

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00—Exercise class	2 10:00 am CP Bus Grocery Trip** (Aldis) 11:15 am Tai Chi 2:30 pm Panera/Sara Lee distribution	3 10:00 am To Your Health 11:00 am Class in Motion 1:00 pm Shopping Trip to Heritage Place** (Bus) 1:15 pm Knitting with a Purpose 1:30 pm Royal Bank-Cov II, Library	4 10:45 am-11:45 am St. Louis County Library 11:00 am Fun & Fitness 1:00 pm Covenant Chorale	5 10:00- Sukkah decorating and snack with JCC campers 11:00 am Tai Chi 4:30 pm Cello Concert	6 9:30-2 Goldfarb Nurses Volunteer Day** 11:00 am Chair Yoga 1:00 pm Movie: "The Big Sick" 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	7 2:00-3:00 Farmer's Market 6:30 pm Tenant Council Bingo
8 11:00—Exercise class	9 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera/Sara Lee distribution	10 10:00 am To Your Health 11:00 am Class in Motion 12:00 Lunch and speaker "Are You Smarter Than a Scam Artist?" 1:15 pm Knitting with a Purpose 1:30 pm Royal Bank-Cov II, Library	11 10:00 am Bus trip to Botanical Garden** (must bring proof of county residency for free entry) 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:30 pm— JFCS Food Boxes	12 PEST CONTROL 11:00 am RPI leads a fun class of health info, Tai Chi, and Bingo 1:00 pm Social, snacks & "Brain Games"	13 11:00 am Chair Yoga 1:00 pm Movie: "A United Kingdom" 1:30 pm Citizenship classes for Russian speakers—Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	14 6:30 pm Tenant Council Bingo
15 11:00—Exercise class 11:00—Make centerpieces for the Dining Room** 12:30 pm Covenant Café** Pazazz Dancers perform 7:00pm Tenant Council hosts a "Pumpkin Dance"	16 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera/Sara Lee distribution	17 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	18 11:00 am Fun & Fitness with Goldfarb Nurses followed by snack 1:00 pm Covenant Chorale	19 11:00 am Tai Chi 1:30 pm Prize Bingo **	20 11:00 am Chair Yoga 12:00 pm Goldfarb Nurses lunch & presentation 1:00 pm Cabaret: Covenant Chorale! 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	21 6:30 pm Tenant Council Bingo
22 11:00—Exercise class	23 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera/Sara Lee	24 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 Pasta House (Bus)** (Senior Discount)	25 9:00-4:00 WeMobile Dental** 10:45 am-11:45 am, St. Louis County Library 11:00 am Fun & Fitness 1:00 pm Covenant Chorale	26 PEST CONTROL 9:00-4:00 WeMobile Dental** 11:00 am Tai Chi 1:00 pm Game Day** 4:30 - Costume Parade by "Buddy Brigade" children volunteers	27 11:00 am Chair Yoga 1:00 pm Movie: "Wonder Woman" 1:30 pm Citizenship class for Russian speakers—Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	28 6:30 pm Tenant Council Bingo
29 11:00—Exercise class	30 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera/Sara Lee	31 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	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 	