

ONGOING PROGRAMS

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Program	Description	Location
Chair Yoga	A morning of relaxing Chair Yoga! It might change your life! Class meets Fridays at 11:00am.	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
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
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
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. \$2 RSVP 48 hours in advance.	Bus departs Covenant II by office

NOVEMBER MOVIES 1:00

Helene Mirowitz Theatre
 Covenant II, lower level.



November 4—"Me Before You"

This drama/romance is based on the novel by Jojo Moyes. Louisa "Lou" Clark lives in a quaint town in the English countryside. With no clear direction in her life, the quirky and creative 26-year-old goes from one job to the next in order to help her tight-knit family make ends meet. Her normally cheery outlook is put to the test, however, when she faces her newest career challenge. Rated PG-13.

November 18—"Eddie The Eagle"

This comedy/drama is about Michael "Eddie" Edwards is an unlikely but courageous British ski-jumper who never stopped believing in himself—even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics. Rated PG-13.



FAVORITE ENTERTAINER, BRIAN CLARKE BRINGS HIS GUITAR FOR A CLAP-DANCING SING-A-LONG FOR OUR COVENANT CABARET AT 1:00 FRIDAY, NOVEMBER 11 (MPR). RSVP to the office by November 9. **



COVENANT CAFÉ



SPONSORED BY
SHAARE EMETH, MEN'S GROUP (MOSHE)
 Piano entertainment by
 GENE JACOBSON.

Celebrate November Birthdays!!
SUNDAY, NOVEMBER 13th
12:30 PM
Bohm Social Hall
COVENANT II, LOWER LEVEL.
PLEASE SIGN UP BY THURSDAY,

HAPPY BIRTHDAY TO ALL OF OUR NOVEMBER BABIES!

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|-------------------|------------------|-------------------|---------------------|------------------|
| Ruth Mariam | Myra Hirshberg | Zinaida Gindina | Jiwen Luo | Li Feng |
| Rose Waldman | Zhao Ling Cen | June Hammer | Jinman Fu | Ningping Wang |
| Harold Schneider | Rita Brown | Qingfeng Jiao | Boris Moyseyevc | Eleanor Chappell |
| Carl Sussman | Shengli Sun | Mary Henderson | Ruth Goldiez | |
| Yelizava Opareeva | Tatiana Baldaeva | Marsha Levine | Nadejda Evmmentchik | |
| TianYing Mi | Helen Zaharieva | Sara Burshteyn | Anna Moyseyeva | |
| Riva Kalantyrsky | Alice Hong | Joan Moscovitz | Zong Wu | |
| Roman Zafrin | Hal Pritzker | Tatyana Knichenko | Francisco Palaez | |
| Dorothy Goldstein | Robert Goldman | Nikolay Limashov | Sookja Kim | |



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 just outside of the MPR in Covenant II, lower level by elevator.</p>	<p>Many thanks to our Program Funder</p> 	<p>1 11:00 am Class in Motion (CHAI, LL) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>2 11:00 am Fun & Fitness (MPR) 12 pm-1:00 pm Goldfarb School of Nursing Students discuss BRAIN HEALTH (MPR) 1:00 pm Covenant Chorale (MPR)</p>	<p>3 11:00 am Tai Chi (CHAI, LL) 12:00 pm—1:00 pm Sock Hop with RPI (MPR)** Snacks served. 3:00 pm Jewish Study Group with Cyndee Levy; all are welcome to attend (Friendship Room)</p>	<p>4 11:00 am Chair Yoga (MPR) 1:00 pm Movie; “Me Before You” (MPR) 5:00 pm Shabbat Dinner** and Services</p>	<p>5 6:30 pm Tenant Council Bingo (MPR) Daylight Savings Time Ends Turn clocks back 1 hour (Fall Back) begins after midnight</p>
<p>6 11:00 am Exercise class (CHAI, LL)</p>	<p>7 10:00 am CP Bus Grocery Trip to Schnucks (Leaves from Cov II, by office) 11:15 am Tai Chi (CHAI, LL) 6:30 pm Bingo (MPR)</p>	<p>8 11:00 am Class in Motion (CHAI, LL) 12:30 pm-2:00 pm Covenant Place Bus to Willowbrook School to vote ** 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic (MPR)</p>	<p>9 9:00 -10:00 am Mobile Library FINAL RSVP’S TO THE THANKSGIVING DINNER AT TEMPLE ISRAEL DUE TO OFFICE**DINNER IS NOV 23 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale (MPR)</p>	<p>10 Pest Control 10:00 am Tai Chi (CHAI, LL) 2:30 pm JFCS Food Boxes (CHAI, LL)</p>	<p>11 11:00 am Chair Yoga (MPR) 1:00 pm Cabaret; Brian Clarke (MPR) 5:00 pm Shabbat Dinner**and Services</p>	<p>12 6:30 pm Tenant Council Bingo (MPR)</p>
<p>13 11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café** MOSHE serves lunch (MPR)** RSVP</p>	<p>14 10:00 am Legal Advisor** 10:00 am Panera Breakfast Buffet (MPR) 10:00 am CP Bus Grocery Trip to Schnucks—Leaves from Cov II, by office ** 11:15 am Tai Chi (CHAI, LL)</p>	<p>15 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:00 pm Current Events with Phil Keller and Dan Weinberg (Friendship Rm)** 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic</p>	<p>16 11:00 Fun & Fitness (MPR) 12:00 pm CENTER FOR HEARING & SPEECH – **Discussion on Hearing Aids and cleaning (MPR) 1:00 pm Cov Chorale (MPR) 6:00 pm Chorale Concert after dinner (MPR)</p>	<p>17 11:00 am Tai Chi (CHAI, LL) 3:00 pm Jewish Study Group with Cyndee Levy; all are welcome to attend (Friendship Room)</p>	<p>18 11:00 am Chair Yoga (MPR) 1:00 pm Movie; “Eddie The Eagle” (MPR) 5:00 pm Shabbat Dinner**and Services</p>	<p>19 6:30 pm Tenant Council Bingo (MPR)</p>
<p>20 11:00 am Exercise class (CHAI, LL)</p>	<p>21 11:15 am Tai Chi (CHAI, LL) 10:00 am CP Bus Grocery Trip to Schnucks ** 2:30 pm Panera Bread /Sara Lee Product Distribution (MPR) 3:30 pm Vitas Healthcare Happy Hour; afternoon BINGO (MPR) **RSVP to office</p>	<p>22 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 2:30 pm Adult Coloring Time** 3:00 pm Mexican Train Dominos (MPR)**</p>	<p>23 Pest Control 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale (MPR) 6:00-8:00 pm Temple Israel invites our residents to Thanksgiving Dinner-Bus leaves at 5:00 pm**</p>	<p>24 OFFICE CLOSED</p> 	<p>25 OFFICE CLOSED</p>	<p>26 6:30 pm Tenant Council Bingo (MPR)</p>
<p>27 11:00 am Exercise class (CHAI, LL)</p>	<p>28 10:00 am CP Bus Grocery ** 11:15 am Tai Chi (CHAI, LL) 1:00 pm Current Events (MPR)** 2:30 pm Panera Bread /Sara Lee (MPR)</p>	<p>29 11:00 am Class in Motion (CHAI, LL) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 Blood Pressure Clinic (MPR)</p>	<p>30 9:00 am -10:00 am Mobile Library-(MPR) 11:00 am Tai Chi (CHAI, LL) 1:00 pm Covenant Chorale</p>		<p><u>IMPORTANT NUMBERS</u> RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149</p>	<p>EVENTS WITH A **REQUIRE A RESERVATION, APPOINTMENT, OR TICKET IN ADVANCE OF EVENT. FOR MORE INFORMATION ON COVENANT PLACE ACTIVITIES CALL (314) 432-1610, extension 1321.</p>