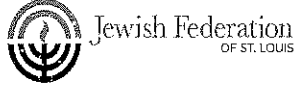


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>IMPORTANT NUMBERS</b></p> <p>OFFICE: 432-1610</p> <p>ORDER DINNER: 292-7693</p> <p>RPI: 991-1978</p> <p>ST. LOUIS NORC: 442-3255</p>	<p>Many thanks to our Program funder</p> 			<p><b>1</b></p> <p>11:00 am Chair Yoga</p> <p>12:15 pm <b>Movie Matters - provide input for future movies.</b></p> <p>1:00 pm <b>Movie: "Operation Finale"</b></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><b>2</b></p> <p>6:30 pm Tenant Council Bingo</p>
<p><b>3</b></p> <p>11:00—Exercise class</p> <p><b>12:00 Covenant Café** Chinese New Year Performance by the St. Louis Modern Chinese School</b></p>	<p><b>4</b></p> <p>10:00 am CP Bus Grocery Trip** (Aldi's &amp; Trader Joes)</p> <p>11:15 am Tai Chi</p> <p>1:00 pm <b>Art with Us **</b></p>	<p><b>5 Chinese New Year!</b></p> <p>10:00 am To Your Health</p> <p><b>10:00 am Chinese Paper Craft**</b></p> <p>11:00 am Class in Motion</p> <p>1:15 pm Knitting &amp; Yarn Crafts</p> <p>1:30 pm Royal Bank-Cov II</p> <p>5:00 pm <b>Piano by Gene Jacobson</b></p> <p>6:00pm <b>Last Drama Program**</b></p>	<p><b>6</b></p> <p>11:00 am Total Fitness &amp; Balance</p> <p>1:00 pm Covenant Chorale</p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p><b>7</b></p> <p><b>10am - Word games &amp; coloring - Valentine's &amp; Presidents' Day edition!</b></p> <p>11:00 am Tai Chi</p> <p><b>2:30 pm JFCS Food Boxes</b></p>	<p><b>8</b></p> <p>10:00 am <b>Circle of Peers**</b></p> <p>11:00 am Chair Yoga</p> <p><b>1:00 pm Covenant Cabaret** Diane and Larry Levy perform!</b></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><b>9</b></p> <p>6:30 pm Tenant Council Bingo</p>
<p><b>10</b></p> <p>11:00—Exercise class</p>	<p><b>11</b></p> <p>10:00 am CP Bus Grocery Trip** (Schnucks)</p> <p>11:15 am Tai Chi</p> <p>1:00 pm <b>Art with Us **</b></p> <p>4:00 pm <b>Dinner Program Meeting</b></p>	<p><b>12 Lincoln's Birthday</b></p> <p>10:00 am To Your Health</p> <p>11:00 am Class in Motion</p> <p>1:15 pm Knitting &amp; Yarn Crafts</p> <p>1:30 pm Royal Bank-Cov II</p> <p>5:45 <b>Movie "Lincoln"</b></p>	<p><b>13</b></p> <p>10:45 am-11:45 am St.L Library</p> <p>11:00 am Total Fitness &amp; Balance</p> <p>1:00 pm Covenant Chorale</p> <p><b>2:00 - 3:30pm "The Rabbi is In" - Meet in the Friendship Room**</b></p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p><b>14</b></p> <p><b>PEST CONTROL</b></p> <p><b>Valentine's Day!</b></p> <p>11:00 am Tai Chi</p> <p>1:00 pm <b>Valentine's Day Cookie Decorating**</b></p>	<p><b>15</b></p> <p><b>10:30am IKEA - Shopping &amp; Lunch**</b></p> <p>11:00 am Chair Yoga</p> <p><b>1pm Movie: "Little Italy"</b></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><b>16</b></p> <p>6:30 pm Tenant Council Bingo</p>
<p><b>17</b></p> <p>11:00—Exercise class</p>	<p><b>18 President's Day</b></p> <p><b>9:30am-12pm Podiatrist , Dr. John Harness (314-473-1296 ext. 1 for appt.) Meet in Friendship Room, Cov II, LL</b></p> <p>10:00 am CP Bus Grocery Trip** (Dierbergs)</p> <p>11:15 am Tai Chi</p> <p>1:00 pm <b>Art with Us **</b></p>	<p><b>19</b></p> <p>10:00 am To Your Health</p> <p>11:00 am Class in Motion</p> <p>1:15 pm Knitting &amp; Yarn Crafts</p> <p>1:30 pm Royal Bank-Cov II</p> <p><b>2:00 pm Short Story Club**</b></p>	<p><b>20</b></p> <p>11:00 am Total Fitness &amp; Balance</p> <p>1:00 pm Covenant Chorale</p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p><b>21</b></p> <p>10:00 am <b>Prize Bingo**</b></p> <p>11:00 am Tai Chi</p> <p><b>1:00 pm Movie "Lost in Thailand" shown in Chinese with English Subtitles</b></p> <p>5:45 pm <b>AW Healthcare presents "Heart Health &amp; Blood Pressure"</b></p>	<p><b>22</b></p> <p>10:00 am <b>Circle of Peers**</b></p> <p>11:00 am Chair Yoga</p> <p><b>1pm Movie: "Loving Pablo"</b></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><b>23</b></p> <p>6:30 pm Tenant Council Bingo</p>
<p><b>24</b></p> <p>11:00—Exercise class</p>	<p><b>25</b></p> <p>10:00 am CP Bus Grocery Trip** (Schnucks)</p> <p>11:15 am Tai Chi</p> <p>1:00 pm <b>Art with Us **</b></p> <p><b>1:00 pm Rhythms, Rhymes &amp; Raps** at SLCL Samuel Sachs Branch Professional storyteller Bobby Norfolk presents in celebration of Black History Month</b></p>	<p><b>26</b></p> <p>10:00 am To Your Health</p> <p>11:00 am Class in Motion</p> <p>1:15 pm Knitting &amp; Yarn Crafts</p> <p>1:30 pm Royal Bank-Cov II</p>	<p><b>27</b></p> <p>10:45 am-11:45 am St.L Library</p> <p>11:00 am Total Fitness &amp; Balance</p> <p>1:00 pm Covenant Chorale</p> <p><b>2:00 pm Book Club** Einstein and the Rabbi by Naomi Levy</b></p> <p>3:30 pm Citizenship classes for Chinese speakers, Goldstein Room</p>	<p><b>28</b></p> <p><b>PEST CONTROL</b></p> <p>11:00 am Tai Chi</p> <p>1:00 pm <b>Games Day!**</b></p> <p><b>6:00 pm Managing Your Medication Portfolio, presented by Dr. Tim Holden, primary geriatric physician with Washington University Physicians at Covenant Place.</b></p>	<p><b>**Please remember - Programs with ** asterisks require an RSVP**</b></p>	