ONGOING PROGRAM DESCRIPTIONS

LOCATION KEY

Goldstein Community Center (CHAI, Lower Level)

Bohm Social Hall (Covenant II, Lower Level)

Program	Description	Location
Tai Chi	Resident led exercise program. Hours 7:30-8:30 am Monday through Friday.	Bohm
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. New class beginning April 25th.	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 once or twice a month, days vary. Check your calendar!	Bohm

Find us on Facebook! facebook.com/CovenantPlaceSTL Follow us on Twitter! twitter.com/SeniorLivingSTL



APRIL 2017



1:00 PM IN COVENANT II, Helene Mirowitz Theatre

<u>April 14</u>—"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.

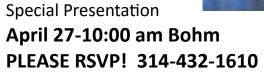
OPERA ST. LOUIS discussion-APRIL 4—Madam Butterfly APRIL 18—Grapes of Wrath 1:00 PM Bohm Social Hall RSVP! 314-432-1610.

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.



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

