWER LEVEL-GOLDSTEIN COMMUNITY CENTER
Class in Motion	RPI leads a FREE class designed especially for seniors to build endurance & balance while having fun! Tuesdays at 11:00 am. Info: 314-991-1978.	CHAI, LOWER LEVEL-GOLDSTEIN COMMUNITY CENTER
Covenant Chorale	Professional musician, Robert Denison, conducts. Practices are weekly on Wednesdays at 1:00 pm. Performance opportunities. Instruction and help with parts is provided. All adults are welcome!	CHAI, LOWER LEVEL-GOLDSTEIN COMMUNITY CENTER
ESL Class ***	English as a second language course sponsored by Parkway Adult Education meets 10 am on Tuesdays and Thursdays. Program follows public school schedule.	HARMONY ROOM, COV I
Exercise w/Jill Abrams	Exercise Class taught by Dr. Jill Abrams every Sunday at 11:00 am.	CHAI, LOWER LEVEL-GOLDSTEIN COMMUNITY CENTER
Fun & Fitness Exercise	Fitness Professional Charlie Foxman leads a weekly fun, active exercise class for all levels. 11:00 am every Wednesday.	CHAI, LOWER LEVEL-GOLDSTEIN COMMUNITY CENTER
Knit Wits	Want to enhance your skills or help others to learn? Would you like to work on group projects while socializing with others? Group meets Tuesdays at 1:00pm for a fun, interactive knitting class.	Covenant House II, lower level
Legal Advice ***	Need Legal Advice? Meet with Nancy Schmidt, Attorney at Law, for free help. Call 432-1610 to schedule an appointment.	Covenant Place Office
OATS Grocery Trip ***	OATS will provide transportation to Schnucks the 2 nd & 4 th Wednesday of the month. There is a suggested contribution of \$3.50. Call 894-1701, ext. 104 to make your reservation.	Covenant Place
Reader's Circle	Bring the book of your choice, fiction or non-fiction, to discuss at the Reader's Circle. This might be a book you are currently reading or one you read in the past. Meets the last Monday of the month at 1:00 pm	Covenant House I, Harmony Rm
Tai Chi	RPI physical therapists lead Tai Chi at 11:15 am on Mondays and 11:00 am on Thursdays.	CHAI, LOWER LEVEL-GOLDSTEIN COMMUNITY CENTER
Tenant Council Bingo	Games are Monday, Tuesday, Thursday, and Saturday, 6:30 pm – 8:00 pm. This is a great social event for residents and helps raise money to sponsor Tenant Council events. They are always looking for callers!!!	Bohm Social Hall, Cov II, lower level
To Your Health	An opportunity to meet with an AW Health Care Nurse to discuss medical concerns, check your blood pressure or just ask questions. Sessions meet weekly on Tuesdays at 2:00pm	Bohm Social Hall, Cov II, lower level
Wii Bowling	The pins fall every Wednesday at 3:00pm! Come join the fun!	Board Room
Yiddish Class	The Yiddish Club meets every other Monday at 7:00pm in the Covenant I Harmony Room. The group is facilitated by David Levine. All levels are welcome to attend.	Covenant House I, Harmony Room
Mobile Library	The Mobile library will be on site every other Wednesday in the Covenant II Lower Level.	Covenant II Lower Level
CP BUS to Schnucks***	Bus leaves at 1:00 pm every Monday in February to Schnuck's grocery. \$2 RSVP 48 hours in advance.	Bus departs Covenant I



February 2016 Calendar

NEW THIS MONTH!

All at 1:00 pm

February 9th—Game Day (Mahjong, Rummy Cube, Card and Board games).

RSVP to office by February 5th. Goldstein Community Center, CHAI building, lower level.

February 11th—CARTOONING CLASS with Robert Denison.

Learn how to draw cartoons! Robert will teach you with how-to simple steps.

RSVP to the office by February 8th. Goldstein Community Center, CHAI building, lower level.

February 25th—CURRENT EVENTS WITH PHIL KELLER

Featuring thought provoking topics for discussion. Goldstein Community Center, CHAI building, lower level.

FEBRUARY MOVIES:

1:00 PM



**Goldstein Community Center
CHAI Building, lower level**

February 5—"A Brilliant Young Mind"

Teen math prodigy Nathan struggles when it comes to building relationships with other people, including his mother, Julie. In a world difficult to comprehend, he finds comfort in numbers. When Nathan is taken under the wing of unconventional and anarchic teacher Mr. Humphreys the pair forges an unusual friendship. Comedy/Drama. Rated PG-13.

February 19- "Love The Coopers." Starring Diane Keaton, Alan Arkin and John Goodman. Charlotte Cooper has one simple holiday wish-for her family to have the memory of a perfect Christmas. But four generations of the Cooper clan gathering under the same roof is anything but perfect. Comedy. Rated PG-13.

February 26—"The Intern." Comedy, starring Robert De Niro and Anne Hathaway. Ben Whittaker is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern. Rated PG-13.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION KEY: Goldstein Community Center is located CHAI lower level.(LL) Harmony Room is located off Covenant I Lobby.	Many thanks to our Program funder 	IMPORTANT NUMBERS RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903	ALL NEW!!  CHECK OUT THIS MONTH CALENDAR	Tenant Council Bingo  Every Monday, Tuesday, Thursday and Saturday 6:30 pm	NEW PROGRAMMING!	
****PANERA BREAD AND ****SARA LEE/ ENTENMANN**** PRODUCTS WILL BE DISTRIBUTED TOGETHER ON MONDAYS at 2:30 pm (MPR, Covenant II, lower level)	1 11:15 am Tai Chi (CHAI, LL) 1:00 pm CP Bus Grocery Trip** (Leaves from Cov I Lobby) 2:30 pm Panera/Sara Lee Products distribution - MPR, Covenant II	2 10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm To Your Health (MPR)	3 9:00 am Mobile Library 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowling (Board Rm)	4 10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Adult Coloring FUN (Friendship Room in Cov II LL) 3:00 pm Mussar class (Harmony Rm)	5 9:00 OATS Grocery Trip** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "A Brilliant Young Mind" (CHAI, LL) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	6 6:30 pm Tenant Council Bingo (MPR)
7 11:00 am Exercise class (CHAI, LL)	8 10:00 am Legal Advisor ** 11:15 am Tai Chi (CHAI, LL) 1:00 pm CP Bus Grocery Trip** (Leaves from Cov I Lobby) 2:30 pm Panera/Sara Lee Products distribution- MPR, Covenant II 7:00 pm Yiddish class	9 10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:00 pm GAME DAY (Mahjong, Rummy Cube, Board and Card games) CHAI, LL 1:30 pm Royal Bank (Library) 2:00 pm To Your Health (MPR)	10 9:00 am OATS Grocery Trip* 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowling (Board Room)	11 PEST CONTROL 10:00 am ESL class (Harmony Rm) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Cartooning Class With Robert Denison (CHAI, LL) 2:30 pm JFCS Food Boxes (Royal Dining Room) 3:00 pm Mussar class (Harmony Rm)	12 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Covenant Cabaret Paul Hertenstein (MPR)** 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	13 10:00 am Shabbat Services Tu B'Shvat Seder 6:30 pm Tenant Council Bingo (MPR)
14  11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café** (MPR) Sponsored by Washington University Service Organization	15 11:15 am Tai Chi (CHAI, LL) 1:00 pm CP Bus Grocery Trip** (Leaves from Cov I Lobby) 2:30 pm Panera/Sara Lee Products distribution MPR, Covenant II	16 10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm To Your Health (MPR)	17 9:00 am Mobile Library 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (CHAI, LL) 2:00 pm Goldfarb School of Nursing Students Discussion (CHAI, LL) 3:00 pm Wii Bowl (Board Rm)	18 11:00 am Tai Chi (CHAI, LL) 1:00 pm Trivia Game ** with Rich Niemann (Friendship Rm) 3:00 pm Mussar class (Harmony Rm)	19 9:00 am OATS Walmart trip** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "Love The Coopers" (CHAI, LL) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	20 6:30 pm Tenant Council Bingo (MPR)
21 11:00 am Exercise class (CHAI,LL)	22 11:15 am Tai Chi (CHAI, LL) 1:00 pm CP Bus Grocery Trip** 2:30 pm Panera/Sara Lee Products distribution -MPR 7:00 pm Yiddish class (Harmony Room)	23 10:00 am ESL class (Harmony Room) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm To Your Health (MPR)	24 9:00 OATS Grocery Trip** 11:00 am Fun & Fitness (CHAI, LL) 3:00 pm Wii Bowling (Board Room) 6:15 pm Covenant Chorale Concert (MPR)	25 PEST CONTROL 10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Current Events with Phil Keller (Friendship Room) 3:00 pm Mussar class	26 11:00 am Chair Yoga-CHAI 1:00 pm Movie; "The Intern" (CHAI, LL) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	27 6:30 pm Tenant Council Bingo (MPR)
28 11:00 am Exercise Class (CHAI, LL)	29 9:00 am Tax Day ** (MPR) 11:15 am Tai Chi (CHAI, LL) 1:00 pm Reader's Circle (Harmony Rm) 1:00 pm CP Bus Grocery Trip** 2:30 pm Panera/Sara Lee -MPR					