

ONGOING PROGRAMS

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 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

SPECIAL EVENTS!

- ◆ Israeli World Renowned Speaker On the "Positives of Growing Older"
- ◆ Current Events
- ◆ Blues Museum
- ◆ Fashion Show
- ◆ NCJW Fashion Show
- ◆ Pere Marquette Eagle Watching and Lunch
- ◆ Concert of Women Composers at Washington University Dept. of Music

JANUARY MOVIES 1:00 pm



Covenant II, lower level.
 Helene Mirowitz Theatre



Thursday, January 5—"The Sea of Trees"
 An American professor travels to Japan in the midst of a personal crisis. As he wanders through a mysterious forest with a dark past, he thinks about the relationship with his loving wife. He meets a stranger, a man who is lost and injured. The two embark on a spiritual, life-changing journey of friendship, discovery and healing...which reconnects him with love for his wife. Drama; Rated PG-13.

Friday, January 6—"Free State of Jones"
 A disillusioned Confederate army deserter returns to Mississippi and leads a militia of fellow deserters, runaway slaves, and women in an uprising against the corrupt local Confederate government. Biography, drama, action; rated R.

Friday, January 13—"Florence Foster Jenkins"
 Starring Meryl Streep and Hugh Grant. This film tells the inspirational true story of a New York heiress, Florence, who obsessively pursued her dream of becoming a great singer. Comedy, Drama; rated PG-13.

Thursday, January 19—"Diary of a Chambermaid"
 Based on the 1900 novel by Octave Mirbeau, tells the story of an alluring chambermaid who enters the service of an eccentric family in rural France. Drama. Not rated.

Friday, January 27—"Sully"
 On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. Drama; rated PG-13.




COVENANT CABARET
Special Performance
 Friday, January 20
 1:00 pm Bohm Social Hall
 Rsvp 314-432-1610.



COVENANT CAFE
 Sponsored by Monsanto
Pazazz Dancers
Celebrate January Birthdays!!
SUNDAY JANUARY 8TH
12:30 pm
Bohm Social Hall
Covenant II, Lower Level
RSVP to office
314-432-1610 by Thursday, January 5.

HAPPY BIRTHDAY TO ALL OF OUR JANUARY BABIES!

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|--------------------|-------------------|--------------------|--------------------|-------------------|-------------------|
| Bernath, Kay | Gevorgyan, Karine | Khused, Arkadiy | Li, Guo-Fan | Scher, Daniel | Woods, Elizabeth |
| Borodyanskiy, Roma | Gronorskiy, Mark | Khused, Alla | Mugerfeld, Marya | Sun, Zhengmin | Yuan, Hongling |
| Chen, Huizhen | Gui, Xingfa | Kim, In | Pak, Man | Voskoboynikov, Ed | Zucol, Geri |
| Ding, Ruichang | Han, Youlu | Kofman, Miron | Parkhomenko, Gal | Wang, Ke | |
| Disova, Genya | Hu, Renan | Kongieser, Beverly | Poberezhna, Hanna | | |
| Epshtein, Tsilya | Kaplan, Veniamin | Kravets, Marat | Rabinowitz, Robert | | |
| | Keller, Phillip | Levinson, Goldie | Rimmell, Harriet | Viskont, Liudmila | Wanstall, Darlene |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 OFFICE CLOSED	3 11:00 am Class in Motion 1:00 pm Knit Wits (MPR) 1:30 pm Satin Hands Treat with a representative from Mary Kay** Free Demo (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic 2:30 pm Bread Distribution	4 10:00 am Grocery trip to Schnucks ** 10:45 am Mobile Library –(MPR) 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale 5:00 pm Russian Dinner and Entertainment	5 11:00 am Tai Chi (CHAI, LL) 1:00 pm Movie; “The Sea of Trees” (MPR) 3:00 pm Jewish Study Group with Cyndee Levy (Friendship Room)	6 10:00 am Chinese Tenant Meeting (MPR) 11:00 am Chair Yoga (MPR) 1:00 pm Movie; “Free State of Jones” (MPR) 5:00 pm Shabbat Dinner**	7 6:30 pm Tenant Council Bingo (MPR)
8  11:00 am Exercise class (CHAI, LL) 12:30 Covenant Café Monsanto (Food) and Pazazz (Entertainment)**	9 10:00 am Legal Advisor** 10:00 am World Renowned Speaker on Positives on Growing Older (MPR)** 1:00 pm CP Bus Grocery Trip to Schnucks Leaves from Cov II, by office** (Different time just for today) 2:30 pm Bread Distribution	10 11:00 am Class in Motion (CHAI) 1:00 pm Knit Wits (MPR) 1:30 pm Royal Bank (Library) 2:00 pm Blood Pressure Clinic 2:00 pm Current Events ** (MPR)	11 11:00 am Fun & Fitness (MPR) 10:00 am - Blues Museum ** \$10 admission, \$3 Bus 1:00 pm Covenant Chorale (MPR) 	12 Pest Control 11:00 am Tai Chi (CHAI, LL) 1:30 pm Trivia Game with Joey, prizes, refreshments (MPR)** 2:30 pm JFCS Food Boxes (CHAI, LL)	13 11:00 am Chair Yoga (MPR) 1:00 pm Movie; “Florence Foster Jenkins ” (MPR) 5:00 pm Shabbat Dinner**	14 6:30 pm Tenant Council Bingo (MPR)
15 11:00 am Exercise class (CHAI, LL) 8:00 pm Tenant Council New Year’s Party	16 MARTIN LUTHER KING JR. DAY 10:00 am CP Bus Grocery Trip to Schnucks—Leaves from Cov II, by office ** 11:15 am Tai Chi (CHAI, LL) 2:30 pm Bread Distribution	17 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	18 10:00 12:30 pm Aldi’s at Chesterfield Commons** Choice of stores; Walmart, Target, and Aldi’s 11:00 Fun & Fitness (MPR) 1:00 pm Cov Chorale (MPR)	19 11:00 am Tai Chi (CHAI, LL) 1:00 pm Movie; “Diary of a Chambermaid” (MPR) 3:00 pm Jewish Study Group (Friendship Room)**	20 11:00 am Chair Yoga (MPR) 1:00 pm Covenant Cabaret 5:00 pm Shabbat Dinner**	21 6:30 pm Tenant Council Bingo (MPR)
22 11:00 am Exercise class (CHAI, LL)	23 10:00 am CP Bus Grocery Trip to Schnucks** 11:15 Tai Chi (CHAI, LL) Noon—Gobble Stop for Barbeque lunch ** (Lunch on your own) 2:30 pm Bread Distribution	24 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	25 9:30am-12:30 pm Pere Marquette for Lunch and Eagle Watching ** (inside) 10:45-11:45 am Library (MPR) 11:00 am Fun & Fitness (MPR) 1:00 pm Covenant Chorale	26 Pest Control 11:00 am Tai Chi (CHAI, LL) 1:00 pm NCJW Fashion Show (MPR)** 5:00 pm Chinese New Year Dinner (J Kitchen)**	27 11:00 am Chair Yoga (MPR) 1:00 pm Movie; “Sully” (MPR) 5:00 pm Shabbat Dinner**	28 6:30 pm Tenant Council Bingo (MPR)
29 11:00 am Exercise class (CHAI, LL)	30 10:00 am CP Bus Grocery 11:15 Tai Chi (CHAI, LL) 1:45 pm Washington University STL Arts & Sciences and Dept of Music –Free Concert ** on Women Composers 2:30 Bread Distribution (MPR)	31 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)	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	LOCATION KEY: -Goldstein Community Center is located CHAI lower level. -MPR (Multipurpose Room) is on the Lower Level of Covenant II.	IMPORTANT NUMBERS RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903	Many thanks to our partners 