

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LOCATION KEY:</b>  <b>BOHM SOCIAL HALL IS IN COV II LOWER LEVEL</b>  <b>ALL BUS TRIPS DEPART FROM OFFICE-COV II LL.</b>	<b>1</b>  <b>New Year's Day Offices Closed</b>	<b>2</b> 10:00 am To Your Health 11:00 am Class in Motion 1:30 pm Royal Bank-Cov II, Library 2:30 pm Panera distribution	<b>3</b> 10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's) 10:45 am-11:45 am St. Louis County Library 11:00 am Fun & Fitness	<b>4</b> <b>Required Activity:</b> <b>Pick Up your Resident Handbook &amp; New House Rules</b> <b>Check your flyer for schedule/location</b>  11:00 am Tai Chi <b>2:30 pm— JFCS Food Boxes</b>	<b>5</b> 11:00 am Chair Yoga <b>1:00 pm Movie: "Dunkirk"</b> 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>6</b>  6:30 pm Tenant Council Bingo
<b>7</b> 11:00—Exercise class	<b>8</b> 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi <b>1:00 pm Wii Bowling**</b> 2:30 pm Panera distribution <b>6:00 pm Tenants' Council Meeting</b>	<b>9</b> <b>Required Activity:</b> <b>Distribution of Resident Handbook &amp; New House Rules</b> <b>Check Schedule/Location</b> 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	<b>10</b> <b>10:00 am Shopping Trip to Heritage Place** (Bus)</b> 11:00 am Fun & Fitness <b>1:00 pm Covenant Chorale - starting new music</b> <b>2:00 - 3:30pm "The Rabbi is In" Meet in the Friendship Room**</b>	<b>11</b>  <b>PEST CONTROL</b> <b>10:00 am Cooking Demo w/Jessica "Egg Muffins" - Breakfast served**</b> 11:00 am Tai Chi <b>1:30 pm Prize Bingo**</b>	<b>12</b> 11:00 am Chair Yoga <b>1:00 pm Covenant Cabaret - Pianist Paul Hertenstein**</b> 1:30 pm Citizenship classes for Russian speakers—Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	<b>13</b>  6:30 pm Tenant Council Bingo
<b>14</b> 11:00—Exercise class	<b>15</b> 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	<b>16</b> 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting with a Purpose 1:15 pm <b>Yarn giveaway</b> 1:30 pm Royal Bank-Cov II, Library	<b>17</b> 11:00 am Fun & Fitness 1:00 pm Covenant Chorale <b>2:00 pm Book Club discussion of the novel, <i>The Secret Chord</i>**</b>	<b>18</b> 11:00 am Tai Chi <b>12:00 pm Lunch at TGI Friday's**</b>	<b>19</b> <b>11:00 am Chair Yoga with Goldfarb Nurses followed by snack</b> <b>1pm Movie: "Battle of the Sexes"</b> 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>20</b>  6:30 pm Tenant Council Bingo
<b>21</b> 11:00—Exercise class <b>12:30 pm Covenant Café**</b>	<b>22</b> 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi <b>1:00 pm Wii Bowling**</b> 2:30 pm Panera distribution	<b>23</b> <b>10:00 am Chocolate Factory Tour** (Bus)</b> 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	<b>24</b> 10:45 am-11:45 am St. Louis County Library <b>11:00 am Fun &amp; Fitness with Goldfarb Nurses followed by snack</b> 1:00 pm Covenant Chorale	<b>25</b>  <b>PEST CONTROL</b> <b>10:00 am Chinese and Russian for beginners - New class**</b> 11:00 am Tai Chi <b>1:00 pm Game Day**</b>	<b>26</b> <b>9– 2 Goldfarb Nurses Volunteer Day</b> 11:00 am Chair Yoga <b>1:00 pm Movie: "Home Again"</b> 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>27</b>  6:30 pm Tenant Council Bingo
<b>28</b> 11:00—Exercise class	<b>29</b> 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	<b>30</b> 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	<b>31</b> <b>10:00 am Make bird feeders to donate&amp; sample dried fruit/nuts**</b> 11:00 am Fun & Fitness 1:00 pm Covenant Chorale	<b>IMPORTANT NUMBERS</b>  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 	