

ONGOING PROGRAMS

Find us on Facebook! [facebook.com/CovenantPlaceSTL](https://www.facebook.com/CovenantPlaceSTL)
 Follow us on Twitter! twitter.com/SeniorLivingSTL

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

HIGHLIGHTS!

ART MUSEUM
 TILLES PARK TO SEE THE LIGHTS
 ST. LOUIS SYMPHONY CONCERT

COVENANT CHORALE CONCERT
 CURRENT EVENTS
 MEDITATION & ART



DECEMBER 6TH AT 7:00 PM IN THE COVENANT II MPR: SPECIAL CONCERT BY THE BROTHERS LAZAROFF! LATKES & MUSIC!!**



DECEMBER MOVIES

1:00 PM

Helene Mirowitz Theatre
 Covenant II, lower level.

Friday, December 2—"Loving Leah"

A handsome Washington, D.C. doctor and a young New York woman fall in love at an unusual time...after they get married. This Hallmark Hall of Fame movie is written by Dorothy Goldstein's daughter, P'Nenah Goldstein. Special Feature of the Month. Rated PG-13. 98 Minutes.

Thursday, Dec. 15—"Café Society"

This 2016 romantic comedy-drama film is written and directed by Woody Allen. The plot follows a young man who moves to 1930's Los Angeles to work for his uncle, who is a talent agent, where he falls in love with his uncle's assistant. Rated PG-13. 1 hour, 36 minutes.

Thursday, Dec. 22 "Holiday Inn"

This is a 1942 American musical film starring Bing Crosby and Fred Astaire. A Classic!

**** SPECIAL WINTER HOLIDAY CABARET****
FRIDAY, DECEMBER 9TH



1:00 pm

Covenant II, Bohm Social Hall
 Please call the office by **Wednesday, December 7th****

Beverly Condray will be our Entertainer with Festive Tunes on the Piano and a sing-along.



COVENANT CAFE

Sponsored by Temple Israel's High School Students
 Piano entertainment by Michael Packman

Celebrate December Birthdays!!
SUNDAY



DECEMBER 11TH

12:30 PM


**Bohm Social Hall
 COVENANT II, LOWER LEVEL.
 RSVP by December 6th**

HAPPY BIRTHDAY TO ALL OF OUR DECEMBER BABIES!

Muzhetskia, Lidiia
 Brice, Paula
 Chitidze, Laura
 Dai, Zhengxiang
 Egorugwu, Emmanuel
 Estina, Anna
 Finklang, David
 Gorin, Elizabeth

Getsko, Ievgeniia
 Ho, Mei
 Jin, Fengming
 Yershova, Nina
 Kurinets, Itka
 Li, Zhi
 Litvin, Khanon
 Milman, Ilya

Niemann, Suzanne
 Peters, Joyce
 Pobrizgayeva, Nina
 Ronko Sher, Maria
 Shen, Xiurong
 Spencer, Saline
 Wang, Ke
 Weinberg, Dan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION KEY: -Goldstein Community Center is located CHAI lower level. -MPR (Multipurpose Room) is on the Lower Level of Covenant II.	Many thanks to our Program Funder 	<u>IMPORTANT NUMBERS</u> RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903	Events with a **require a reservation, appointment, or ticket in advance of event. For more information on Covenant Place Activities Call 314-432-1610, ext. 1321	1 11:00 am Tai Chi (CHAI, LL)	2 11:00 am Chair Yoga (MPR) 1:00 pm Movie; “Loving Leah” (MPR) 5:00 pm Shabbat Dinner** Services	3 6:30 pm Tenant Council Bingo (MPR)
4 11:00 am Exercise class (CHAI, LL)	5 11:15 am Tai Chi (CHAI, LL) 10:00 am CP Bus to Chesterfield Commons—Target and Walmart** 1:30 pm Trivia Game with Joey, prizes, refreshments (MPR)** 2:30 pm Bread Distribution	6 11:00 am Class in Motion (CHAI) 11:30 am Hodacks Fried Chicken and scenic drive after lunch** 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:30 pm Bread Distribution (MPR) 7:00 pm Brothers Lazaroff Concert** (MPR) Latkes served!	7 10:00 am ALDI’s ** 11:00 am Fun & Fitness (MPR) 1:00 pm - Covenant Chorale (MPR) 2:30 pm Current Events (MPR)** 6:00 pm Tilles Park (see the lights) **	8 Pest Control 11:00 am Tai Chi (CHAI, LL) 2:30 pm JFCS Food Boxes (CHAI, LL)	9 11:00 am Chair Yoga (MPR) 1:00 pm Cabaret; Winter Holiday Party ** (MPR) - Bev Condray entertains! 5:00 pm Shabbat Dinner** Services	10 6:30 pm Tenant Council Bingo (MPR)
11 11:00 am Exercise class (CHAI, LL) 12:30 pm Covenant Café** Temple Israel High School Students serving lunch and piano tunes by Mike Packman	12 9:30 am CP Bus Grocery Trip to Schnucks—Leaves from Cov II, by office ** 10:00 am Legal Advisor** 11:15 am Tai Chi (CHAI, LL) 11:20 am CP Bus goes to STL Symphony Cares Concert** 2:30 pm Bread Distribution	13 10:15-11:15 am JCC Children come to Covenant Place (celebration with song and crafts)-MPR** please sign up 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	14 9:00-10:00 am Mobile Library (MPR) 11:00 Fun & Fitness (MPR) 3:00 pm Cov Chorale (MPR) 6:00 pm Chorale Concert after dinner (MPR)	15 11:00 am Tai Chi (CHAI, LL) 1:00 pm Movie; “Café Society” (MPR) 3:00 pm Jewish Study Group with Cyndee Levy; all are welcome to attend (Friendship Room) **	16 11:00 am Chair Yoga (MPR) Noon-2:00 pm Office Closed No movie today 5:00 pm Shabbat Dinner** and Services	17 6:30 pm Tenant Council Bingo (MPR)
18 11:00 am Exercise class (CHAI, LL)	19 10:00 am CP Bus Grocery Trip to Schnucks** 11:15 Tai Chi (CHAI, LL) Noon—CP Bus goes to Lunch at Shu Feng Restaurant in U. City** 2:30 pm Bread Distribution	20 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 Meditation and Art (Friendship Room) **	21 9:00 am Podiatrist ** 10:00 am CP Bus goes to National Council for Jewish Woman Store to shop** 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale	22 Pest Control 11:00 am Tai Chi (CHAI, LL) 1:00 pm Movie; “Holiday Inn (MPR) 3:15 pm Torah Preparatory School choir sings Chanukah songs (MPR)**	23 11:00 am Chair Yoga (MPR) 5:00 pm Shabbat Dinner** and Services OFFICE CLOSSES AT 12:30 PM	24 6:30 pm Tenant Council Bingo (MPR)
25 CHRISTMAS DAY	26 OFFICE CLOSED	27 11:00 am Class in Motion 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Current Events (MPR) 2:00 pm Blood Pressure Clinic (MPR) 2:30 pm Bread Distribution (MPR)	28 9:00 am Mobile Library (MPR) 10:00 am History Museum** 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale**	29 11:00 am Tai Chi (CHAI, LL)	30 11:00 am Chair Yoga-MPR 5:00 pm Shabbat Dinner**and services	31 