

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.	CHAI, lower level, Goldstein Community Ctr
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 Ctr
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 Ctr
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.	CHAI, lower level, Goldstein Community Ctr
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 Ctr
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 Ctr
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!	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.	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 Dierbergs-West Oak**	Bus leaves at 1:00 pm every Monday in April to Dierbergs grocery. \$2 RSVP 48 hours in advance.	Bus departs Covenant I



APRIL MOVIES: 1:00 PM

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

April 1—"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.

April 15—"Big Stone Gap"

Starring Ashley Judd and Whoopi Goldberg. In a small town nestled in the Appalachian Mountains of Virginia, self-proclaimed spinster Ave Maria Mulligan finds her life shaken up and forever changed after learning a long-buried family secret. Comedy, Romance. PG-13.

April 22—"The Martian"

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Starring Matt Damon. Academy Award nominated. Adventure, Drama. Rated PG-13.

April 29—"Brooklyn"

An Irish immigrant lands in 1950's Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Academy Award nominated. Drama, Romance. PG-13.

**Covenant Café Luncheon
Sunday, April 10th 12:30pm**

Featuring Don Weinberg, with karaoke tunes you'll love.

Bohm Social Hall
RSVP by April 8.

APRIL BIRTHDAY CELEBRATION.



WE WELCOME
OPERA THEATRE ST. LOUIS

for a Docent led Presentation.



THURSDAY, APRIL 7TH,
REFRESHMENTS WILL BE SERVED!
1:00 PM - CHAI BUILDING, LOWER LEVEL, Goldstein Community Center.
RSVP TO OFFICE BY APRIL 5TH.**



HAPPY BIRTHDAY TO ALL OF OUR APRIL BABIES!

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|-----------------|--------------------|--------------------|----------------|
| Natalie Kunin | George Ludwig | Ratomier Todorovic | Klare Lanis |
| Shirley Harris | Marina Pozdniakova | Toan Duc Ton | Maeng Lee |
| Janite Lee | Ann Frank | Zilai Xiao | Bella Livits |
| Annie Goodman | Ruichang Ding | Youlu Han | Marsha Rogers |
| Theresa Johnson | Evelyn Klayman | Dmitriy Berkovich | Leah Shade |
| Shirley Bassin | Feliks Levin | Nelli Chechoukova | Linda Smith |
| Evelyn Kleiman | Jack Neuman | Inna Guseva | Liza Trams |
| Marilyn Franzel | Maya Samoylovich | Mirya Kim | Gershin Vulakh |
| Linda Pepper | David Shakhnovich | Serafima Krutulova | Xianglu Zhao |



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.</p>	<p>Many thanks to our Program Funder</p> 	<p>EVENTS WITH A **REQUIRE A RESERVATION, APPOINTMENT, OR TICKET IN ADVANCE OF EVENT.</p> <p>FOR MORE INFORMATION ON COVENANT PLACE ACTIVITIES CALL (314) 432-1610. CHECK YOUR BULLETIN BOARD FOR MORE DETAILS.</p>		<p><u>IMPORTANT NUMBERS</u></p> <p>RPI: 991-1978</p> <p>ST. LOUIS NORC: 442-3255</p> <p>JCC MEAL PROG: 442-3149</p> <p>BEAUTY SHOP: 997-5903</p>	<p>1</p> <p>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>2</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>3</p> <p>11:00 am Exercise class (CHAI, LL)</p>	<p>4</p> <p>10:30 am Society of the Blind & Visually Impaired- Magnifer Reader Demonstration (Library) 11:15 am Tai Chi (CHAI, LL) 12:45 pm CP Bus Grocery Trip**Dierbergs West Oak (Leaves from Cov I Lobby) 2:30 pm Panera/Sara Lee Product Distribution (MPR, Cov II)</p>	<p>5</p> <p>10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm BEADING with the Emas' All supplies free** (MPR) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>6</p> <p>8:45 am "The Sheldon" Coffee Concert ** 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowl (Board Rm)</p>	<p>7</p> <p>10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Opera Theatre St. Louis docent led presentation(CHAI, LL)** 3:00 pm Mussar class</p>	<p>8</p> <p>10:00 am Heritage Plaza (Dollar Store, etc) ** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Covenant Cabaret TallBerta (Roberta Mueller) (MPR)** 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>9</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>10</p> <p>11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café**</p> 	<p>11</p> <p>10:00 am Legal Advisor** 10:00 am-1:00 pm Free Hearing Screening—Friendship Rm** 11:15 am Tai Chi (CHAI, LL) 12:45 pm CP Bus Grocery Trip**Dierbergs West Oak (Leaves from Cov I Lobby) 2:30 pm Panera/Sara Lee Product Distribution MPR, CovII 7:00 pm Yiddish class –Harmony Rm.</p>	<p>12</p> <p>9:00 am—1:00 pm AARP Driver's program (CHAI, LL)** 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 (MPR)</p>	<p>13</p> <p>9:00 am Mobile Library 9:00 am OATS Grocery Trip** 9:00 am-Noon SHREDDING-Cov I 11:00 am Fun & Fitness (CHAI,LL) 1:00 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowl (Board Rm) 5:45 pm AW Healthcare program</p>	<p>14 Pest Control</p> <p>10:00 am ESL class (Harmony Rm) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Current Events with Phil Keller (Friendship Room)** Snacks included 2:30 pm JFCS Food Boxes (Royal Dining Room) 3:00 pm Mussar class (Harmony Rm)</p>	<p>15</p> <p>9:00 am OATS Walmart trip** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "Big Stone Gap" (Goldstein Community Center) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>16</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>17</p> <p>11:00 am Exercise class (CHAI, LL)</p>	<p>18</p> <p>11:15 am Tai Chi (CHAI, LL) 12:45 pm CP Bus Grocery Trip Dierbergs**West Oak (Leaves from Cov I Lobby) 2:30 pm Panera Bread /Sara Lee Product Distribution (MPR, Cov II)</p>	<p>19</p> <p>10:00 am Butterfly House, Lunch on your own (Pasta House) **\$4.50 for Butterfly House** 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</p>	<p>20</p> <p>9:00 am OATS Grocery Trip** 11:00 am Fun & Fitness (MPR) 12:30 pm COLD LUNCH (NO DINNER)** 1:30 pm Covenant Chorale (CHAI, LL) 3:00 pm Wii Bowling (Board Room)</p>	<p>21</p> <p>11:00 am Tai Chi (CHAI, LL) 1:00 pm Trivia Game w/Rich Niemann (Friendship Room)** Special Snacks included with Trivia 3:00 pm Mussar class (Harmony Rm)</p>	<p>22 Passover Begins</p> <p>11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "The Martian" (Goldstein Community Center) 4:30 pm Seder **</p>	<p>23</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>24</p> <p>11:00 am Exercise class (CHAI, LL)</p>	<p>25 10:00 am Breakfast Buffet-MPR</p> <p>11:15 am Tai Chi (CHAI, LL) 1:00 pm Reader's Circle (Harmony Room) 12:45 pm CP Bus Grocery Trip** Dierbergs West Oak (Leaves from Cov I Lobby) 7:00 pm Yiddish class (Harmony Rm)</p>	<p>26 10:00 am ESL class (Harmony)</p> <p>10:00 am-1:00 CHESTERFIELD MALL** 11:00 am Class in Motion (MPR) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic</p>	<p>27</p> <p>9:00 am Mobile Library 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)</p>	<p>28 Pest Control</p> <p>10:00 am ESL class (Harmony Rm) 11:00 am Tai Chi (CHAI, LL) 1:00 pm ADULT COLORING (Friendship Room) ** 3:00 pm Mussar class (Harmony)</p>	<p>29</p> <p>11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "Brooklyn" (Goldstein Community Center) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>30</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>