

ONGOING PROGRAM DESCRIPTIONS
LOCATION KEY

Goldstein Community Center (CHAI, Lower Level)

Bohm Social Hall (Covenant II, Lower Level)

Program	Description	Location
Chair Yoga	A morning of relaxing Chair Yoga! It might change your life! Class meets Fridays at 11:00am.	Bohm
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.	Goldstein
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!	Bohm
Exercise with Jill Abrams	Exercise Class taught by Dr. Jill Abrams every Sunday 11:00 am.	Goldstein
Fun & Fitness Exercise	Fitness Professional Charlie Foxman leads a weekly fun, active exercise class for all levels. 11:00 am every Wednesday.	Bohm
Knit Wits	Want to enhance your skills or help others to learn? Would you like to work on group projects while socializing with others? Group meets Tuesdays at 1:00pm for a fun, interactive knitting class.	Bohm
Legal Advice **	Need Legal Assistance? Meet with Nancy Schmidt, Attorney at Law. Call 432-1610 to schedule an appointment. No fee.	Covenant Place Office
Tai Chi	RPI physical therapists lead Tai Chi at 11:15 am on Mondays and 11:00 am on Thursdays.	Goldstein
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!!!	Bohm
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	Bohm
Mobile Library	The Mobile library will be on site twice a month, days vary. Check your calendar!	Bohm

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

 Follow us on Twitter! twitter.com/SeniorLivingSTL

**1:00 PM IN COVENANT II,
Helene Mirowitz Theatre**

March 3—“The Meddler” Comedy starring Susan Sarandon and Rose Byrne. Rated PG-13.

March 17— “The Accountant” Drama starring Ben Affleck and Anna Kendrick. Rated R.

March 24—“Masterminds” Comedy, Action, Crime starring Kate McKinnon, Mary Elizabeth Ellis, Owen Wilson and Zach Galifianakis. Rated PG-13.

March 31—“Jackie” Biography of Jacqueline Kennedy. Historical drama starring Natalie Portman, Peter Sarsgaard and John Hurt. Rated R.

“MEET ME AT THE FAIR!” THAT’S THE 1904 WORLD’S FAIR!!

MUSIC, SING ALONG WITH PERFORMER DEE BAN AS WE GO BACK IN TIME

12:30 PM—MARCH 20TH

BOHM SOCIAL HALL

ICE CREAM SOCIAL INCLUDED.


HAPPY BIRTHDAY TO ALL OF THE MARCH BIRTHDAYS!!!

Ruby Goldsmith
Lioudmila Likhina
Dolores (Dee) Wolf
Yifu Shen
Roza Ziberstein
Lillian Silverman
Young Kim
Mary Sparkman

Phillip Taber
Yakov Koyen
Evelyn Alano
Taisa Mostova
Asya Roshal
Ruth Connelly
Anatoliy Miretskiy
Raisa Miretskaya

Gerald Johnson
Fanya Skinder
Raisa Lazereva
Veniamin Kaplan
Irene Sivak
Lena Komm
Semyon Zaltsman
Zhong Liu

Pei Huang
Berta Tsukrov
Fucai Ju
Joseph Pelts
Arkadiy Broymtan
Anna Litvin
Mariya Nerush
Feliks Dameshek
Bella Limashova

**BUS TRIP
HISTORY MUSEUM
SILVER STAGES
SERIES**



MARCH 1—9:30 am

Ms. Missouri Senior Pageant Performance. Free admission.

ST. LOUIS ART MUSEUM

FRIDAY, MARCH 24 - 10:00 AM

Degas, Impressionism, and Paris Millinery Trade. Free Admission and exhibits.



**ALL PROGRAMS HELD IN COV II
BOHM SOCIAL HALL, LOWER LEVEL**

RSVP: 314-432-1610

March 8—3:00 pm Meditation Thru Art.

March 9—1:30 pm Trivia.

March 30—1:00 pm Games Day
(Mahjong, Rummy Cube, Dominoes and Board games).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION KEY: - Goldstein Community Center is located CHAI lower level. - Bohm Social Hall is located Covenant II, lower level. - ALL BUS TRIPS DEPART FROM OFFICE-COV II, LL.		Many thanks to our Program funder 	1 Ash Wednesday 9:30 am History Museum ** Silver Stages Series, Ms. Missouri Senior Pageant performance 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm	2 10:00 am CP Bus goes to Aldi's and Trader Joe's ** (Leaves from Cov II, near office) 11:00 am Tai Chi-Goldstein 3:00 pm Jewish Study Group-Cov I**	3 11:00 am Chair Yoga—Bohm 1:00 pm Movie; "The Meddler" -Bohm 1:45 pm Citizenship classes in Russian** Goldstein 5:00 pm Shabbat Dinner 6:00 pm Shabbat Services	4 6:30 pm Tenant Council Bingo—Bohm
5 11:00 am Exercise class (Goldstein, LL)	6 9:00 am-12:30 pm AARP Tax Day by appointment**-Bohm 10:00 am CP Bus Grocery Trip** (Leaves from Cov II by Office) 11:15 am Tai Chi—Goldstein 2:30 pm Panera/Sara Lee Products distribution—Bohm 7:00 pm Tenant Council—Bohm	7 10:00 am Field trip to NCJW to Shop 25% Discount ** (Leaves from Cov II, near office) 11:00 am Class in Motion-Goldstein 1:30 pm Royal Bank-Cov II, Library 2:00 pm To Your Health-Bohm	8 10:45 am-11:45 am St. Louis County Library-Bohm 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm 3:00 pm Meditation Thru Art Friendship Room**Cov II	9 PEST CONTROL 11:00 am Tai Chi—Goldstein, LL 1:30 pm Trivia Game-Bohm 2:30 pm JFCS Food Boxes-Goldstein	10 11:00 am Chair Yoga—Bohm 10:00 am ESL class ** Goldstein 1:00 pm Covenant Cabaret; "Joyful Notes" Singers **Bohm 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	11 6:30 pm Tenant Council Bingo—Bohm Purim begins at Sundown
12 DAYLIGHT SAVINGS 11:00 am Exercise class (Goldstein) 11:00 am Purim Megillah Reading with Larry Gornish ** (Bohm) Hamantaschen served.	13 10:00 am Legal Assistance** Office 10:00 pm CP Bus Grocery Trip** (Leaves from Cov II by Office) 11:15 am Tai Chi (Goldstein) 2:30 pm Panera-Sara Lee -Bohm 3:30 pm Russian Meeting –	14 11:00 am Class in Motion-Goldstein Noon—Pasta House ** Bus leaves from Cov II by office) (Lunch on your own) - 15% discount Tuesdays 1:30 pm Royal Bank-Cov II, Library 2:00 pm To Your Health—Bohm	15 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm	16 11:00 am Tai Chi (Goldstein) 1:00 pm Current Topics Discussion- (Bohm) 3:00 pm Jewish Study Group-Cov I**	17 St. Patrick's Day 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga—Bohm 1:00 pm Movie; "The Accountant" - Bohm 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	18 6:30 pm Tenant Council Bingo—Bohm
19 11:00 am Exercise class (Goldstein, LL) 12:30 pm Covenant Café "Men's Group Shaare Emeth"(MOSHE)**- Bohm	20 11:15 am Tai Chi-Goldstein 10:00 am CP Bus Grocery Trip** (Leaves from Cov II by Office) 12:30 pm "Meet Me At The Fair" Music and sights and sounds of the 1904 World's Fair Performance by Dee Ban Ice Cream Social after-Bohm** 2:30 pm Panera/Sara Lee-Bohm 4:00 pm Center for Hearing & Speech Educational Talk-Bohm**	21 11:00 am Class in Motion (Goldstein) 1:00 pm MERS Goodwill Senior Employment Opportunities-Bohm** 1:30 pm Royal Bank—Cov II, Library 2:00 pm To Your Health—Bohm	22 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm	23 PEST CONTROL 11:00 am Tai Chi (Goldstein) 3:00-6:00 pm Saint Louis University Rapid Geriatric Assessment** - Goldstein	24 10:00 am ESL class ** Goldstein 10:00 am Art Museum ** Degas, Impressionism and Paris Millinery Trade (Bus leaves from Cov II, office) 11:00 am Chair Yoga—Bohm 1:00 pm Movie; "Masterminds" - Bohm 5:00 pm Shabbat Dinner & Services	25 6:30 pm Tenant Council Bingo—Bohm
26 11:00 am Exercise class (Goldstein, LL)	27 10:00 am CP Bus Grocery Trip** (Leaves from Cov II office) 11:15 am Tai Chi-Goldstein 2:30 pm Panera/Sara Lee—Bohm	28 9:00 am—4:00 pm Dental Clinic—** by appt. Friendship Room-Cov II, LL 11:00 am Class in Motion-Goldstein 1:30 pm Royal Bank—Cov II, Library 2:00 pm To Your Health-Bohm	29 11:00 am Fun & Fitness-10:45 am-11:45 am - St. Louis County Library-Bohm 1:00pm Covenant Chorale 6:00 pm Covenant Chorale concert-Bohm	30 11:00 am Tai Chi (Goldstein) 1:00 pm Games Day; Bring your sets/cards for Mahjong, Dominoes and Rummy Cube-Bohm ** (Led by Linda Spitzer Gavatin)	31 10:00 am ESL class-Goldstein 10:00 am Chinese Meeting-Bohm 11:00 am Chair Yoga—Bohm 1:00 pm Movie; "Jackie" -Bohm 5:00 pm Shabbat Dinner & Services**	IMPORTANT NUMBERS RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903