


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>IMPORTANT NUMBERS</b>  <b>OFFICE: 432-1610</b> <b>RPI: 991-1978</b>  <b>ST. LOUIS NORC: 442-3255</b> <b>KITCHEN J MEALS: 442-3149</b>  <b>BEAUTY SHOP: 997-5903</b>	<p>Many thanks to our Program funder</p> 	<b>30 National Senior Health &amp; Fitness Day</b> 10:45 am-11:45 am StL County Library 11:00 am Fun & Fitness <b>12:00 pm "Happy &amp; Healthy Living" w/ Charlie Foxman. Snacks served**</b> 1:00 pm Covenant Chorale	<b>31</b> <b>9:30 am Chinese and Russian for beginners</b> 11:00 am Tai Chi <b>1:00 pm Game Day**</b> 1:30 pm Wii Bowling	<b>1</b> 11:00 am Chair Yoga <b>1:00 pm Covenant Cabaret Featuring "Muny Kids"***</b> 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	<b>2</b>  6:30 pm Tenant Council Bingo
<b>3</b>  11:00—Exercise class	<b>4</b> 10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's) 11:15 am Tai Chi 2:30 pm Panera distribution	<b>5</b> <b>9:30 am Bus to History Museum "St. Louis Strutters" perform**</b> 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library	<b>6</b> 11:00 am Fun & Fitness 1:00 pm Covenant Chorale <b>2:00 pm Baking for Senior Prom!**</b>	<b>7</b> <b>10:00 am Assemble centerpieces for our Senior Prom!**</b> 11:00 am Tai Chi <b>1:00 pm Shopping trip to Chesterfield Commons**</b> 2:30 pm JFCS Food Boxes	<b>8</b> 11:00 am Chair Yoga <b>1pm Movie: "Game Night"</b> 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	<b>9</b>  6:30 pm Tenant Council Bingo
<b>10</b>  11:00—Exercise class  <b>1-3pm Prom "Primping" sign-up in office**</b>  <b>SENIOR PROM</b>  <b>7-8:30PM**</b>	<b>11</b> 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution	<b>12</b> 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library <b>2:00 pm Short Story Club - No pre-reading required.**</b>	<b>13</b> <b>10am Bus to Telephone Museum at Jefferson Barracks. Followed by lunch on own. (\$5 for CP resident/ \$7 public for bus and ticket)**</b> 11:00 am Fun & Fitness 1:00 pm Covenant Chorale <b>2:00 - 3:30pm "The Rabbi is In" Meet in the Friendship Room**</b>	<b>14</b>  <b>PEST CONTROL</b> <b>10:00 am Cooking with Tanya**</b> 11:00 am Tai Chi <b>12:00 pm Health for Life Class &amp; Lunch**</b> 1:30 pm Wii Bowling <b>3:30 pm Writers Club**</b> <b>Meet in the Friendship Room</b>	<b>15</b> 11:00 am Chair Yoga <b>1pm Movie: "The 15:17 to Paris"</b> 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>16</b>  6:30 pm Tenant Council Bingo
<b>17</b>  <b>FATHER'S DAY!</b>  11:00—Exercise class	<b>18</b> 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	<b>19</b> <b>10:00 am Playing with Proverbs/ Finish the Sayings. Fun group game &amp; snacks!</b> 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library	<b>20</b> 10:45 am-11:45 am St. Louis County Library 11:00 am Fun & Fitness 1:00 pm Covenant Chorale <b>2:00 –2:45 pm Come enjoy Ice Cream to kick-off summer!</b>	<b>21</b>  <b>FIRST DAY OF SUMMER!</b> <b>10:00 am Prize Bingo**</b> 11:00 am Tai Chi <b>12:00 pm Health for Life Class &amp; Lunch**</b> <b>3:30 pm Writers Club**</b> <b>Meet in the Friendship Room</b>	<b>22</b> <b>10:00 am Circle of Peers**</b> 11:00 am Chair Yoga <b>1 pm Movie: "Justice League"</b> 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>23</b>  6:30 pm Tenant Council Bingo
<b>24</b>  11:00—Exercise class  <b>12:30 Covenant Café**</b> <b>Ms. Senior Missouri</b> <b>Cameo Club Performs</b>	<b>25</b> 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution	<b>26</b> 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting/yarn crafts <b>1:15 pm Yarn Bowls**</b> 1:30 pm Royal Bank-Cov II, Library <b>5:00pm Dinner at Frank &amp; Helen's**</b>	<b>27</b> 11:00 am Fun & Fitness 1:00 pm Covenant Chorale <b>2:00 pm Book Club discussion**</b>	<b>28</b>  <b>PEST CONTROL</b> <b>9:30 am Chinese &amp; Russian class</b> 11:00 am Tai Chi <b>12:00pm Health for Life Class &amp; Lunch**</b> <b>2:00 pm Game Day**</b> <b>3:30 pm Writers Club**</b> <b>Meet in the Friendship Room</b>	<b>29</b> 11:00 am Chair Yoga <b>1 pm Movie: "Wrinkle in Time"</b> 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	<b>30</b>  6:30 pm Tenant Council Bingo