

ent led program, daily 7:30-8:30 am.	Bohm
Yoga! Class meets Fridays at 11:00 am.	Bohm
eads a class designed especially for seniors to build urance & balance while having fun! Tuesdays at 0 am. Info: 314-991-1978.	Goldstein
ssional musician, Robert Denison, conducts. Practices eekly on Wednesdays at 1:00 pm. Performance rtunities. Instruction and help with parts is provided. dults are welcome!	Bohm
se Class taught by Dr. Jill Abrams every Sunday 0 am.	Goldstein
ss Professional Charlie Foxman leads a weekly fun, e exercise class for all levels. 11:00 am on Wednesdays.	Bohm
t to enhance your skills or help others to learn? Would like to work on group projects while socializing with rs? Group meets Tuesdays at 1:15pm for a fun, active knitting class.	Bohm
Legal Assistance? Meet with Nancy Schmidt, ney at Law. Call 432-1610 to schedule an intment. No fee.	Covenant Place Office
hysical therapists lead Tai Chi at 11:15 am on Mondays 1:00 am on Thursdays.	Goldstein
es are Monday, Tuesday, and Saturday, 6:30 pm – 8:00 This is a great social event for residents and helps raise ey to sponsor Tenant Council events. They are always ng for callers!!!	Bohm
pportunity to meet with an AW Health Care Nurse to ss medical concerns, check blood pressure or just ask tions. Sessions meet weekly on Tuesdays at 10:00 am	Bohm
Mobile library will be here every 3 weeks, Wednesdays, 5—11:45 am, dates vary. Check your calendar!	Bohm



Helene Mirowitz Theatre

July 14– Movie: “Loving”

The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960’s Virginia began a legal battle that would end with the Supreme Court’s Historic 1967 decision. Rated PG-13. Romance, biography.

July 21—Movie: “The Last Word”

Shirley MacLaine and Amanda Seyfried in a story about Harriet, a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship. Rated R. Comedy.

July 28—Movie: “Beauty & The Beast”

In this new, live-action feature, Belle, a bright, beautiful and independent young woman, is taken prisoner by a beast in his castle. Despite her fears, she befriends the castle’s enchanted staff and learns to look beyond the Beast’s hideous exterior and realize the kind heart and soul of the true Prince within. Rated PG. Family, Romance, Musical.

on the
SEE IN
PRO
BOHM
July 6 -
& Lunc
July 13
with Jo
July 18
of Spor
July 19
Present

FRIDAY, JULY 7TH

THE MUNY KIDS

RETURN TO DAZZLE US

WITH THEIR TALENT !!






****DON'T MISS THIS COVENANT CABARET! RS**

HAPPY BIRTHDAY TO ALL OF THE JULY BIRTH

Marcia Aaron
Judy Baum
Ana Bodean
Karen Cooke

Chubao Huang
Yuliya Leshchinskaya
Amador Mata
Esfir Muchnik

Vicki Sherman
Rita Silverman
Alexandr Skinder
Norma Snider

<p>COUNCIL BINGO MONDAY, Y, AND AY—BOHM</p>	<p>IMPORTANT NUMBERS</p> <p>RPI: 991-1978 ST. LOUIS NORC: 442-3255 KITCHEN J MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903</p>	<p>Many thanks to our Program funder</p> 		
<p>n CP Bus Grocery (Schnucks) n Tai Chi –Goldstein Panera/Sara Lee s distribution—Bohm Tenant Council –Bohm</p>	<p>4 OFFICE CLOSED!</p>  <p>Happy 4th of July!</p>	<p>5 10:00 am Trip to Heritage Plaza (Dollar Store, Marshalls, etc.) (Bus leaves from office)** 10:00 am 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm</p>	<p>6 10 am—Safelink- Cov II, Library 11:00 am Tai Chi – Goldstein 12:00 – 1:30 Health for Life Class & Lunch—Bohm** 2:30 pm JFCS Food Boxes-Goldstein 3:00 pm Center for Jewish Learning Study Group-Friendship Room**</p>	<p>7 10:00 am ESL class -Goldstein 11:00 am Chair Yoga –Bohm 1:00 pm Covenant Caba Bohm—MUNY KIDS!! 1:30 pm Citizenship classes Russian speakers—Goldstein 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services</p>
<p>n CP Bus Grocery (Aldi) Legal Assistance ** NO CLASS TODAY Panera-Sara Lee -</p>	<p>11 10:00 am To Your Health –Bohm NEW TIME 11:00 am Class in Motion- Goldstein 1:15 pm Knitting with a Purpose** Bohm 1:30 pm Royal Bank-Cov II, Library</p>	<p>12 10:45 am-11:45 am, St. Louis County Library-Bohm 11:00 am Fun & Fitness with Goldfarb Nursing students and snacks after class—Bohm 1:00 pm Covenant Chorale-Bohm</p>	<p>13 PEST CONTROL Tai Chi – NO CLASS TODAY 12:00 – 1:30 Health for Life Class & Lunch—Bohm** 1:30 pm Trivia Game-Bohm**</p>	<p>14 10:00 am ESL class - Goldstein 11:00 am Chair Yoga—Bohm 1:00 pm Movie: “Loving”- E 1:30 pm Citizenship classes Russian speakers - Goldstein 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services</p>
<p>n CP Bus Grocery (Schnucks) NO CLASS TODAY Panera/Sara Lee-</p>	<p>18 10:00 am To Your Health – Bohm—NEW TIME 11:00 am Class in Motion-Goldstein 1:15 pm Knitting with a Purpose** Bohm 12:00 pm Wonderful World of Sports & Lunch** - Bohm 1:30 pm Royal Bank –Cov II, Library</p>	<p>19 11:00 am Fun & Fitness-Bohm 12:00 pm -Goldfarb Nurses presentation and lunch** Bohm (MUST RSVP!!) 1:00 pm Covenant Chorale-Bohm</p>	<p>20 11:00 am Tai Chi – Goldstein 12:00 – 1:30 Health for Life Class & Lunch—Bohm**</p>	<p>21 10:00 am ESL class-GO 11:00 am Chair Yoga –Bohm 1:00 pm Movie: “The Last V -Bohm 1:30 pm Citizenship class fo Russian speakers—Goldstein 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services</p>
<p>1 n CP Bus Grocery Dierbergs on 24th/ s on 31st)</p>	<p>25 10:00 am To Your Health – Bohm—NEW TIME 11:00 am Class in Motion-Goldstein 1:15 pm Knitting with a Purpose**</p>	<p>26 NURSE VOLUNTEER DAY 11:00 am Fun & Fitness-Bohm</p>	<p>27 PEST CONTROL 11:00 am Tai Chi – Goldstein</p>	<p>28 10:00 am ESL class— Go 11:00 am Chair Yoga –Bohm 1:00 pm Movie: “Beauty & Beast”-Bohm</p>