

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|--|
| 1 11:00—Exercise class | 2 10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's) 11:15 am Tai Chi 2:30 pm Panera distribution | 3 Tenant's Council Elections 4:00-6:30pm 10:00 am Independence Day Trivia! 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 5:45 pm Ice Cream & Ice Breakers | 4 Independence Day! Office Closed | 5 11:00 am Tai Chi 12:00pm Health for Life Class & Lunch** 2:30 pm JFCS Food Boxes 3:30 pm Writers Club ** Meet in the Friendship Room | 6 10:00 am Circle of Peers** 11:00 am Chair Yoga 1pm Movie: "American Graffiti" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services | 7 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 distribution | 10 10:00 am Cooking Demo** Fruit "Salsa" with Cinnamon Chips 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 5:45 pm Movie - "City Slickers" | 11 Goldfarb Nurses Volunteer Day 9:30am—3:00pm** 10:45 am-11:45 am St.L 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** 4:00 pm - Tenant Meeting (in English) | 12 PEST CONTROL 11:00 am Tai Chi 12:00pm Health for Life Class & Lunch** 3:30 pm Writers Club ** Meet in the Friendship Room 5:45 pm - Name that Tune— TV Theme songs | 13 11:00 am Chair Yoga 1:00 pm Covenant Cabaret Featuring "TallBerta"*** 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services | 14 6:30 pm Tenant Council Bingo |
| 15 11:00—Exercise class | 16 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 2:30 pm Panera distribution 4:00pm -Tenant Meeting (in Russian) | 17 10am Tenant Meeting (in Chinese) 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.** | 18 10:00 am Shopping Trip to Kohl's (Senior Day 15% off)** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale | 19 10:00 am Prize Bingo** 11:00 am Tai Chi 12:00pm Health for Life Class & Lunch** 3:30 pm Writers Club ** Meet in the Friendship Room 5:45 pm AW Healthcare presents "Eating and Drinking for Health" | 20 10:00 am Circle of Peers** 11:00 am Chair Yoga 1pm Movie: "Beyond the Edge" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services | 21 6:30 pm Tenant Council Bingo |
| 22 11:00—Exercise class 12:30 Covenant Café | 23 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution | 24 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 6:00 pm - Cardinal's vs. Reds Game Shown in the Dining Room | 25 10:00 am Bus to the St. Louis Art Museum** 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 2:00 pm Book Club Discussion** | 26 PEST CONTROL 11:00 am Tai Chi 1:00 pm Game Day!** 3:30 pm Writers Club ** Meet in the Friendship Room 5:45pm Birthday Celebration Entertainment by Bob Callmeyer | 27 11:00 am Chair Yoga 1 pm Movie: "Forever My Girl" 1:30 pm Citizenship classes for Russian speakers 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 distribution | 31 10:00 am To Your Health 11:00 am Class in Motion 12:00 pm Lunch outing to Bandana's Bar-B-Q** 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library 3:45 pm Charades!** | | IMPORTANT NUMBERS OFFICE: 432-1610 ORDER DINNER: 292-7693 RPI: 991-1978 ST. LOUIS NORC: 442-3255 | Many thanks to our Program funder  | |