

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Many thanks to our Program funder</p> 	<p>IMPORTANT NUMBERS</p> <p>OFFICE: 432-1610</p> <p>ORDER DINNER: 292-7693</p> <p>RPI: 991-1978</p> <p>ST. LOUIS NORC: 442-3255</p>			<p>1</p> <p>11:00 am Tai Chi</p> <p>2:30 pm JFCS Food Boxes</p> <p>5:45 pm Stan Towerman entertains -Michael Bubl� tunes!</p>	<p>2</p> <p>11:00 am Chair Yoga</p> <p>1pm Movie: "Ocean's 8"</p> <p>1:30 pm Citizenship classes for Russian speakers, Friendship Room</p> <p>5:00 pm Shabbat Dinner **</p> <p>6:00 pm Shabbat Services</p>	<p>3</p> <p>6:30 pm Tenant Council Bingo</p>
<p>4</p> <p>Daylight Savings Time Ends Turn clocks back 1 hour</p> <p>11:00—Exercise class</p>	<p>5</p> <p>9:30 am To Your Health — Blood Pressure Check</p> <p>10:00 am CP Bus Grocery Trip** (Aldis & Trader Joe's)</p> <p>11:15 am Tai Chi</p> <p>4:00 pm Be prepared— update in Russian. Goldstein Room</p> <p>5:45 pm Be prepared—Emergency procedure update (English)</p> <p>6:00 pm Tenant Council Meeting</p>	<p>6</p> <p>Election Day!</p> <p>10:00 am Take the CP bus to the polls**</p> <p>11:00 am Class in Motion</p> <p>1:00 pm Adult coloring & word games - Thanksgiving Edition!**</p> <p>1:15 pm Knitting/yarn crafts</p> <p>1:30 pm Royal Bank-Cov II, Library</p> <p>5:00 pm Piano by Gene Jacobson</p>	<p>7</p> <p>9:30 am Bus to History Museum "St. Louis Strutters" perform **</p> <p>10:45 am-11:45 am St.L County Library</p> <p>11:00 am Total Fitness & Balance</p> <p>12:00 pm Goldfarb Nurses - Diabetes presentation. Snacks served.**</p> <p>1:00 pm Covenant Chorale</p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p>8</p> <p>PEST CONTROL</p> <p>10:00 am Cooking Demo** Pumpkin Bars</p> <p>11:00 am Tai Chi</p> <p>6:00 pm Covenant Chorale performs Oklahoma!</p>	<p>9</p> <p>10:00 am Circle of Peers**</p> <p>11:00 am Chair Yoga</p> <p>1:00 pm Honoring Veterans followed by Covenant Cabaret & Birthday Celebration Featuring "Bryan Foggs"</p> <p>1:30 pm Citizenship classes for Russian speakers, Friendship Room</p> <p>5:00 pm Shabbat Dinner **</p> <p>6:00 pm Shabbat Services</p>	<p>10</p> <p>6:30 pm Tenant Council Bingo</p>
<p>11</p> <p>Veterans Day</p> <p>11:00—Exercise class</p>	<p>12</p> <p>9:30 am To Your Health — Blood Pressure Check</p> <p>10:00 am CP Bus Grocery Trip** (Schnucks)</p> <p>11:15 am Tai Chi</p> <p>4:00 pm Meal Program Meeting</p>	<p>13</p> <p>11:00 am Class in Motion</p> <p>11:00 am lunch at Crown Candy**</p> <p>1:15 pm Knitting/yarn crafts</p> <p>1:30 pm Royal Bank-Cov II, Library</p> <p>2:00 pm Short Story Club in Friendship Room**</p> <p>5:45 pm Lawyer, Debra Schuster, explains the new CP legal services</p>	<p>14</p> <p>10:00am Be prepared— Emergency procedure update (Chinese) in Goldstein Room</p> <p>11:00 am Total Fitness & Balance</p> <p>1:00 pm Covenant Chorale</p> <p>2:00 - 3:30pm "The Rabbi is In - Meet in the Friendship Room**</p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p>15</p> <p>10:00 am Prize Bingo**</p> <p>11:00 am Tai Chi</p> <p>12:30 pm Movie "Journey to the West" shown in Chinese with English subtitles</p> <p>5:45 pm AW Healthcare presents "Dementia vs. Depression: What are the Differences?"</p>	<p>16</p> <p>11:00 am Chair Yoga</p> <p>1 pm Movie: "Three Identical Strangers"</p> <p>1:30 pm Citizenship classes for Russian speakers, Friendship Room</p> <p>5:00 pm Shabbat Dinner**</p> <p>6:00 pm Shabbat Services</p>	<p>17</p> <p>6:45pm Tenant Council hosts BIG BINGO!!!</p>
<p>18</p> <p>11:00—Exercise class</p> <p>12:30 Covenant Caf�**</p>	<p>19</p> <p>9:30 am To Your Health</p> <p>10:00 am CP Bus Grocery Trip** (Dierbergs)</p> <p>11:15 am Tai Chi</p> <p>12:15 pm Bus to AMC 12 for Silver Screen Series. "The Curious Case of Benjamin Button"***</p>	<p>20</p> <p>11:00 am Class in Motion</p> <p>1:15 pm Knitting/yarn crafts</p> <p>1:30 pm Thanksgiving Charades**</p> <p>1:30 pm Royal Bank-Cov II, Library</p> <p>6:00 pm New Drama Club starting** (must RSVP to NORC for series 442-3255)</p>	<p>21</p> <p>PEST CONTROL</p> <p>11:00 am Total Fitness & Balance</p> <p>1:00 pm Covenant Chorale</p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p> <p>5:00pm—Bus to Temple Israel for Thanksgiving Dinner** Depart from office door -Cov II</p>	<p>22</p>  <p>Happy Thanksgiving</p> <p>Offices Closed</p>	<p>23</p> <p>Offices Closed</p>	<p>24</p> <p>6:30 pm Tenant Council Bingo</p>
<p>25</p> <p>11:00—Exercise class</p>	<p>26</p> <p>9:30 am To Your Health — Blood Pressure Check</p> <p>10:00 am CP Bus Grocery Trip** (Schnucks)</p> <p>11:15 am Tai Chi</p>	<p>27</p> <p>10:00 –2:00pm Medicare Open Enrollment Event (must sign up for a time slot)**</p> <p>11:00 am Class in Motion</p> <p>1:15 pm Knitting/yarn crafts</p> <p>1:30 pm Royal Bank-Cov II, Library</p> <p>6:00 pm Drama Club ** (must RSVP to NORC for series 442-3255)</p>	<p>28</p> <p>10:00 am Shopping Trip to Chesterfield Valley**</p> <p>10:45 am-11:45 am St.L County Library</p> <p>11:00 am Total Fitness & Balance</p> <p>1:00 pm Covenant Chorale</p> <p>2:00 pm Book Club**</p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p>29</p> <p>10 am - 4pm We Care Mobile Dental**</p> <p>11:00 am Tai Chi</p> <p>1:00 pm Games Day!**</p>	<p>30</p> <p>10:00 am Circle of Peers**</p> <p>11:00 am Chair Yoga</p> <p>1pm Movie: "Crazy Rich Asians"</p> <p>1:30 pm Citizenship classes for Russian speakers, Friendship Room</p> <p>5:00 pm Shabbat Dinner**</p> <p>6:00 pm Shabbat Services</p>	