

Program	ONGOING PROGRAM DESCRIPTIONS Description	Location
Chair Yoga	A morning of relaxing Chair Yoga! It might change your life! Class meets Fridays at 11:00am.	Covenant House II, lower level
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.	Covenant House II, lower level
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!	Covenant House II, lower level
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. Will begin Sept 1.	Covenant House I, Harmony Room
Exercise w/Jill Abrams	Exercise Class taught by Dr. Jill Abrams every Sunday at 11:00 am.	Covenant House II, lower level
Fun & Fitness Exercise	Fitness Professional Charlie Foxman leads a weekly fun, active exercise class for all levels. 11:00 am every Wednesday.	Covenant House II, lower level
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.	Covenant House II, lower level
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!!!	Covenant House 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	Covenant House II, lower level
Wii Bowling	The pins fall every Wednesday at 3:00pm! Come join the fun!	Library
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.	Harmony Room, Covenant I
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 January to Schnuck's grocery. \$2 RSVP 48 hours in advance.	Bus departs Covenant I



MARCH MOVIES: 1:00 PM

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

March 4—"McFarland"

Track coach Jim White (Kevin Costner) is a newcomer to a predominantly Latino high school in California's Central Valley. Coach White and his new students find that they have much to learn about one another, but things begin to change when White realizes the boys' exceptional running ability. Rated PG.

March 18—"Aloha"

While on assignment in Oahu, Hawaii, military contractor Brian Gilcrest (Bradley Cooper) reconnects with his old flame Tracy Woodside (Rachel McAdams), now married to an Air Force recruit (John Krasinski). He also spends time with Allison (Emma Stone), a hard-nosed fighter pilot who watches every move that he makes. As they travel throughout the lush terrain, Brian finds himself falling for his feisty guide, while his conversations with Tracy may provide a shocking revelation from their past. Rated PG-13.

March 25—"Selma"

Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery. Rated PG-13.

**CABARET PRESENTS
CHERIE ANN SCHEAR
VOCALIST
ACCOMPANIED BY
PIANIST/ORGANIST
FRAN ETTLING**



**Friday, March 11th, 1:00 pm
Bohm Social Hall
Covenant II, lower level
Please RSVP to the office by
Wednesday, March 9th.**

**Covenant Café
Luncheon**

Featuring piano
tunes by
Mr. Gene Jacobsen
**Sunday, March 13th,
12:30pm**



Bohm Social Hall, RSVP by March 9.

**HERITAGE FESTIVAL—
2:00-4:00 PM**



**WEDNESDAY, MARCH 9—
ROYAL DINING ROOM**

MAZEL TOV TO OUR MARCH BABIES






**Evelyn Alano
Arkadi Broymtan
Ruth Connelly
Feliks Dameshek
Annette Goldab
Ruby Goldsmith
Pei Huang
Facai Ju
Veniamin Kaplan
Young Kim
Yakov Koyen
Raisa Lazereva
Lioudmila Likhina
Bella Limashova**



**Anna Litvin
Zhong Liu
Mingxuan Ma
Raisa Miretskaya
Anatoliy Miretskiy
Taisa Mostova
Mariya Nerush
Joseph Pelts
Annabel Richards
Asya Roshal
Bela Shalinskaya
Yifu Shen
Lillian Silverman
Irene Sivak**



**Fanya Skinder
Mary Sparkman
Philip Taber
Berta Tsukrov
Zeev Waks
Dolores Wolf
Semyon Zaltsman
Roza Zilberstein**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LOCATION KEY: Goldstein Community Center is located CHAI lower level. Harmony Room is located off Covenant I Lobby. MPR (Multipurpose Room) is on the Lower Level of Covenant II. Royal Dining Room is located in Covenant I.</p>	<p>Many thanks to our Program Funder</p> 	<p>1 10:00 am Butterfly House—free admission with I.D.—Lunch after at Pasta House (15% Discount) (lunch on your own) 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 Blood Pressure Clinic with AW Healthcare (MPR)</p>	<p>2 9:00 am Mobile Library 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowl (Board Rm)</p>	<p>3 10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 1:30 pm Adult Coloring (Friendship Rm)** 3:00 pm Mussar class (Harmony Room)</p>	<p>4 10:00 am Aldi's ** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "McFarland" (Goldstein Community Center) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>5 6:30 pm Tenant Council Bingo (MPR)</p>
<p>6 11:00 am Exercise class (CHAI, LL)</p>	<p>7 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 Product Distribution(MPR,CovII)</p>	<p>8 10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Current Events with Phil Keller (Friendship Room)** 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic with AW Healthcare (MPR)</p>	<p>9 9:00 am Podiatrist** 9:00 am OATS Grocery Trip** 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (CHAI, LL) 2:00 pm HERITAGE FESTIVAL (Royal Dining Room) ** 3:00 pm Wii Bowl (Board Rm)</p>	<p>10 PEST CONTROL 10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 2:00 pm Intergenerational program with JCC children ** (Harmony Rm) 2:30 pm JFCS Food Boxes (Royal Dining Room) 3:00 pm Mussar class</p>	<p>11 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Covenant Cabaret Cherie Ann Schear & Fran Ettling (MPR)** 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>12 6:30 pm Tenant Council Bingo (MPR)</p>
<p>13 11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café**</p> 	<p>14 10:00am 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 Product Distribution (MPR Cov II) 7:00 pm Yiddish class (Harmony Room)</p>	<p>15 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 Arts & Crafts—Beading (Friendship Room)-NEW!** 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>16 9:00 am Mobile Library 10:00 am Walmart/Sams** 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowl (Board Rm)</p>	<p>17 10:00 am ESL class (Harmony Rm) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Trivia Game w/Rich Niemann (Friendship Room)** 3:00 pm Mussar class (Harmony Rm)</p>	<p>18 9:00 am OATS Walmart trip** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "Aloha" (Goldstein Community Center) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>19 6:30 pm Tenant Council Bingo (MPR)</p>
<p>20 11:00 am Exercise class (CHAI, LL)</p>	<p>21  11:15 am Tai Chi (CHAI, LL) 1:00 pm CP Bus Grocery Trip ** (Leaves from Cov I Lobby) 2:30 pm Panera Bread /Sara Lee Product Distribution (MPR, Cov II)</p>	<p>22 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:00 pm Current Events with Phil Keller (Friendship Room)** 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic</p>	<p>23 PEST CONTROL 9:00 OATS Grocery Trip** 9:45 am Art Museum ** 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowling (Board Room)</p>	<p>24  11:00 am Tai Chi (CHAI, LL) 1:00 pm Purim program with Larry Gornish (CHAI, LL)** 3:00 pm Mussar class (Harmony Rm)</p>	<p>25 11:00 am Chair Yoga (MPR) 1:00 pm Movie; "Selma" (Goldstein Community Center) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>26 6:30 pm Tenant Council Bingo (MPR)</p>
<p>27 11:00 am Exercise class (CHAI, LL)</p> 	<p>28 11:15 am Tai Chi (CHAI, LL) 1:00 pm Reader's Circle (Harmony Room) 1:00 pm CP Bus Grocery Trip** (Leaves from Cov I Lobby) 2:30 pm Panera Bread /Sara Lee Product Distribution (MPR, Cov II) 7:00 pm Yiddish class(Harmony Rm)</p>	<p>29 10:00 am ESL class (Harmony Room) 11:00 am Class in Motion (MPR) 11:15 am Lunch at Hunan Empress (lunch on your own)** 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>30 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Washington Univ. Pilot Project (CHAI, LL)** 3:00 pm Wii Bowling (Board Room)</p>	<p>31 10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Mike Reardon discusses his Mt. Everest Climb and survival of earthquake in Nepal (CHAI, LL)** 3:00 pm Mussar class (Harmony Room)</p>	<p>IMPORTANT NUMBERS RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903</p>	<p>JUST IN TIME FOR SPRING... WE HAVE A NEW BUS DRIVER!!</p> 