

**ONGOING PROGRAM DESCRIPTIONS**
**LOCATION KEY**

Goldstein Community Center (CHAI, Lower Level)

Bohm Social Hall (Covenant II, Lower Level)

| Program                           | Description  | Location              |
|-----------------------------------|--|-----------------------|
| <b>Tai Chi</b>                    | Resident led exercise program. Hours 7:30-8:30 am Monday through Friday.   | Bohm                  |
| <b>Chair Yoga</b>                 | A morning of relaxing Chair Yoga! It might change your life! Class meets Fridays at 11:00am.   | Bohm                  |
| <b>Class in Motion</b>            | 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             |
| <b>Covenant Chorale</b>           | 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                  |
| <b>Exercise with Jill Abrams</b>  | Exercise Class taught by Dr. Jill Abrams every Sunday 11:00 am.  | Goldstein             |
| <b>Fun &amp; Fitness Exercise</b> | Fitness Professional Charlie Foxman leads a weekly fun, active exercise class for all levels. 11:00 am every Wednesday.  | Bohm                  |
| <b>Knit Wits</b>                  | 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. New class beginning April 25th. | Bohm                  |
| <b>Legal Advice **</b>            | Need Legal Assistance? Meet with Nancy Schmidt, Attorney at Law. Call 432-1610 to schedule an appointment. No fee.   | Covenant Place Office |
| <b>Tai Chi</b>                    | RPI physical therapists lead Tai Chi at 11:15 am on Mondays and 11:00 am on Thursdays.   | Goldstein             |
| <b>Tenant Council Bingo</b>       | 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                  |
| <b>To Your Health</b>             | 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                  |
| <b>Mobile Library</b>             | The Mobile library will be on site once or 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](https://twitter.com/SeniorLivingSTL)

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

**April 14—“Moonlight!”** A story of human self discovery and connection. Best picture Academy Award winner! Rated R. Drama.

**April 21—“Dave!”** Starring Kevin Kline and Sigourney Weaver. To avoid a potentially explosive scandal when the U.S. President goes into a coma, an affable temp agency owner with an uncanny resemblance is put in his place. Rated PG-13.

**April 28—“Lion!”** A five-year-old gets lost on a train which takes him thousands of miles across India, away from home and family. He learns to survive alone until he is adopted by an Australian couple. Twenty-five years later, he returns to his first home, to find his lost family. PG-13. Academy Award Nominee.

**BUS TRIP  
 HISTORY  
 MUSEUM**

**SILVER STAGES SERIES**
**APRIL 5—**
**Bus leaves by office at 9:45 am  
 Vocal Trio Performance**
**Comedy, Songs from 1940’s to  
 the present.**
**Free museum admission.**
**\$3 bus**
**RSVP to office 314-432-1610**
**by April 3rd.**
**OPERA ST. LOUIS discussion-**
**APRIL 4—Madam Butterfly**
**APRIL 18—Grapes of Wrath**
**1:00 PM Bohm Social Hall**
**RSVP! 314-432-1610.**
**St. Louis  
 SYMPHONY  
 Quartet performs**

**APRIL 26—3:00 PM—Bohm  
 PLEASE RSVP! 314-432-1610**
**Meet the Authors of  
 “GOODNIGHT ST . LOUIS”**
**A UNIQUE BOOK**

Showcasing

St. Louis attractions.

Special Presentation

**April 27-10:00 am Bohm**
**PLEASE RSVP! 314-432-1610**

Continental Breakfast.


**HAPPY BIRTHDAY TO ALL OF THE APRIL BABIES!**





 Dmitriy Berkovich  
 Nelli Chehoukova  
 Carol Chick  
 Ruichang Ding  
 Marilyn Franzel  
 Karine Gevorgyan

 Annie Goodman  
 Inna Guseva  
 Mirya Kim  
 Evelyn Klayman  
 Klare Lanie  
 Janite Lee

 Maeng Lee  
 Feliks Levin  
 Bella Livits  
 George Ludwig  
 Jack Neuman  
 Marina Pozdniakova

 Marsha Rogers  
 Maya Samoylovich  
 Leah Shade  
 David Shakhnovich  
 Linda Smith  
 Kewen Yang

 Toan Duc Ton  
 Zilai Xiao  
 Liyuan Wang

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|--|---|---|---|--|
| <b>LOCATION KEY:</b><br>- Goldstein Community Center is located CHAI lower level.<br>- Bohm Social Hall is located Covenant II, lower level.              |   | Many thanks to our<br>Program funder<br>   | <b>IMPORTANT NUMBERS</b><br>RPI: 991-1978<br>ST. LOUIS NORC: 442-3255<br>JCC MEAL PROG: 442-3149<br>BEAUTY SHOP: 997-5903   |    | <b>-ALL BUS TRIPS DEPART FROM OFFICE—</b><br><b>COVENANT II, LOWER LEVEL.</b>    | <b>1</b><br>6:30 pm Tenant Council Bingo—Bohm  |
| <b>2</b><br>11:00 am Exercise class Goldstein   | <b>3</b><br>10:00 am CP Bus Grocery Trip** (Leaves from Cov II office)<br>11:15 am Tai Chi—Goldstein<br><b>1:00 pm ArtAGE project-Part 1- create collage project! Bohm (sign up required)**</b><br>2:30 pm Panera/Sara Lee Products distribution—Bohm              | <b>4</b><br>11:00 am Class in Motion-Goldstein<br><b>1:00 pm Opera St. Louis—Madame Butterfly presentation ** Bohm</b><br>1:30 pm Royal Bank-Cov II, Library<br>2:00 pm To Your Health-Bohm                              | <b>5</b><br><b>9:45 am St. Louis History Museum Silver Stages—Vocal Trio; Comedy and songs from 1940's to now** Free Admission. (Bus leaves from Cov II by Office)</b><br>11:00 am Fun & Fitness-Bohm<br><b>1:00 pm Covenant Chorale Party—Bohm**</b> | <b>6</b><br>11:00 am Tai Chi—Goldstein, LL<br><b>1:30 pm Trivia Game-Bohm</b><br><b>3:00 pm Center for Jewish Learning Study Group—Covenant I **</b>  | <b>7</b><br>11:00 am Chair Yoga—Bohm<br><b>10:00 am ESL class ** Goldstein</b><br><b>1:00 pm Covenant Cabaret; "Pianist, Singer" * *Bohm</b><br><b>1:30 pm Citizenship class Goldstein **</b><br>5:00 pm Shabbat Dinner/Service** | <b>8</b><br>6:30 pm Tenant Council Bingo—Bohm  |
| <b>9 PALM SUNDAY</b><br>11:00 am Exercise class Goldstein<br><b>12:30 pm Covenant Café Rubin Israel Group Lunch** followed by Ballet Performance-Bohm</b> | <b>10 PASSOVER BEGINS</b><br>10:00 am Legal Assistance** Office<br>10:00 pm CP Bus Grocery Trip** (Bus leaves from Cov II office)<br>11:15 am Tai Chi (Goldstein)<br><b>2:30 pm Panera-Sara Lee – Cov II, Library (today only)</b><br><b>4:30 pm 1st Seder **—</b> | <b>11</b><br>11:00 am Class in Motion-Goldstein<br>1:30 pm Royal Bank-Cov II, Library<br>2:00 pm To Your Health—Bohm<br><b>4:30 pm 2nd Seder ** - Bohm With Rav Shulamit Center</b>                                      | <b>12</b><br><b>10:00 am Heritage Plaza-TJ Max, Dollar Tree, etc. (Leaves from Cov II office)</b><br>11:00am Fun & Fitness-Bohm<br><b>NO CHOIR TODAY</b><br><b>7:00 pm Dessert Seder—Goldstein **</b>   | <b>13 PEST CONTROL</b><br>11:00 am Tai Chi (Goldstein)<br>2:30 pm JFCS Food Boxes-Goldstein<br><b>3:00 pm Meditation Thru Art—Friendship Room</b>   | <b>14 GOOD FRIDAY</b><br><b>10:00 am ESL class ** Goldstein</b><br>11:00 am Chair Yoga—Bohm<br>1:00 pm Movie; <b>"Moonlight"</b> Bohm<br><b>1:30 pm Citizenship class (Goldstein) **</b><br>5:00 pm Shabbat Dinner/Service**      | <b>15</b><br><b>Shabbat St. Louis JCC Arts &amp; Education Building</b><br><b>9:00 am Torah Study</b><br><b>10:00 am Service and Passover Kiddush</b><br>6:30 pm Tenant Council Bingo—Bohm |
| <b>16 EASTER</b><br>11:00 am Exercise class Goldstein   | <b>17</b><br>11:15 am Tai Chi-Goldstein<br>10:00 am CP Bus Grocery Trip** (Leaves from Cov II office)<br><b>1:00 pm ArtAGE project-Part 2- create collage project! Bohm**Sign up required</b>  | <b>18</b><br>11:00 am Class in Motion-Goldstein<br><b>1:00 pm Opera St. Louis-Grapes of Wrath presentation-Bohm</b><br>1:30 pm Royal Bank—Cov II, Library<br>2:00 pm To Your Health—Bohm<br>2:30 pm Panera-Sara Lee—Bohm | <b>19</b><br>10:45 am-11:45 am - St. Louis County Library-Bohm<br>11:00 am Fun & Fitness-Bohm<br>1:00 pm Covenant Chorale-  | <b>20</b><br>11:00 am Tai Chi—Goldstein<br><b>1:00 pm Games Day; Bring your sets/cards for Mahjong** Bohm</b>   | <b>21</b><br><b>10:00 am ESL class ** Goldstein</b><br>11:00 am Chair Yoga—Bohm<br>1:00 pm Movie; <b>"DAVE"</b> - Bohm<br><b>1:30 pm Citizenship class Goldstein **</b><br>5:00pm Shabbat Dinner/Services                         | <b>22 EARTH DAY</b><br>6:30 pm Tenant Council Bingo—Bohm   |
| <b>23</b> 11:00 am Exercise<br><b>Yom Hashoah at B'nai Amoona ** Transportation provided by St. Louis Holocaust Museum**</b>                              | <b>24 HOLOCAUST REMEMBERENCE DAY</b><br>10:00 am CP Bus Grocery Trip** (Bus Leaves from Cov II office)<br>11:15 am Tai Chi-Goldstein<br><b>1:00 pm Story Reader (New program) **</b><br>2:30 pm Panera/Sara Lee—Bohm   | <b>25</b><br>11:00 am Class in Motion-Goldstein<br><b>1:15 pm Knitting with a Purpose** Bohm (NEW INSTRUCTOR)</b><br>1:30 pm Royal Bank—Cov II, Library<br>2:00 pm To Your Health-Bohm                                   | <b>26</b><br>9:30 am Chinese Meeting-Bohm<br>11:00 am Fun & Fitness-Bohm<br>1:00 pm Covenant Chorale-Bohm<br><b>3:00 pm St. Louis Symphony, Quartet—Bohm**</b>  | <b>27 PEST CONTROL</b><br><b>10:00 am Meet the Authors of "Goodnight St. Louis" -Bohm** Continental Breakfast included.</b><br>11:00 am Tai Chi (Goldstein)<br><b>7:00 pm Temple Israel choir Performance-choral and solo music Bus leaves by office at 6:15 pm**</b> | <b>28</b> 10:00 am ESL class-Goldstein<br>11:00 am Chair Yoga—Bohm<br>1:00 pm Movie; <b>"LION"</b> -Bohm<br><b>1:30 pm Citizenship class (Goldstein) **</b><br>5:00pm Shabbat Dinner/Services                                     | <b>29</b><br>6:30 pm Tenant Council Bingo—Bohm   |
| <b>30</b> 11:00 am Exercise Goldstein   |  |  |   |   |   |  |