

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.			31 10:00 am Make bird feeders to donate& sample dried fruit/nuts** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale	1 11:00 am Tai Chi 2:30 pm– JFCS Food Boxes	2 11:00 am Chair Yoga 1:00 pm Movie: "Goodbye Christopher Robin" 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	3 6:30 pm Tenant Council Bingo
4 11:00—Exercise class	5 10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's) 11:15 am Tai Chi 2:30 pm Panera distribution	6 10:00 am Cooking Demo w/Jessica "Egg Muffins" - Breakfast served** 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting with a Purpose 1:30 pm Wii Bowling 1:30 pm Royal Bank-Cov II, Library	7 9:00 am Podiatrist** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 5:45 pm - Tango Demo & Dance Lessons**	8 PEST CONTROL 10:00 am Chinese and Russian for beginners - New class** 11:00 am Tai Chi 12:00 pm Lunch & Learn with Dr. Gammon Earhart. Discover how movement, and dancing the tango, can positively impact your brain!**	9 11:00 am Chair Yoga 1:00 pm Covenant Cabaret & Birthday Celebration Cheri Schear & Mary Ann Schulte** 1:30 pm Citizenship classes for Russian speakers—Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	10 6:30 pm Tenant Council Bingo
11 11:00—Exercise class	12 10:00 am CP Bus Grocery Trip** (Schnucks) 10:30 am CP bus to Chinese Grocery store** 11:15 am Tai Chi 2:30 pm Panera distribution	13 10:00 am bus to NCJW Resale Shop (25% discount for seniors day)** 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	14 10:45 am-11:45 am St. Louis County Library 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:00 - 3:30pm "The Rabbi is In" Meet in the Friendship Room** 5:45 pm - Tango Demo & Dance Lessons**	15 10 am Tooth Wisdom presentation & screening by dental students** 11:00 am Tai Chi 1:30 pm Prize Bingo**	16 11:00 am Chair Yoga 12:00 pm Goldfarb Nurses lunch and presentation** 1pm Movie: "Victoria and Abdul" 1:30 pm Citizenship classes for Russian speakers - Friendship Room 1:30 Bus to Computer class at WU** 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	17 6:30 pm Tenant Council Bingo
18 11:00—Exercise class	19 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	20 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting with a Purpose 1:30 pm Wii Bowling 1:30 pm Royal Bank-Cov II, Library	21 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:30 Cortango Symphony Performance & Dance**	22 PEST CONTROL 10:00 am Chinese and Russian for beginners - New class** 11:00 am Tai Chi 1:00 pm Game Day** 2:00 pm Book Club discussion of the novel, The Mystics of Mile End by Sigal Samuel**	23 11:00 am Chair Yoga 1:00 pm Movie: "Wonder" 1:30 pm Citizenship classes for Russian speakers - Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	24 6:30 pm Tenant Council Bingo
25 11:00—Exercise class	26 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution 4:00 pm Chinese New Year Party & Performance	27 10:00 am Hamentaschen Baking** 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	28 11:00—Ikea Lunch and Shopping** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale	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 	