

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Aldi's & Trader Joes) 11:15 am Tai Chi 2:30 pm Panera distribution	2 11:00 am Class in Motion 12:00 pm Lunch at Freddy's** 1:15 pm Knitting/yarn crafts 1:30pm Adult coloring & word Games** 1:30 pm Royal Bank-Cov II, Library	3 9:30 am Bus to History Museum "Slaying Dragons presents: Love Letters" ** 10:00 am Create Centerpieces for Covenant Place Events with Students from Crossroads School ** 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	4 11:00 am Tai Chi 2:30 pm JFCS Food Boxes	5 11:00 am Chair Yoga 1pm Movie: "Jurassic World: Fallen Kingdom" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	6 6:30 pm Tenant Council Bingo
7 11:00—Exercise class	8 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 2:30 pm Panera distribution - last time prior to the program ending	9 11:00 am Class in Motion 12:00 pm Cooking Demo** Easy appetizer and dessert "pizza" 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library 5:45 pm Movie - "Caddyshack"	10 10:45 am-11:45 am St.L County Library 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 2:00 - 3:30pm "The Rabbi is In" Meet in the Friendship Room** 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	11 PEST CONTROL 11:00 am Tai Chi 12:30 pm Movie "Detective Dee: Mystery of the Phantom Flame" Shown in Chinese with English subtitles 6:00 pm Dr. Carr speaks on "Brain Health Maintenance!"	12 10:00 am Circle of Peers** 11:00 am Chair Yoga 1:00 pm Covenant Cabaret & Birthday Celebration** "Joyce & Murray Hochberg" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	13 6:30 pm Tenant Council Bingo
14 11:00—Exercise class 1:00 pm Take the CP bus to Sababa -Jewish Art & Culture Festival at Washington University** (return by 4pm)	15 9:30 am To Your Health — Blood Pressure Check 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 "Nebraska"***	16 10:00 am Tooth Wisdom 11:00 am Class in Motion 1:30 pm Royal Bank-Cov II, Library 2:00 pm Short Story Club - No pre-reading required.**	17 11:00 am Total Fitness & Balance Followed by snack by Goldfarb Nurses 1:00 pm Covenant Chorale 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	18 10:00 am Prize Bingo** 11:00 am Tai Chi 12:30 bus to JCC for NORC Event Elvis impersonator (1-2:30)** 5:45 pm AW Healthcare presents "Dangerous Diabetes"	19 11:00 am Chair Yoga 1pm Movie: "Won't You Be My Neighbor?" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	20 6:30 pm Tenant Council Bingo
21 11:00—Exercise class 12:30 Covenant Café** Pazazz Performers	22 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 5:45 pm Willow Brook School Choir Performs	23 11:00 am Class in Motion 1:00 pm Shopping trip to Galleria Mall** 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library	24 Goldfarb Nurses Volunteer Day** 9:30am—2:00pm 10:45 am-11:45 am St.L County Library 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 2:00 pm Book Club Discussion** 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	25 PEST CONTROL 11:00 am Tai Chi 1:00 pm Games Day!**	26 10:00 am Circle of Peers** 11:00 am Chair Yoga 1 pm Movie: "Midnight Sun" 1:30 pm Citizenship classes for Russian speakers 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	27 6:30 pm Tenant Council Bingo
28 11:00—Exercise class	29 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 6:00 pm Election Education Program **	30 11:00 am Class in Motion 1:00 pm Halloween word games & Snack** 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II, Library	31 Goodwill Pick-up** 9am –12pm 11:00 am Total Fitness & Balance 1pm Goldfarb Nurses lead Wednesday Walkers & Hydration Station 1:00 pm Covenant Chorale 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	IMPORTANT NUMBERS OFFICE: 432-1610 ORDER DINNER: 292-7693 RPI: 991-1978 ST. LOUIS NORC: 442-3255	Many thanks to our Program funder 	