

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 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
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	Meets monthly on the first Tuesday. 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
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 II, Friendship Room
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, 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 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 II, lower level
Wii Bowling	The pins fall every Wednesday at 10:00 am! Come join the fun!	Library, Cov II, lower level
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 Grocery	Bus leaves at 10:00 am every Monday in to Schnucks or Dierbergs. \$2 RSVP 48 hours in advance.	Bus departs Covenant II by office

SEPTEMBER MOVIES 1:00 PM

Helene Mirowitz Theatre



September 2— "The Man Who Knew Infinity"

Set in 1913, Srinivasa Ramanujan, a self taught Indian mathematics genius, traveled to Trinity College, Cambridge, where over the course of five years fought against prejudice to reveal his mathematics genius to the world. Rated PG-13. 1:48 min.

September 16—"Maggie's Plan"

Maggie Hardin, a vibrant and practical thirty-something New Yorker working at the New School, decides now is the time to have a child on her own. Maggie learns that sometimes destiny should be left to its own devices. Rated R. 1:39 min.

September 23—"A Hologram For The King"

Cultures collide when an American businessman is sent to Saudi Arabia to close what he hopes will be the deal of a lifetime. Baffled by local customs and stymied by an opaque bureaucracy, he eventually finds his footing with the help of a wise-cracking taxi driver and a beautiful Saudi doctor. A drama, starring Tom Hanks. Rated R. 1:37 min.

September 30—"My Big Fat Greek Wedding 2"

A Portokalos family secret brings the beloved characters back together for an even bigger and Grecker wedding. Comedy, PG-13, 1:34 min.



HAPPY BIRTHDAY TO ALL OF OUR SEPTEMBER BIRTHDAYS

Carol Axelrod
 Melvin Brown
 Cynthia Buckner
 Cu Chim
 Mary Cross
 Willis Dedeaux
 Lola Earvin
 Roslyn Fendelman

Lyudmila Fonar
 Melinda Gill
 Yuriy Goldshteyn
 Yongcai Kang
 George Kim
 Andrew Lamers
 Danil Leshchinko
 Isabel Pollack

Svetlana Reznikova
 Alicia Rosenfeld
 Phyllis Roth
 Carol Sax
 Jean Talley
 Tamara Tepper
 Klara Tsypis
 Sonjia Williams

SEPTEMBER HIGHLIGHTS

6th— 3:30 pm Focus Group Discussion from St. Louis Economic Development (MPR)**

12th—Noon "Social Club" Everyone is welcome to bring their lunch if they choose and attend. (MPR) **
 Bring your ideas for activities.

21st—11:00 am Goldfarb School of Nursing Students program on a health related topic. (Friendship Room) **

22nd—10:00 –Noon; FLU SHOTS (Bring your Medicare and insurance cards). MPR. ** Sign up required.

28th—1:00 pm Contemporary Art Museum Special program and art project. Bus leaves at 1:00 pm from Covenant II, near the office.

COVENANT CABARET

PRESENTS


Big Muddy Dancing Company

Friday, September 9th

Bohm Social Hall
 1:00 pm



RSVP to office no LATER than September 6.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LOCATION KEY: Goldstein Community Center is located CHAI lower level. MPR (Multipurpose Room) is on the Lower Level of Covenant II. Friendship Room is in Covenant II, lower level.</p>				<p>1 11:00 am Tai Chi (CHAI, LL)</p>	<p>2 11:00 am Chair Yoga (MPR) 1:00 pm Movie; "The Man Who Knew Infinity" (MPR), Cov II, lower level 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>3 6:30 pm Tenant Council Bingo (MPR)</p>
<p>4 11:00 am Exercise class with Jill Abrams (CHAI, LL)</p>	<p>5 OFFICE CLOSED Labor Day</p>	<p>6 10:00 am CP Bus Grocery Trip** 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR)** 1:00 pm Beading/Crafts (MPR) ** 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR) 2:30 pm Panera/Sara Lee Product Distribution (MPR, Cov II) - Rescheduled 3:30 pm Focus Group Discussion (MPR)** 6:00 pm Tenant Council Meeting (MPR) Snacks</p>	<p>7 11:00 am Fun & Fitness with Charlie Foxman (MPR) 1:00 pm Covenant Chorale (MPR)</p>	<p>8 PEST CONTROL 11:00 am Tai Chi (CHAI, LL) 11:15 am Chinese Garden (Manchester Road) ** Lunch on your own 2:30 pm JFCS Food Boxes (CHAI, LL)</p>	<p>9 11:00 am Chair Yoga (MPR) 1:00 pm Covenant Cabaret; Big Muddy Dance Company (MPR) ** Please sign up 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>10 6:30 pm Tenant Council Bingo (MPR)</p>
<p>11 11:00 am Exercise class with Jill Abrams (CHAI, LL)</p>	<p>12 10:00 am CP Bus Grocery Trip ** (Leaves from Cov II by office) 11:15 am Tai Chi (CHAI, LL) 12:00 Noon "Social Club" Everyone is welcome to attend. You are welcome to bring your lunch and we will eat lunch together! (MPR)** Bring ideas for activities 2:00 pm Panera/Sara Lee Product Distribution (MPR, Cov II) 6:30 pm BINGO (MPR)</p>	<p>13 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 (MPR) 6:30 pm BINGO (MPR)</p>	<p>14 9:00 am Mobile Library (MPR) 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale (MPR)</p>	<p>15 11:00 am Tai Chi (CHAI, LL) 1:00-3:30 Theis Farm in St. Charles ** Tour and shop for fruit or bakery items (CP Bus leaves from Cov II, by the office) 3:00 pm Exploring Jewish Stories From Our Tradition (NEW CLASS)**</p>	<p>16 11:00 am Chair Yoga (MPR) 1:00 pm Movie; "Maggie's Plan" (MPR) Covenant II, lower level 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>17 6:30 pm Tenant Council Bingo (MPR)</p>
<p>18 11:00 am Exercise class with Jill Abrams (CHAI, LL) 12:30 pm Covenant Café** Cooking by Mimi Fiszel— With volunteers from United Hebrew Youth group</p>	<p>19 10:00 am CP Bus Grocery Trip (Leaves from Cov II by office) 11:15 am Tai Chi (CHAI, LL) 2:30 pm Panera/Sara Lee Product Distribution (MPR, Cov II) 6:30 pm BINGO (MPR)</p>	<p>20 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 (MPR) 6:30 pm BINGO (MPR)</p>	<p>21 11:00 am Fun & Fitness (MPR) 11:00 am Goldfarb School of Nursing Students Program on a health related topic** (Friendship Room) Snacks</p>	<p>22 PEST CONTROL 10:00 am-12:30 pm FLU SHOTS given by Registered Nurses of AW Healthcare** (MPR) light brunch 11:00 am Tai Chi (CHAI, LL) 1:30 pm Mini Golf Outing and FRO YO (Frozen Yogurt on your own) **</p>	<p>23 11:00 am Chair Yoga (MPR) 1:00 pm Movie; "A Hologram for the King" (MPR) Covenant II, lower level 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>24 6:30 pm Tenant Council Bingo (MPR)</p>
<p>25 11:00 am Exercise class (CHAI, LL) with Jill Abrams</p>	<p>26 10:00 am CP Bus Grocery Trip 11:15 am Tai Chi (MPR) 12:15 pm Free movie at Creve Coeur Cinema "Quartet" ** (Leaves from Cov II, by office) 2:30 pm Panera/Sara Lee Product Distribution (MPR) 6:30 pm BINGO (MPR)</p>	<p>27 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 (MPR) 6:30 pm BINGO</p>	<p>28 9:00 am Podiatrist ** 9:00 am Mobile Library (MPR) 11:00 am Fun & Fitness (MPR) 1:00 pm Contemporary Art Museum, Special program and art project** (Leaves from Cov II, by office)</p>	<p>29 11:00 am Tai Chi (CHAI, LL)</p>	<p>30 10:00 am Chinese Tenant Meeting (MPR) 11:00 am Chair Yoga (MPR) 1:00 pm Movie; "My Big Fat Greek Wedding 2" (MPR) 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>	<p>Many thanks to our Program funder  Jewish Federation OF ST. LOUIS</p>