

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 Goldstein
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 Goldstein
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.	CHAI Goldstein
Fun & Fitness Exercise	Fitness Professional Charlie Foxman leads a weekly fun, active exercise class for all levels. 11:00 am every Wednesday.	CHAI Goldstein
Beading class	Arts & Crafts with Marvin and Mary Emas. The group will focus on making keychains or jewelry with beads. Instruction is included and it's free.	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 Schnuck's 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 Goldstein
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 10:00 am! 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 Dierbergs **	Bus leaves at 1:00 pm every Monday in May to Dierbergs grocery. \$2 RSVP 48 hours in advance.	Bus departs Covenant I



MAY MOVIES: 1:00 PM

Covenant II, Bohm Social Hall—Lower Level

May 6—"Zookeeper"

Kevin James stars as Franklin Park Zoo caretaker, Griffin Keyes. Finding himself more comfortable with a lion than a lady, Griffin decides the only way to get a girl in his life is to leave the zoo and find a more glamorous job. The animals, in a panic, decide to break their time-honored code of silence and reveal their biggest secret: they can talk! They decide to teach him the rules of courtship—animal style. Rated PG.

May 20—"Miss You Already"

Milly is the woman who has everything: a successful career, a rock-star husband, and two beautiful children. Her best friend, Jess, works in a community garden, lives in a boathouse with her boyfriend Jago, and desperately wants a baby. Jess and Milly can't remember a time they didn't share everything—secrets, clothes, even boyfriends. That is, until Milly is hit with the life-changing news that she has breast cancer and needs Jess's support more than ever. As Jess tries to balance her own life, as well as being there for Milly, it is only a matter of time before the pressure on their bond takes its toll. Rated PG-13.

May 27—"Creed"

Sylvester Stallone stars in an Oscar-nominated role for this latest "Rocky" movie. Adonis Johnson never knew his famous father, world heavyweight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with a tough upstart named Rocky Balboa. Adonis tracks Rocky down and asks him to be his trainer. With Rocky in his corner, it isn't long before Adonis gets his own shot at the title, but can he develop not only the drive but also the heart of a true fighter in time to get into the ring? Rated PG-13.



HAPPY BIRTHDAY TO ALL OF OUR MAY BABIES!

- | | | | |
|--------------------|-------------------|-----------------|------------------|
| Beverly Aydt | Shirley Goldstein | Joseph Pelts | Richard Upton |
| Michael Baber | Khaya Gorelik | Alek Povoroznuk | Mikhail Tsypis |
| Nancy Beecher | Jialin Yin | Margie Ransom | Ed Voskoboynikov |
| Ian Broner | Ruvim Kantorovich | John Reigstad | Jeffrey Werber |
| Emily Hochberg | Rose Kessler | Vyacheslav | Kunyuan Xu |
| Eliza Barnett | Rita Khalфина | Sitnichenko | Zhesheng Zhao |
| Frederick Carleton | Noh Mi Kim | Jared Skatoff | Zhiwei Zhao |
| Elaine Cohn | Alexander | Lev Soyfer | Louis Zukol |
| Ann Corkery | Langbord | Leslie Stoloff | |
| Renae Corson | Yulan LI | Vanda Strelkova | |
| Rona Gitelson | Vera Moskoff | Wincenty Symko | |
| Yuriy Goldshteyn | Khana Olshanskaya | Barbara Tilton | |

**JOE THOMPSON TRIO
INSTRUMENTALIST, SINGER, PIANIST
DANCING AND TAMBOURINE**

**COVENANT
CABARET
FRIDAY,
MAY 13
AT 1:00 PM**



**RSVP IN THE
OFFICE BY
WEDNESDAY,
MAY 11TH.**

**Covenant
Café
Luncheon**
sponsored by
**Men of
Shaare Emeth**
Entertainment is
Betti Blumoff
Sunday, May 15, 12:30pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 am -11:30 am Art Museum Tour-See attached (Sign up for CP Bus)**</p> <p>11:00 am Exercise class (CHAI, LL)</p>	<p>2</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/Sara Lee Product Distribution (MPR, Cov II)</p>	<p>3</p> <p>10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Arts & Crafts—Beading (Covenant II, MPR)-NEW!** 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic with AW Healthcare (MPR) 5:30 pm Craft Alliance Senior program-See attached (Sign up for CP Bus) **</p>	<p>4</p> <p>9:15 am –11:30 am COCA Senior Program –See attached (Sign up for CP Bus) **</p> <p>10:00 am Wii Bowling (Library) ** NEW TIME**</p> <p>11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (MPR)</p>	<p>5 YOM HASHOAH</p> <p>(Holocaust Remembrance Day) 10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 3:00 pm Mussar class (Harmony Room) 6:15 pm Jewish Federation providing rides to Yom Hashoah service at Shaare Emeth **</p>	<p>6</p> <p>10:00 am Aldi's ** 11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "Zookeeper" (Bohm Social Hall– Cov II MPR) **NEW LOCATION** 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>7</p> <p>6:30 pm Tenant Council Bingo (MPR)</p> 
<p>8</p>  <p>11:00 am Exercise class (CHAI, LL)</p>	<p>9</p> <p>10:00 am Breakfast Buffet (MPR) - Special Mother's Day program 10:00 am Legal Advisor** 11:15 am Tai Chi (CHAI, LL) 12:45 pm CP Bus Grocery Trip**Dierbergs West Oak (Leaves from Cov I Lobby) 7:00 pm Yiddish class (Harmony Rm)</p>	<p>10</p> <p>10:30-Noon HISTORY MUSEUM "LITTLE BLACK DRESS" exhibit (Sign up for CP Bus Leaves at 9:45 am)** Exhibit is Free. 10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic with AW Healthcare (MPR)</p>	<p>11</p> <p>9:00 am Mobile Library 9:00 am OATS Grocery Trip** 10:00 am Wii Bowling (Library) **NEW TIME** 11:00 am Fun & Fitness (CHAI, LL) 1:00 pm Covenant Chorale (MPR) 6:15 pm Chorale Concert (MPR)</p>	<p>12 PEST CONTROL</p> <p>10:00 am ESL class (Harmony Room) 11:00 am Tai Chi (CHAI, LL) 11:15 am Field trip to Pita Plus for some Israeli food-lunch on your own** Yom Haatzmaut (Israel Independence Day) 2:30 pm JFCS Food Boxes (Royal Dining Room) 3:00 pm Mussar class</p>	<p>13</p> <p>11:00 am Chair Yoga (CHAI, LL) 1:00 pm Covenant Cabaret Cov II Bohm Social Hall (MPR)**NEW LOCATION** 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p> 	<p>14</p> <p>6:30 pm Tenant Council Bingo (COV II MPR)</p>
<p>15</p> <p>11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café** Cov II MPR</p> 	<p>16</p> <p>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)</p>	<p>17</p> <p>10:00 am ESL class (Harmony Rm) 11:00 am Class in Motion (CHAI, LL) 1:00 pm Current Events with Phil Keller (COV II MPR)** 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>18</p> <p>10:00 am Wii Bowling (Library) **NEW TIME** 11:00 am Fun & Fitness (CHAI,LL) 1:00 pm Covenant Chorale (MPR) 6:00 pm AW Healthcare</p>	<p>19</p> <p>10:00 am ESL class (Harmony Rm) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Trivia Game With Rich Niemann (Friendship Room)** 3:00 pm Mussar class (Harmony Rm)</p>	<p>20</p> <p>9:00 am OATS Walmart trip** 11:00 am Chair Yoga (CHAI, LL) 11:00 am Goldfarb Nursing Students Senior Activity and Help with the MOVE* (Please sign up) 1:00 pm Movie; "Miss You Already" (Bohm Social Hall-MPR) NEW! 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>21</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>22</p> <p>11:00 am Exercise class (CHAI, LL)</p>	<p>23</p> <p>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) 7:00 pm Yiddish class (Harmony Room)</p>	<p>24</p>  <p>10:00 am Botanical Garden & Lunch (on your own)** 11:00 am Class in Motion (CHAI, LL) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>25</p> <p>9:00 OATS Grocery Trip** 9:00 am Mobile Library 10:00 am Wii Bowling (Library) 11:00 am Fun & Fitness (CHAI,LL) 1:00 pm Covenant Chorale (MPR)</p>	<p>26 PEST CONTROL</p> <p>11:00 am Tai Chi (CHAI, LL) 1:00-3:00 pm Trip to the Zoo** 3:00 pm Mussar class (Harmony Rm)</p>	<p>27</p> <p>11:00 am Chair Yoga (CHAI, LL) 1:00 pm Movie; "Creed" (Bohm Social Hall-MPR) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>28</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>29</p> <p>11:00 am Exercise class (CHAI, LL)</p>	<p>30</p> <p>OFFICE CLOSED</p> 	<p>31</p> <p>11:00 am Class in Motion (CHAI, LL) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>LOCATION KEY: Goldstein Community Center is located CHAI lower level. Harmony Room is located off Covenant I Lobby. MPR (Multipurpose Room)</p>	 <p>Many thanks to our Program Funder</p>	<p>IMPORTANT NUMBERS</p> <p>RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903</p>	<p>EVENTS WITH A **REQUIRE A RESERVATION, APPOINTMENT OR TICKET IN ADVANCE OF EVENT.</p>