

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Labor Day Offices Closed 5:00pm Tenant Council hosts an indoor picnic. See flyer for more information**	4 10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's) 10:00 am To Your Health 11:00 am Class in Motion 1:00 pm Adult coloring & word games 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library 2:30 pm Panera distribution 5:00 pm Piano by Gene Jacobson	5 10:00 am Cooking Demo** Apple Pie Bites 11:00 am Fun & Fitness 1:00 pm Covenant Chorale 3:30 pm Citizenship classes for Chinese speakers, Friendship Room	6 11:00 am Tai Chi 2:30 pm JFCS Food Boxes 5:45 pm Singing with Stan Come sing along to Frank Sinatra	7 11:00 am Chair Yoga 1pm Movie: "Final Portrait" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	8 6:30 pm Tenant Council Bingo
9 11:00—Exercise class 7:30 pm - Erev Rosh Hashanah services Hosted by Neve Shalom Goldstein Room, Chai Building	10 Rosh Hashanah Offices Closed 10:00 am - Rosh Hashanah services Hosted by Neve Shalom Goldstein Room, Chai Building	11 10:00 am CP Bus Grocery Trip** (Schnucks) 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 5:45 pm Movie - "When Harry Met Sally"	12 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 - New Year Torah Study Meet in the Friendship Room** 3:30 pm Citizenship classes for Chinese speakers, Friendship Room	13 PEST CONTROL 11:00 am Tai Chi 12:00 pm Trip to Kirkwood Farmer's Market and lunch on own** 6:00 pm Art Talk "Egyptian Treasures" with Jeanne Rosen	14 10:00 am Circle of Peers** 11:00 am Chair Yoga 1:00 pm Covenant Cabaret Featuring "Big Muddy Dance Co."** 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	15 6:30 pm Tenant Council Bingo
16 11:00—Exercise class	17 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 12:15 pm Bus to AMC 12 for Silver Screen Series. Movie "Still Alice"*** 2:30 pm Panera distribution 4:00 pm Dinner Program Meeting	18 10:00 am Shopping Trip to Heritage Place** 10:00 am To Your Health 11:00 am Class in Motion 1:30 pm Royal Bank-Cov II, Library 7:30 pm - Kol Nidre services Hosted by Neve Shalom Goldstein Room, Chai Building	19 Yom Kippur Offices Closed 10:00 am - Yom Kippur services Hosted by Neve Shalom Goldstein Room, Chai Building	20 10:00 am Prize Bingo** 11:00 am Tai Chi 12:30 pm Movie "Eat Drink Man Woman" shown in Chinese with English subtitles 5:45 pm AW Healthcare presents "Aging Well. . . Safe and Strong"	21 11:00 am Chair Yoga 1 pm Movie: "All I Wish" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	22 6:30 pm Tenant Council Bingo
23 11:00—Exercise class 12:30 Covenant Café** Magic Show by Jeff Lefton of Abra-Kid-Abra	24 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution	25 10:00 am Sukkah Decorating** 10:00 am To Your Health 11:00 am Class in Motion 1:00– 4:00 Podiatrist** Dr. Timko will be in the Friendship Room 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library 2:00 pm Short Story Club in Bohm** 6:00 pm Lawyer, Debbie Schuster, explains the new CP legal services	26 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 pm Celebrate in the Sukkah with Rabbi Micah Buck-Yael. Snack, music, and fun** 3:30 pm Citizenship classes for Chinese speakers, Friendship Room	27 PEST CONTROL Flu Shot Clinic 9-Noon 11:00 am Tai Chi 5:45 Birthday Celebration	28 9:00 Madco Dance Performance at Touhill Theater at UMSL (\$3 resident/\$5 non-resident for bus. Donations to Madco appreciated)** 11:00 am Chair Yoga 1pm Movie: "The Miracle Season" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	29 6:30 pm Tenant Council Bingo
30 11:00—Exercise class		**Please remember - Programs with ** asterisks require an RSVP**		IMPORTANT NUMBERS OFFICE: 432-1610 ORDER DINNER: 292-7693 RPI: 991-1978 ST. LOUIS NORC: 442-3255	Many thanks to our Program funder 	