

**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 program, daily 7:30-8:30 am.	Bohm
<b>Chair Yoga</b>	Chair Yoga! Class meets Fridays at 11:00 am.	Bohm
<b>Class in Motion</b>	RPI leads a 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>Knitting with a Purpose</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 1:15pm for a fun, interactive knitting class.	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 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  
 A MONTH OF ACADEMY  
 AWARD NOMINATED FILMS!**
**May 12—“Jackie”**

A psychological portrait of First Lady, Jacqueline Kennedy, as she struggles to maintain her husband’s legacy after he was fatally shot. Rated R.

**May 19— “La La Land”**

The story of an aspiring actress and a dedicated jazz musician, struggling to make ends meet while pursuing their dreams in a city known for destroying hopes and breaking hearts. A musical about everyday life. Rated PG-13.

**May 26—“Hidden Figures”** The untold story of three brilliant African-American women working at NASA, who served as the brains behind the launch of astronaut John Glenn into orbit. Rated PG.




**CALLING ALL ARTISTS  
 AND  
 CREATIVE PEOPLE**
**\*ARTS & CRAFTS, every Monday  
 Beginning May 8th; 1:00 pm  
 Instructor Robi Damyan—Bohm**
**\*KNITTING WITH A PURPOSE every  
 Tuesday led by Jerri Livingston.  
 1:15 pm-Bohm Social Hall RSVP!**
**HAPPY BIRTHDAY TO ALL OF THE MAY BIRTHDAYS!!!**

June Aydt	Maya Goldshteyn	Vera Moskoff	Jared Skatoff	Rose Weinstein
Michael Baber	Shirley Goldstein	Khana Olshanskaya	Lev Soyfer	Jeffrey Werber
Eliza Barnett	Josephine Grove	Frida Pelts	Leslie Stoloff	Kunyuan Xu
Nancy Beecher	Khaya Gorelik	Aleksandra Povoroz-	Vanda Strelkova	Shiqin Kan
Ian Broner	Ruvim Kantorovich	nuk	Wincenty Symko	Zhiwei Zhao
Frederick Carleton	Rose Kessler	Margie Ransom	Barbara Tilton	Zhesheng Zhao
Elaine Cohn	Rita Khalfina	John Reigstad	Mikhail Tsypis	Louis Zucol
Ann Corkery	Noh Mi Kim	Joseph Schmidt	Richard Upton	
Renate Corson	Alexander Langbord	Chien Kuo Sheng	Raisa Voskoboyniko-	
Judy David	Yulan Li	Vyacheslav S.	va	

**Covenant Place  
 Bus in on the  
 Road!**

**SEE INSIDE FOR DETAILS!!!**
**\*ALL PROGRAMS HELD IN COV II,  
 BOHM SOCIAL HALL  
 LOWER LEVEL**
**RSVP 314-432-1610\***
**May 4– 1:00 pm Games Day, bring  
 Mahjong card**
**May 5– 1:00 Covenant Cabaret**
**May 10– 2:00 pm Mother’s Day Tea**
**May 11– 1:30 pm Trivia with Joey**
**May 18– 10:00 am Current Topics**

**\*DON'T MISS THIS  
 COVENANT CABARET!  
 THEY'RE BACK!!**
**THE BIG MUDDY DANCE COMPANY**
**MAY 5, AT 1:00 PM IN THE BOHM SOCIAL HALL,  
 COVENANT II RSVP IN OFFICE!\***
**ENJOY THESE TALENTED, YOUNG, PROFESSIONALS  
 WHO DANCE TO TUNES YOU KNOW AND ENJOY!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LOCATION KEY:</b> - 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.	<b>1</b> 10:00 am CP Bus Grocery (Leaves from Cov II Office) 11:15 am Tai Chi –Goldstein 1:00 pm Arts & Crafts-Bohm** 2:30 pm Panera/Sara Lee Products distribution—Bohm 3:00 pm Washington University Spring Singers’ Performance** (Bus leaves from Cov II office) 6:00 pm Tenant Council Meeting - Bohm	<b>2</b> 10:00 am Butterfly House Faust Park (Free Admission) ** Bus Leaves from Cov II Office 11:00 am Class in Motion-Goldstein 11:00am Babies & Music- Cov II, Library (New class)** 1:15 pm Knitting with a Purpose** 1:30 pm Royal Bank-Cov II, Library 2:00 pm To Your Health-Bohm	<b>3</b> 9:30 am History Museum * **Silver Stages Series; Tap Dancing Show “Norma’s Syncopated Seniors”** Bus leaves from Cov II Office 11:00 am Fun & Fitness-Bohm 11.00 am Babies & Music- Cov II, Library** NEW CLASS 1:00 pm Covenant Chorale-Bohm	<b>4</b> 11:00 am Tai Chi-Goldstein 1:00 pm Games Day ** Bring Mahjong Card-Bohm 3:00 pm Center for Jewish Learning Study Group—Covenant I**	<b>5</b> 10:00 am ESL class** Golds. 10:00 am CP Bus goes to Aldi’s and Trader Joe’s ** (Leaves from Cov II, near office) 11:00 am Chair Yoga—Bohm 1:00 pm Covenant Cabaret; “The Big Muddy Dance Co.”-Bohm** 1:30 pm Citizenship classes for Russian speakers** Goldstein 5:00 pm Shabbat Dinner & Services	<b>6</b> 6:30 pm Tenant Council Bingo –Bohm
<b>7</b> 11:00 am Exercise class (Goldstein, LL)	<b>8</b> 10:00 am Legal Assistance ** Office 10:00 am CP Bus Grocery Trip** (Leaves from Cov II Office) 11:15 am Tai Chi –Goldstein 1:00 pm Arts & Crafts-Bohm** 2:30 pm Panera/Sara Lee Products distribution—Bohm	<b>9</b> 11:15 am—Pasta House ** Bus leaves from Cov II office) (Lunch on your own) -15% Discount 11:00 am Class in Motion-Goldstein 11:00am Babies & Music**Cov II, Libr. 1:15 pm Knitting with a Purpose** Bohm 1:30 pm Royal Bank-Cov II, Library 2:00 pm To Your Health-Bohm	<b>10</b> 10:45 am-11:45 am St. Louis County Library-Bohm 11:00 am Fun & Fitness-Bohm 11.00 am Babies & Music Cov II, Library ** 1:00 pm Covenant Chorale-Bohm 2:00 pm Mother’s Day Tea and Treats** Bohm	<b>11</b> PEST CONTROL 11:00 am Tai Chi – Goldstein 1:30 pm Trivia Game-Bohm** 2:30 pm JFCS Food Boxes-Goldstein	<b>12</b> 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga –Bohm 1:00 pm Movie; “Jackie”- Bohm 1:30 pm Citizenship classes for Russian speakers** Goldstein 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>13</b> 6:30 pm Tenant Council Bingo –Bohm
<b>14</b> 11:00 am Exercise class (Goldstein, LL) 	<b>15</b> 10:00 am CP Bus Grocery Trip** (Leaves from Cov II Office) 11:15 am Tai Chi –Goldstein 1:00 pm Arts & Crafts-Bohm** 2:30 pm Panera-Sara Lee -Bohm	<b>16</b> 11:00 am Class in Motion-Goldstein 11:00 am Babies & Music** Cov II, Library 1:15 pm Knitting with a Purpose** Bohm 1:30 pm Royal Bank-Cov II, Library 2:00 pm To Your Health –Bohm	<b>17</b> 11:00 am Fun & Fitness-Bohm 11.00 am Babies & Music** Covenant II, Library 1:00 pm Covenant Chorale-Bohm	<b>18</b> 10:00 am Current Topics Discussion Bohm** Refreshments served. 11:00 am Tai Chi – Goldstein 1:00 pm Chesterfield Commons ** (Target & Walmart) Bus leaves from Covenant II office	<b>19</b> 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga—Bohm 1:00 pm Movie; “La La Land” - Bohm 1:30 pm Citizenship classes for Russian speakers** Goldstein 5:00 pm Shabbat Dinner**Service	<b>20</b> 6:30 pm <b>TENANT COUNCIL BIG BINGO</b>
<b>21</b> 11:00 am Exercise class (Goldstein, LL) 12:30 pm Covenant Café ** “Nusach Hari” Sisterhood lunch; (Betti Blumoff performs)-Bohm**	<b>22</b> 10:00 am CP Bus Grocery Trip** (Leaves from Cov II Office) 11:15 am Tai Chi-Goldstein 1:00 pm Arts & Crafts-Library** 2:30 pm Panera/Sara Lee-Bohm	<b>23</b> 10:00 am Field trip to NCJW to Shop 25% Discount ** 11:00 am Class in Motion-Goldstein 1:15 pm Knitting with a Purpose** Bohm 1:30 pm Royal Bank –Cov II, Library 2:00 pm To Your Health—Bohm	<b>24</b> 10:00 am Chinese Tenant Meeting-Bohm 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm	<b>25</b> PEST CONTROL 11:00 am Tai Chi – Goldstein 10:45 am—Lunch at Crown Candy Kitchen and downtown bus tour** Bus leaves from Cov II office; returns to CP at 2:30 pm	<b>26</b> 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga –Bohm Goldfarb Nurses participate in Yoga with residents and provide snack after class. 1:00 pm Movie; “Hidden Figures” - Bohm 1:30 pm Citizenship class for Russian speakers** Goldstein	<b>27</b> 6:30 pm Tenant Council Bingo –Bohm
<b>28</b> 11:00 am Exercise class (Goldstein, LL)	<b>29</b>  <b>OFFICE CLOSED</b>	<b>30</b> 10:00 am CP Bus Grocery Trip** 11:00 am Class in Motion-Goldstein 1:15 pm Knitting with a Purpose-Bohm 1:30 pm Royal Bank– Cov II, Library 2:00 pm To Your Health-Bohm 2:30 pm Panera/Sara Lee-Bohm	<b>31</b> 11:00 am Fun & Fitness-10:45 am-11:45 am - St. Louis County Library-Bohm 1:00pm Covenant Chorale-Bohm	<b>TENANT COUNCIL BINGO 6:30 MONDAYS, TUESDAYS, AND SATURDAY—BOHM</b>	Many thanks to our Program funder 	<b>IMPORTANT NUMBERS</b> RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903