

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IMPORTANT NUMBERS OFFICE: 432-1610 RPI: 991-1978 ST. LOUIS NORC: 442-3255 KITCHEN J MEALS: 442-3149 BEAUTY SHOP: 997-5903	30 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	1 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	2 9:30 am Bus to History Museum "Norma's Syncopated Seniors" perform** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:00 pm Computer Class -English ** 3:00 pm Computer class- Russian **	3 10:00am Charades and snacks! 11:00 am Tai Chi 1:30 pm Wii Bowling 2:30 pm JFCS Food Boxes	4 11:00 am Chair Yoga 1 pm Movie: "Phantom Thread" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	5 7:00 pm Tenant Council BIG BINGO!
6 11:00—Exercise class	7 10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's) 11:15 am Tai Chi 2:30 pm Panera distribution 6:00 pm Tenant Council Meeting	8 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 1:30 pm Cooking Demo - Baking Made Easy**	9 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** 2:00 pm Computer Class -English ** 3:00 pm Computer class- Russian **	10 PEST CONTROL 10:00 am Ameren Community Savers info Session** 11:00 am Tai Chi 1:00 pm Shopping trip to Galleria Mall**	11 11:00 am Chair Yoga 12:15 pm Cabaret w/lunch hosted by B'nai Amoona Social Action Featuring "Twilight Singers"*** 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	12 6:30 pm Tenant Council Bingo
13 Mother's Day! 11:00—Exercise class	14 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution	15 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	16 10:00 am Bus to Powder Valley Nature Reserve** (educational center, beautiful indoor viewing, and paved accessible path) 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:00 pm Computer Class -English ** 3:00 pm Computer class- Russian **	17 9:30 am Chinese and Russian for beginners 11:00 am Tai Chi 1:30 pm Prize Bingo** 1:30 pm Wii Bowling	18 11:00 am Chair Yoga 1pm Movie: "The Post" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	19 6:30 pm Tenant Council Bingo
20 Shavuot 11:00—Exercise class	21 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution	22 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 2:00 pm Short Story Club - No pre-reading required.** 5:00 pm Dinner at Pasta House**	23 9:00-4:00 WeMobile Dental** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:00 pm Computer Class -English ** 3:00 pm Computer class- Russian **	24 PEST CONTROL 9:00-4:00 WeMobile Dental** 11:00 am Tai Chi 1:00 pm Social, snacks & "Brain Games"***	25 11:00 am Chair Yoga 1 pm Movie: "Murder on the Orient Express" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	26 6:30 pm Tenant Council Bingo
27 11:00—Exercise class	28 Memorial Day Office Closed	29 10:00 am CP Bus Grocery Trip** (Schnucks) 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 2:30 pm Panera distribution	30 National Senior Health & Fitness Day 10:45 am-11:45 am StL County Library 11:00 am Fun & Fitness 12:00 pm "Happy & Healthy Living" w/ Charlie Foxman. Snacks served** 1:00 pm Covenant Chorale 2:00 pm Computer Class -English ** 3:00 pm Computer class- Russian **	31 9:30 am Chinese and Russian for beginners 11:00 am Tai Chi 1:00 pm Game Day** 1:30 pm Wii Bowling	June 1 11:00 am Chair Yoga 1:00 pm Covenant Cabaret Featuring "Muny Kids"*** 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	Many thanks to our Program funder 