

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IMPORTANT NUMBERS OFFICE: 432-1610 ORDER DINNER: 292-7693 RPI: 991-1978 ST. LOUIS NORC: 442-3255	Many thanks to our Program funder 			1 11:00 am Chair Yoga 1pm Movie: "First Man" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	2 6:30 pm Tenant Council Bingo
3 11:00—Exercise class	4 10:00 am CP Bus Grocery Trip** (Aldi's & Trader Joes) 11:15 am Tai Chi 1:00 pm Art with Us** 6:00 pm Tenant Council Meeting	5 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting & Yarn Crafts 1:30 pm Royal Bank-Cov II 5:00 pm Piano by Gene Jacobson	6 Goldfarb Nurses Volunteer Day** 10:00 am - 1:00pm 10:00 Bus to the History Museum ** for chorale performance & Munny Memories exhibit tour! 11:00 am Total Fitness & Balance 1 pm Wednesday Walkers w/Nurses 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	7 10:00 am Word Games & Coloring 11:00 am Tai Chi 2:30 pm JFCS Food Boxes	8 10:00 am Circle of Peers** 11:00 am Chair Yoga 1:00 pm Covenant Cabaret** Featuring Barb Helmer 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner ** 6:00 pm Shabbat Services	9 6:30 pm Tenant Council Bingo
10 Spring forward! Daylight savings time begins 11:00—Exercise class	11 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 1:00 pm Art with Us** 4:00 pm Dinner Program Meeting	12 10:00 am To Your Health 11:00 am Class in Motion 1:00pm Hamentaschen Baking** 1:15 pm Knitting & Yarn Crafts 1:30 pm Royal Bank-Cov II 5:45 Movie "Roxanne"	13 10:45 am-11:45 am St.L Library 11:00 am Total Fitness & Balance 12:00 pm Goldfarb Nurses Presentation and snack** 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	14 PEST CONTROL 11:00 am Tai Chi 1:00 pm Movie "Mojin - The Lost Legend" shown in Chinese with English subtitles	15 10:00 am Shopping Trip to Walmart** 11:00 am Chair Yoga 1pm Movie: "RBG" (Today is Ruth Bader Ginsberg's birthday!) 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	16 6:30 pm Tenant Council Bingo
17 St. Patrick's Day! 11:00—Exercise class	18 10:00 am CP Bus Grocery Trip** (Dierbergs) 11:15 am Tai Chi 12:00pm Lunch Out at Chevy's** 1:00 pm Art with Us**	19 10:00 am Research study information session - in English 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting & Yarn Crafts 1:30 pm Royal Bank-Cov II 2:00 pm Short Story Club**	20 10:00 am Research study information session - in Chinese 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 3:30 pm Research study information session - in Russian 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	21 Purim! 10:00 am Prize Bingo** 11:00 am Tai Chi 1:00 pm Purim Megillah Reading with Rabbi Micah Buck-Yael 5:45 pm AW Healthcare presents "Seeing Things Clearly-Eye Health"	22 10:00 am Circle of Peers** 11:00 am Chair Yoga 1pm Movie: "A Star Is Born" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	23 6:30 pm Tenant Council Bingo
24 11:00—Exercise class 12:30 Covenant Café** 31 11:00—Exercise class	25 10:00 am CP Bus Grocery Trip** (Schnucks) 11:15 am Tai Chi 1:00 pm Art with Us**	26 10:00 am To Your Health 11:00 am Class in Motion 1:15 pm Knitting & Yarn Crafts 1:30 pm Royal Bank-Cov II	27 10:45 am-11:45 am St.L Library 11:00 am Total Fitness & Balance 1:00 pm Covenant Chorale 2:00 pm Book Club** The Woman Who Smashed Codes by Jason Fagone 3:30 pm Citizenship classes for Chinese speakers, Goldstein Room	28 PEST CONTROL 11:00 am Tai Chi 1:00 pm Games Day!**	29 9:00 Bus to Madco Dance Performance at Touhill Theater at UMSL (\$3 resident/\$5 non-resident for bus. Donations to Madco appreciated)** 11:00 am Chair Yoga 1pm Movie: "Instant Family" 1:30 pm Citizenship classes for Russian speakers, Friendship Room 5:00 pm Shabbat Dinner** 6:00 pm Shabbat Services	30 6:30 pm Tenant Council Bingo