

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
Current Events	Each session focuses on a current topic of interest in the news. The dates for October are the 6th and 25th.	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
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 Schnuck's or Dierbergs. \$2 RSVP 48 hours in advance.	Bus departs Covenant II by office

OCTOBER MOVIES 1:00 PM

Helene Mirowitz Theatre



October 14 — "Hello, my name is Doris"

With help from her best friend's (Tyne Daly) granddaughter (Isabella Acres), a smitten woman (Sally Field) concocts schemes to get the attention of a younger co-worker (Max Greenfield) in her office. **Rated R. Comedy.**

October 21—"High Strung"

When a hip hop violinist (Nicholas Galitzine) busking in the New York subway encounters a classical dancer (Keenan Kampa) on scholarship at the Manhattan Conservatory of the Arts, sparks fly. With the help of a hip hop dance crew they must find a common ground while preparing for a competition that could change their lives forever. **Rated PG. Dance, Music, Drama.**

October 28—"Citizen Four"

A documentarian and a reporter travel to Hong Kong for the first of many meetings with Edward Snowden. **Rated R. Documentary.**



HAPPY BIRTHDAY TO ALL OF OUR OCTOBER BABIES

Marina Balasanova
Elliott Benjamin
Yefim Burshteyn
Young Choe
Jerry Fiman
Bella Gladova
Xiulan Han
Fedir Hetsko
Emily Hochberg
Christine Holloran
Kira Karina

Mary Keller
Steve Klayman
Ruiying Li
Alexander Markarov
Helen Millner
Riva Nek
Pavel Ostrovskiy
Chang Prettyman
Roza Serebrennikova
Harriet Snyder
Ruth Stoloff



Nina Tarapovski
Terry Trammell
Pamela Washington
Jiaze Xi
Ricky Yielding
Jun Yu
Rimma Zelenskaya
Yefeng Zhang

RSVP for

OCTOBER HIGHLIGHTS

Wednesday, October 5 Missouri History Museum,
Bus leaves at 9:45 am
Free tap dancing show

Thursday, October 13
Sukkah Decorating with children from the JCC
3:40 pm


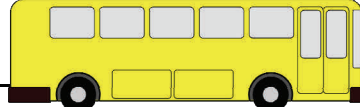



Friday, October 14
NOON-1:00 pm
Nursing Students from Goldfarb School of Nursing talk about Medication Safety

Thursday, October 20
The CP Bus is going to St. Charles Main Street
11:30 am
Lunch and shopping

6:00 pm
Sukkot program and snacks

Thursday, October 27
Fall Dress Up Party (Show your creativity)
Music and snacks

All PROGRAMS ARE IN THE MPR, Covenant II, lower level

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.</p>		<p>IMPORTANT NUMBERS</p> <p>RPI: 991-1978</p> <p>ST. LOUIS NORC: 442-3255 Beauty Shop: 997-5903</p>		<p>Many thanks to our Program funder</p> 	<p>CHECK OUT THE FIELD TRIPS THIS MONTH AND COME JOIN THE FUN!</p> 	<p>1</p> <p>6:30 pm Tenant Council Bingo</p>
<p>2 11:00 am Exercise class Jill Abrams (CHAI, LL) Rosh Hashanah Begins at sundown</p> <p>Services begin at 7:30pm CHAI, Goldstein Community Center</p>	<p>3 Office Closed</p> <p>Services begin at 10:00 am CHAI, Goldstein Community Center</p> <p>L'Shanah Tovah Have a sweet year!</p> 	<p>4</p> <p>10:00 am CP Bus Grocery Trip** 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) Noon-2 pm; Field Trip to Chesterfield Valley Target and Walmart** 2:30 pm Panera/Sara Lee Product ,MPR 6:30 pm Bingo (MPR)</p>	<p>5</p> <p>9:45 am Missouri History Museum (Tap Dancing Show) Free show (Bus leaves from Cov II, by office) ** 11:00 am Fun & Fitness with Charlie Foxman (CHAI, LL) 1:00 pm Covenant Choir (MPR)</p>	<p>6</p> <p>10:00 am Laumeier Sculpture Park and Lunch at Pi Pizzeria (own your own) ** 1:00 am Tai Chi (CHAI, LL) 1:30 pm Current Events with Phil Keller and Dan Weinberg-MPR**</p>	<p>7</p> <p>10:00 am Aldi's ** 11:00 am Chair Yoga (MPR) 11 am-1:00 pm Goldfarb School of Nursing students do chair yoga with us. Snacks provided. (MPR)</p> <p>1:00 pm Covenant Cabaret; MO Pageant Queens Show ** 5:00 pm Shabbat Dinner & Service **</p>	<p>8</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>9</p> <p>11:00 am Exercise class with Jill Abrams (CHAI, LL)</p>	<p>10</p> <p>10:00 am Legal Aid **(office) 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>11</p> <p>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) 6:30 pm BINGO (MPR)</p> <p>Yom Kippur Begins at sundown</p>	<p>12</p> <p>OFFICE CLOSED</p> 	<p>13 PEST CONTROL</p> <p>11:00 am Tai Chi (CHAI, LL) Noon Creve Coeur Park & Lunch at Creve Coeur Lakehouse (lunch on your own) ** 2:30 pm JFCS Food Boxes (CHAI, LL) 3:40 pm Sukkah Decorating ** (MPR) with the children from the JCC-Please sign up</p>	<p>14</p> <p>11:00 am Chair Yoga (MPR) Noon-1 pm Nursing students present on Medication Safety** (MPR) 1:00 pm Movie; "Hello, My Name is Doris" (MPR) 5:00 pm Shabbat Dinner and Services**</p>	<p>15</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>16</p> <p>11:00 am Exercise class with Jill Abrams (CHAI, LL) Sukkot Begins at sundown</p> 	<p>17</p> <p>9:00-10:00 am Mobile Library (MPR), Cov II, lower level 10:00 am CP Bus Grocery Trip ** 11:15 am Tai Chi (CHAI, LL) 2:30 pm Panera/Sara Lee (MPR) 3:30 pm Danforth discussion on new center on Old Olive-MPR** 6:30 pm BINGO (MPR)</p>	<p>18</p> <p>10:00 am Tour of Forest Park** 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) 6:30 pm BINGO (MPR)</p>	<p>19</p> <p>11:00 am Fun & Fitness (CHAI, LL)** 1:00 pm Covenant Choir (MPR)</p>	<p>20</p> <p>11:00 am Tai Chi (CHAI, LL) 11:30 Field trip; Main Street St. Charles (lunch or shopping on your own)**</p> <p>6:00 pm Sukkot program with Rabbi Rosenberg from UH (after dinner) Snacks** MPR</p>	<p>21</p> <p>11:00 am Chair Yoga (MPR) 1:00 pm Movie; "High Strung" (MPR) 5:00 pm Shabbat Dinner and Services**</p>	<p>22</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>23</p> <p>11:00 am Exercise class with Jill Abrams (CHAI, LL) 12:30 pm Covenant Café (Washington University Service Organization)** MPR</p>	<p>24 10:00 am CP Bus Grocery</p> <p>11:15 am Tai Chi (MPR) 1:00 pm Reader's Circle 2:30 pm Panera/Sara Lee 6:30 pm BINGO (MPR)</p> <hr/> <p>31 10:00 am CP Bus Grocery Trip** 11:15 am Tai Chi 2:30 pm Panera Distribution (MPR) 6:30 pm BINGO (MPR)</p>	<p>25</p> <p>11:00 am Class in Motion (CHAI, LL) 1:00 pm Current Events with Phil and Dan 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>26</p> <p>9:00 am Mobile Library-MPR 11:00 am Fun & Fitness-MPR 11:00 am-1:00 pm Goldfarb Nurses exercise with us and serve snacks following the class**MPR 1:00 pm Cov Choir (MPR)</p>	<p>27 PEST CONTROL</p> <p>11:00 am Tai Chi (CHAI, LL) 1:00 pm Fall Dress up Party ** Optional dress up in your favorite costume or character (MPR) ** Music and refreshments</p>	<p>28</p> <p>10:00 am Chinese Tenant Meeting (MPR) 1:00 am Chair Yoga (MPR) 1:00 pm Movie; "Citizen Four" (MPR) 5:00 pm Shabbat Dinner and Services**</p>	<p>29</p> <p>6:30 pm Tenant Council Bingo (MPR)</p>
<p>30 11:00 am Exercise (CHAI)</p>		<p>Events with a **require a reservation, appointment, or ticket in advance of event. For more information call Gay Guller at 314-432-1610, ext. 1321.</p>				