

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. *NOTE CHANGE OF LOCATION*	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.	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!	Covenant 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.	Call for location in August. 314-432-1610.
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.	Covenant II, lower level
Beading Class	Arts and crafts with Marvin and Mary Emas. The group will focus on Making keychains or jewelry with beads.	Covenant 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 10:00 am! Come join the fun!	Library, Cov II, lower level
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. (Follows the school year September-May)	Covenant II Lower Level
CP BUS to Schnucks (Bellerive)	Bus leaves at 10:00 am every Monday in June to Schnucks grocery. \$2 RSVP 48 hours in advance.	Bus departs Covenant I

JUNE MOVIES 1:00 pm

Helene Mirowitz Theatre
Cov II, lower level.



June 3rd—Spotlight

When the Boston Globe's tenacious "Spotlight" team of reporters delves into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations. **June 24th—"Mr. & Mrs. Smith"** Academy Award winner. Rated R.

June 10th—"JOY"

A family across four generations, a girl who becomes the woman (Jennifer Lawrence) who has a business dynasty and becomes a matriarch in her own right. Rated PG-13.

June 24th—"Mr. & Mrs. Smith"

John (Brad Pitt) and Jane Smith (Angelina Jolie) sizzle in this action film about a couple in a stagnating marriage living in a mundane existence. However, each has been hiding a secret from the other. They are assassins working for adversarial agencies. Rated PG-13.

COVENANT CAFÉ - SHAVUOT PIZZA PARTY
Sunday, June 12th
"CAMEO CLUB"

Performance by **Miss Missouri Alumni"**
Bohm Social Hall 12:30 pm
RSVP NO LATER than June 10th.



CURRENT EVENTS
WITH OUR OWN
PHIL KELLER
(MPR), Cov II

Thursday, June 16 1:00 PM

Snacks provided.

COVENANT CABARET PRESENTS THE MUNY KIDS

Friday, June 17th, 1:00 pm
Covenant II, lower level
Please reserve your spot before **Wednesday, June 15th.**
314-432-1610. Open to the public.





HAPPY BIRTHDAY TO ALL OF OUR JUNE BABIES!

Zina Bukler
Moung Cho
Samuil Estin
Golda Fisher
Darlene Flaherty
Tsilya Grinberg
Reveka Grushevski
Sanford Gubernik
Judith Jeffery

Feliks Kogan
Anna Kondavrova
Marat Kravets
Yelena Lagouskaya
Thelma Lapidés
Yevdokiya Levitan
Jean Marx
Jinsoon Park
Sandra Polter

John Scott
Bella Shapiro
Gwendolyn Smith
Mariya Spektor
Lyudmila Stirbiene
Peggy Weiss
Roman Zafrin
Xianglu Zhao
Guochang Zheng



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>1 10:00 am Wii Bowling (Library) 11:00 am Fun & Fitness (MPR)* NOTE THE CHANGE* 1:00 pm Covenant Chorale (MPR)</p>	<p>2 11:00 am Tai Chi (CHAI, LL) 3:00 pm Mussar class (Harmony Room)</p>	<p>3 11:00 am Chair Yoga (MPR) 12:00 pm-1:00 pm Goldfarb School of Nursing Discussion on Falls, Improving Memory and Signs/Symptoms of Stroke (MPR, Cov II)**-Bagels served. 1:00 pm Movie; "Spotlight " (MPR, Cov II, lower level) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>4 6:30 pm Tenant Council Bingo (MPR)</p>
<p>5 11:00 am Exercise class (CHAI, LL)</p>	<p>6 10:00 am CP Bus Grocery Trip to Schnucks—Bellerive ** (Leaves from Cov I Lobby) 11:15 am Tai Chi (CHAI, LL) 2:30 pm Panera/Sara Lee Product Distribution (MPR, Cov II) 7:00pm Yiddish class-Harmony Rm</p>	<p>7 11:00 am Class in Motion (CHAI, LL) 1:00-3:00 pm BEADING with Marvin & Mary Emas (MPR)** 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>8 9:00 am OATS Grocery Trip** 9:00 -10:00 am Mobile Library-MPR 10:00 am Wii Bowling (Library) 10:00-1:30 pm Botanical Gardens and Lunch at Amighetti's ** (lunch is on your own)</p>	<p>9 Pest Control 10:00 am Tai Chi (CHAI, LL) 1:00-2:00 pm Programming Chat with Gay Guller ** (MPR) Snacks 2:30 pm JFCS Food Boxes (CHAI, LL) *(NOTE: NEW LOCATION)* 3:00 pm Mussar class (Harmony Rm)</p>	<p>10 10:00 am Aldi's ** 11:00 am Chair Yoga (MPR, Cov II) 1:00 pm Movie; "JOY" (MPR, Cov II, lower level) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>11 6:30 pm Tenant Council Bingo (MPR)</p>
<p>12 11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café** (Shavuot celebration—Pizza party)</p> 	<p>13 10:00 am Legal Advisor** 10:00 am CP Bus Grocery Trip to Schnucks—Bellerive ** (Leaves from Cov I Lobby) 11:15 am Tai Chi (CHAI, LL) 2:30 pm Support Council Mtg. (MPR) All are welcome. 2:30 pm Panera/Sara Lee Product Distribution (MPR)</p>	<p>14 11:00 am Class in Motion (CHAI, LL) 1:30 pm—3:00 pm Trivia Game with Rich Niemann ** (MPR) Special snacks and prizes 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>15 9:00 am Dr. Hays—Podiatrist, Appointment needed ** 10:00 am Wii Bowling (Library) 11:00 am Fun & Fitness (MPR) 11:30 am Goldfarb School of Nursing students Discussion Exercise, Nutrition and Mental Health; Bagels (MPR) 1:00 pm Cov Chorale (MPR)</p>	<p>16 11:00 am Tai Chi (CHAI, LL) 1:00 pm Current Events with Phil Keller (Friendship Room)** Snacks included 3:00 pm Mussar class (Harmony Rm)</p>	<p>17 9:00 am OATS Walmart trip** 11:00 am Chair Yoga (MPR, Cov II) 1:00 pm Cabaret; Munny Kids** (MPR, Cov II, lower level) 5:00 pm Shabbat Dinner**</p>	<p>18 6:30 pm Tenant Council Bingo (MPR)</p>
<p>19 11:00 am Exercise class (CHAI, LL)</p>	<p>20 11:15 am Tai Chi (CHAI, LL) 10:00 am CP Bus Grocery Trip to Schnucks—Bellerive ** (Leaves from Cov I Lobby) 1:00 pm Panera Bread /Sara Lee Product Distribution (MPR)*NOTE TIME CHANGE* 2:00 pm St. Louis Symphony Concert MPR** 7:00 pm Yiddish class (Harmony Rm)</p>	<p>21 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>22 9:00 am OATS Grocery Trip** 9:00-10:00 am Mobile Library-MPR 10:00 am Wii Bowling (Library) 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale-MPR (MPR, Cov II)</p>	<p>23 Pest Control 11:00 am Tai Chi (CHAI, LL) 12:45 pm Heritage Plaza Dollar Store, TJ Max, Marshalls, etc. ** 3:00 pm Mussar class (Harmony Rm)</p>	<p>24 11:00 am Chair Yoga (MPR, Cov II, lower level) 1:00 pm Movie; "Mr. & Mrs. Smith" (MPR) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>25 6:30 pm Tenant Council Bingo (MPR)</p>
<p>26 11:00 am Exercise class (CHAI, LL)</p>	<p>27 10:00 am CP Bus Grocery Schnucks—Bellerive ** (Leaves from Cov I Lobby) 11:15 am Tai Chi (CHAI, LL) 1:00 pm Reader's Circle-Harmony rm 2:30 pm Panera Bread /Sara Lee (MPR)</p>	<p>28 10:00 am-1:00 pm Galleria Shopping ** 11:00 am Class in Motion (CHAI) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>29 9:00 am OATS Grocery Trip** 10:00 am Wii Bowling (Library) 11:00 am Fun & Fitness (MPR)</p>	<p>30 11:00 am Tai Chi (CHAI, LL) 1:00 pm ADULT COLORING (Friendship Room) ** 3:00 pm Mussar class (Harmony)</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>	