

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION KEY: BOHM SOCIAL HALL IS IN COV II LOWER LEVEL ALL BUS TRIPS DEPART FROM OFFICE-COV II LL.	IMPORTANT NUMBERS Office: 432-1610 RPI: 991-1978 ST. LOUIS NORC: 442-3255 KITCHEN J MEAL PROG: 442-3149 BEAUTY SHOP: 997-5903	Many thanks to our Program funder 	1 10:30 Covenant Chorale performs at the History Museum! 11:00 -2:00 Goldfarb Nurses Volunteer Day** 11:00 am Fun & Fitness	2 11:00 am Tai Chi 2:30 pm- JFCS Food Boxes 3:00 pm Center for Jewish Learning Study Group—Friendship Room** 4:30 pm Cello Performance prior to dinner	3 11:00 am Chair Yoga 11:30am Lunch at Subway** 1:00 pm Movie: “The Wizard of Lies” 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	4 6:30 pm Tenant Council Bingo
5 Daylight Savings Time Ends Turn clocks back 1 hour 11:00—Exercise class	6 10:00 am CP Bus Grocery Trip** (Aldis) 11:15 am Tai Chi 2:30 pm Panera distribution 6:00pm Tenant Council Meeting	7 9:30 –2:00pm Medicare Open Enrollment Event ** (Library) 10:00 am Bus trip to Butterfly House** (must bring proof of STL residency for free entry) 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting with a Purpose 1:30 pm Royal Bank-Cov II, Library	8 11:00 am Fun & Fitness 12:00 pm Goldfarb Nurses Lunch & Presentation 1:00 pm Covenant Chorale	9 PEST CONTROL 10:45 am Learn about clinical trials for seniors at Washington University 11:00 am Tai Chi 1:00 pm Shopping Trip to Heritage Place**(Bus)	10 10:00 am JCC for Jewish Book Festival Event and Yoga (Bus)** 11:00 am Chair Yoga 1:00 pm Cabaret—Missouri River Cloggers** 1:30 pm Citizenship classes for Russian speakers—Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	11 6:30 pm Tenant Council BIG BINGO
12 11:00—Exercise class	13 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution	14 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting with a Purpose 1:30 pm Royal Bank-Cov II, Library 5:00 pm Dinner at Crushed Red (salad and pizza)**(Bus)	15 10:45 am-11:45 am, St. Louis County Library 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:00pm - “Baby it’s Cold Outside” Delmar Gardens presents ways to stay healthy during the winter months	16 11:00 am Tai Chi 1:30 pm Prize Bingo **	17 11:00 am Chair Yoga 1:00 pm Movie: “Paris Can Wait” 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	18 6:30 pm Tenant Council Bingo
19 11:00—Exercise class 12:30 pm Covenant Café** <i>Parkway North’s Honor Society</i>	20 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	21 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting with a Purpose 1:30 pm Royal Bank-Cov II, Library	22 PEST CONTROL 11:00 am Fun & Fitness 5:00pm—Bus to Temple Israel for Thanksgiving Dinner** Depart from office door -Cov II	23  Happy Thanksgiving Offices are closed	24 Offices are Closed 6:00 pm Shabbat Services	25 6:30 pm Tenant Council Bingo
26 11:00—Exercise class	27 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution	28 10:00 am To Your Health 11:00 am Class in Motion 1:00 pm Bus to Galleria Mall** 1:15 pm Knitting with a Purpose 1:30 pm Royal Bank-Cov II, Library	29 10:00 Speaker and Bagels** “Reconnecting During the Holidays” 11:00 am Fun & Fitness 1:00 pm Covenant Chorale	30 11:00 am Tai Chi 1:00 pm Game Day**		