

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Shredding Time! There is a locked shredding bag in all lobbies 11/29-12/5. 11:00—Exercise class Hanukkah begins at sundown	3 Shredding Time! Locked shredding bag in all lobbies 11/29-12/5. 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Aldi's and Trader Joes) 11:15 am Tai Chi	4 Shredding Time! Locked shredding bag in all lobbies 11/29-12/5. 11:00 am Class in Motion 1:00 pm Holiday Cookie Baking** 1:15 pm Knitting/yarn crafts 1:30 pm Royal Bank-Cov II 6:00 pm Hanukkah Hullabaloo! concert by the Brothers Lazaroff	5 9:30am-12pm Podiatrist , Dr. John Harness (314-473-1296 ext. 1 for appt.) 9:30 am Bus to History Museum - MO Pageant Alumnae Club performs** 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 2:00 - 3:30pm Hanukkah Celebration with Rabbi Micah Buck-Yael** 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	6 11:00 am Tai Chi 2:30 pm JFCS Food Boxes 5:45 Willowbrook Choir performs	7 10:00 am Now HEAR This! The Center of Hearing & Speech presents on Hearing Innovations and new hearing aid laws** 11:00 am Chair Yoga 1pm Movie: "The Catcher was a Spy" 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	10 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi	11 10am Tenant Volunteer Meeting 11:00 am Class in Motion 1:30 pm Royal Bank-Cov II 3:30 Russian Tenant Meeting in Goldstein Room 5:00 pm Piano by Gene Jacobson 6:00 pm Drama Club **	12 10:45 am-11:45 am St.L Library 11:00 am Total Fitness & Balance 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room 6:00 pm Covenant Chorale Holiday concert	13 PEST CONTROL 11:00 am Tai Chi 1:00 pm Adult coloring & word games - Holiday edition & enjoy hot cocoa (It's Hot Cocoa Day)! 5:30 Bus to Winter Wonderland at Tilles park**	14 10:00 am Circle of Peers 11:00 am Chair Yoga 1:00 pm Covenant Cabaret & Birthday Celebration Featuring "The Bucket List"*** 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 12:30 Covenant Café** MOSHE hosts lunch and Kolot choir performs!	17 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 4:00 pm Dinner Program Meeting	18 10:00 am Shopping Trip to The NCJW Resale Shop** 11:00 am Class in Motion 1:30 pm Royal Bank 2:00 pm Short Story Club in Friendship Room** 5:45pm Movie - "Raiders of the Lost Ark" (It's Steven Spielberg's birthday!) In Friendship Room 6:00 pm Drama Club **	19 11:00 am Total Fitness & Balance 12:30 pm Bus to Pulitzer Museum for a private tour of the award winning exhibit "Ruth Asawa: Life's Work"*** 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	20 10:00 am Prize Bingo** 11:00 am Tai Chi 12:30 pm Movie "Raise the Red Lantern" shown in Chinese with English subtitles 2:00 - 4:00 pm Open House in the new Washington University Medical Clinic (CHAI Building LL) 5:45 pm AW Healthcare presents "What's In Your Med. Cabinet?"	21 11:00 am Chair Yoga 1 pm Movie: "Mama Mia 2" 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	24 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Schnucks) Christmas Eve Office Closes at Noon	25 Christmas! Office Closed	26 11:00 am Total Fitness & Balance 2:00 pm Book Club** 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	27 PEST CONTROL 11:00 am Lunch at Hunan Empress Chinese Restaurant** 11:00 am Tai Chi 1:00 pm Games Day!**	28 10:00 am Circle of Peers 11:00 am Chair Yoga 1pm Movie: "Love Actually" 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	31 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:30am Lunch** New Year's Eve!	**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 	