


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IMPORTANT NUMBERS OFFICE: 432-1610 ORDER DINNER: 292-7693 RPI: 991-1978 ST. LOUIS NORC: 442-3255	<p>Many thanks to our Program funder</p> 	1 New Year's Day! Office Closed	2 10:45 am-11:45 am St.L Library 11:00 am Total Fitness & Balance 1:30 pm Citizenship classes for Chinese speakers, Goldstein Room	3 10:00 am Adult coloring & word Games** 11:00 am Tai Chi 2:30 pm JFCS Food Boxes	4 11:00 am Chair Yoga 1pm Movie: "Colette" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	5 6:30 pm Tenant Council Bingo
6 11:00—Exercise class	7 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 6:00 pm Tenant Council Meeting	8 11:00 am Class in Motion 1:00 pm Decorate "Faberge Eggs" in honor of the Russian New Year! 1:30 pm Royal Bank-Cov II 6:00pm Drama Program**	9 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 1:30 pm Citizenship classes for Chinese speakers, Goldstein Room 2:00 - 3:30pm "The Rabbi is In - Meet in the Friendship Room**"	10 PEST CONTROL RUSSIAN NEW YEAR CELEBRATION 11:00 am Tai Chi 3:30 pm Storywriter's Guild led by Maxine Mirowitz, Friendship Room** 5:45 Robert Callmeyer performs!	11 10:00 am Circle of Peers** 11:00 am Chair Yoga 1:00 pm Covenant Cabaret & Birthday Celebration 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	12 6:30 pm Tenant Council Bingo
13 11:00—Exercise class 7:00 pm Tenant Council New Year's Eve Party!	14 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 4:00 pm Dinner Program Meeting	15 10:00 am Shopping Trip to Heritage Place** 11:00 am Class in Motion 1:30 pm Royal Bank-Cov II 2:00pm Short story Club** 6:00pm Drama Program**	16 10:45 am-11:45 am St.L Library 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 1:30 pm Citizenship classes for Chinese speakers, Goldstein Room	17 10:00 am Prize Bingo** 11:00 am Tai Chi 12:30 pm Movie "Hero" shown in Chinese with English subtitles 3:30 pm Storywriter's Guild led by Maxine Mirowitz, Friendship Room** 5:45 pm AW Healthcare presents "Don't Stumble & Tumble"	18 11:00 am Chair Yoga 1pm Movie: "Christopher Robin (Today is the birthday of A.A Milne, the creator of Winnie the Pooh)" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	19 6:30 pm Tenant Council Bingo
20 11:00—Exercise class	21 Martin Luther King Jr. Day 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 1:00 pm Movie "I am MLK Jr."	22 11:00 am Class in Motion 11:30 Lunch at Pasta House** 1:30 pm Royal Bank-Cov II 5:45 Teach Everyone Tech Club** from Ladue High School	23 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 1:30 pm Citizenship classes for Chinese speakers, Goldstein Room 2:00 pm Book Club** <i>From the Corner of the Oval</i> by Beck Dorey-Stein	24 PEST CONTROL 11:00 am Tai Chi 3:30 pm Storywriter's Guild led by Maxine Mirowitz, Friendship Room**	25 10:00 am Circle of Peers** 11:00 am Chair Yoga 1pm Movie: "Dog Days" 1:30 pm Citizenship class Russian 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	26 6:30 pm Tenant Council Bingo
27 11:00—Exercise class	28 9:30 am To Your Health — Blood Pressure Check 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 1:00 pm Art with Us ** Painting class led by Saint Louis Art Museum instructor (1st session)	29 11:00 am Class in Motion 1:30 pm Royal Bank-Cov II 6:00pm Drama Program**	30 10:45 am-11:45 am St.L Library 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 1:30 pm Citizenship classes for Chinese speakers, Goldstein Room	31 11:00 am Tai Chi 1:00 pm Games Day!** 3:30 pm Storywriter's Guild led by Maxine Mirowitz, Friendship Room**	**Please remember - Programs with ** asterisks require an RSVP**	