

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 program, daily 7:30-8:30 am.	Bohm
Chair Yoga	Chair Yoga! Class meets Fridays at 11:00 am.	Bohm
Class in Motion	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
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
Knitting with a Purpose	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
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

 Follow us on Twitter! twitter.com/SeniorLivingSTL

FRIDAY MOVIES
1:00 PM IN COVENANT II
Helene Mirowitz Theatre
June 2– Movie; “Fences”

Denzel Washington stars as a working-class African-American father raising his family in the 1950’s, while coming to terms with the events of his life. Rated PG-13. Drama.

June 16—Movie; “Why Him?”

James Franco stars, as Ned Fleming. A holiday gathering threatens to go off the rails when he realizes that his daughter’s Silicon Valley millionaire boyfriend is about to pop the question. Rated R. Comedy.

June 23—”Gold”

Starring Bryce Dallas Howard as Kenny Wells. A prospective desperate for a lucky break, teams up with a similarly eager geologist and sets off on a journey to find gold in the uncharted jungle of Indonesia. Rated R. Adventure, Drama, Thriller.

June 30—”The Founder”

Michael Keaton stars in the true story of how Ray Kroc met Mac and Dick McDonald, who were running a burger operation in 1950’s. Kroc was impressed by the brother’s speedy system of making the food and saw franchise potential. Rated PG-13. Drama.

WHO WANTS TO LEARN TO KNIT?
***KNITTING WITH A PURPOSE**

**Donating projects to
 “Cancer Support Community of
 Greater St. Louis”**


Meets on Tuesdays
1:15 pm; Led by Jerri Livingston
***DON'T MISS THIS
 COVENANT CABARET!**


**The Cameo Club; A Variety
 Show, singing and dancing!**

**JUNE 9, AT 1:00 PM IN THE BOHM SOCIAL HALL,
 COVENANT II, LOWER LEVEL. RSVP IN OFFICE!***

SING ALONG TO TUNES YOU KNOW AND ENJOY!

HAPPY BIRTHDAY TO ALL OF THE JUNE BIRTHDAYS!!!



 James Alexander
 Zina Bukler
 Moug Cho
 Dorothy Dohlen
 Samuil Estin
 Golda Fisher
 Darlene Flaherty

 Tsilya Grinberg
 Reveka Grushevski
 Sanford Gubernik
 Judith Jeffery
 Hongwei Ji
 Feliks Kogan
 Anna Kondavrova

 Marat Kravets
 Yelena Lagouskaya
 Thelma Lapidis
 Yevdokiya Levitan
 De Kien Mac
 Jinsoon Park
 Millicent Plattner

 Sandra Polter
 Sarah Klein Rosenberg
 John Scott
 Bella Shapiro
 Michael Skatoff
 Gwendolyn Smith
 Mariya Spektor

 Lyudmila Stirbiene
 Irina Tyutyukina
 Elizabeth Zafrin
 Kuiquan Zhao
 Xianglu Zhao

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.	TENANT COUNCIL BINGO 6:30 PM MONDAY, TUESDAY, AND SATURDAY—BOHM	Many thanks to our Program funder 		1 11:00 am Tai Chi-Goldstein	2 10:00 am ESL class** Goldstein 11:00 am Chair Yoga—Bohm 1:00 pm Movie; "Fences"-Bohm 1:30 pm Citizenship classes for Russian speakers** Goldstein 5:00 pm Shabbat Dinner**Service	3 6:30 pm Tenant Council Bingo Bohm
4 11:00 am Exercise class (Goldstein, LL)	5 10:00 am CP Bus Grocery Trip**Leaves from Cov II Office 11:15 am Tai Chi –Goldstein 2:30 pm Panera/Sara Lee Products distribution—Bohm	6 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	7 9:30 am History Museum Silver Stages Series; Pageant of Queens Performance-Bus leaves from office** 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-	8 PEST CONTROL 11:00 am Tai Chi – Goldstein 1:30 pm Trivia Game-Bohm** 2:30 pm JFCS Food Boxes-Goldstein 3:00 pm Center for Jewish Learning Study Group-Friendship Room** Covenant II, lower level	9 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga –Bohm 1:00 pm Covenant Cabaret** Bohm—Cameo Club Entertains 1:30 pm Citizenship classes for Russian speakers** Goldstein 5:00 pm Shabbat Dinner **Service	10 6:30 pm Tenant Council Bingo Bohm
11 11:00 am Exercise class (Goldstein, LL)	12 10:00 am CP Bus Grocery Trip**Leaves from Cov II Office 10:00 am Legal Assistance ** Office 11:15 am Tai Chi –Goldstein 2:30 pm Panera-Sara Lee -Bohm	13 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	14 9:45 am Botanical Gardens Bus leaves from office** (Free Admission to Gardens) 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm	15 11:00 am Tai Chi – Goldstein 1:00 pm Games Day** (Bring Mahj Card)-Bohm	16 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga—Bohm Noon—Goldfarb Nurses presentation and Lunch –Bohm** 1:00 pm Movie; "Why Him?"-Bohm 1:30 pm Citizenship classes for Russian speakers** Goldstein 5:00 pm Shabbat Dinner** Service	17 6:30 pm Tenant Council Bingo Bohm
18 11:00 am Exercise class (Goldstein, LL) 12:30 pm Covenant Café ** Kol Rinah Youth Group	19 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	20 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 5:00 pm Dinner at Pasta House ** Bus leaves from Cov II Office	21 10:45 am-11:45 am St. Louis County Library-Bohm 11:00 am Fun & Fitness-Bohm 1:00 pm Covenant Chorale-Bohm	22 PEST CONTROL 11:00 am Tai Chi – Goldstein 1:00 pm Current Events ** Bohm	23 10:00 am ESL class ** Goldstein 11:00 am Chair Yoga –Bohm 1:00 pm Movie; "Gold" -Bohm 1:30 pm Citizenship class for Russian speakers** Goldstein 5:00 pm Shabbat Dinner **Service	24 6:30 pm Tenant Council Bingo Bohm
25 11:00 am Exercise class (Goldstein, LL)	26 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	27 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	28 9:45 am Trip to the Galleria Bus leaves from office** 11:00 am Fun & Fitness-Bohm 1:00pm Covenant Chorale-Bohm	29 11:00 am Tai Chi – Goldstein	30 10:00 am ESL class **Goldst. 11:00 am Chair Yoga –Bohm 1:00 pm Movie; "The Founder"-Bohm 1:30 pm Citizenship class for Russian speakers** Goldstein 5:00 pm Shabbat Dinner** Service	IMPORTANT NUMBERS RPI: 991-1978 ST. LOUIS NORC: 442-3255 JCC MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903