

Family Ties

The newsletter of Community Aging Corp.
Covenant House/CHAI Apartments

Winter 2010

HANUKAH CELEBRATION WAS A LIGHTFEST!!!!



Ruth Tegman shows off the cute Hanukah card made for her by one of the children at the Lightfest project.



St. Louis Symphony Orchestra Performers provided residents with a wonderful classical concert on December 8, 2009 (l to r) James Czyzewski, Cello and Joo Kim, Violin.



Past Board President, Robert Bohm, volunteered to serve residents at the Hanukah Luncheon.

On Friday, December 18th, 2009 the JCC and CAC joined forces to sponsor one of the most successful Hanukah Celebrations in years. The Covenant House Dining Room was beautifully decorated and each table was filled with special goodies including handmade placemats made by JCC Day Care Children and individual Hanukah Cards made by children that had participated in the community Lightfest event held on the prior

Sunday. The celebration included a delicious feast of barbecued chicken, potato pancakes, apple sauce, spinach or green beans, and Jelly donuts for dessert prepared by the JCC Nutrition Department. Community Aging Corporation distributed gift bags to all participants. Howard Sandler played festive holiday tunes on the piano during and after the meal.

JCC and CAC volunteers and staff served the participants. The JCC Nutrition Department and Community Aging Corporation are beneficiary agencies of the Jewish Federation of St. Louis and receive additional support from many donors, foundations and endowments that make programs like this possible.

HUD APPROVES PROPOSAL

On January 11, 2010 our request to convert 30 unused Section 8 studio apartments into 15 large one bedroom units in Covenant House I was approved by the headquarters of the U.S. Department of Housing and Urban Development. This was an answer to our prayers. The 37 year old building was approved in 1971 and completed in 1973 during a period of government budgetary austerity. The building was originally planned and built with 201 units of which 144 units were studio apartments. In the early 1990s demand for studios had slipped dramatically and the building obtained HUD's permission to convert 48 studio apartments (236 units) into 32 one bedroom units. We borrowed over \$500,000 to complete the original conversion project through a flex subsidy loan. Since the completion of that effort, the converted one bedroom units have been fully occupied. Our current configuration is 94 studio apartments and 89 one bedroom units.

For the last several years the building has been operating with a deficit because of the large number of vacant studios (50-58 units). We plan to combine pairs of vacant studios by cutting in a door between the units and eliminate the kitchen in one of the two units. The result will be a nice sized one bedroom apartment that will include two full bathrooms and total 868 square feet. We plan to collect bids in the near future to begin this process and rent completed units as soon as a Certificate of Occupancy can be obtained. We have a number of individuals we wish to thank for assisting Executive Director Janet Weinberg obtain this successful outcome with our request: first and foremost are the members of our Board of Directors; the local and regional HUD Staff- Susan Warner, Supervisory Project Manager, Yvette Allen, Project Manager and Charles Hester; Regional HUD Staff - Brenda Waters, Acting Director and Peggy DeLeersnyder, Senior

Project Manager; and HUD Headquarters staff members - Carol J. Galante, Deputy Assistant Secretary (for Multifamily Housing), and Marilyn Edge, Director, Field Asset Management Division; Capmark staff - Denise R. Heflin, Asst Vice President. We also express our deep thanks to our local elected officials: Charles Dooley, St. Louis County Executive; County Council Representative, Kathleen Burkett; Congressman Russ Carnahan; and his Chief of Staff, Caroline Pelot-Battles. We also thank The Jewish Federation of St. Louis for its support throughout this process; David Winton for his advice and assistance; and to Covenant House/CHAI staffers - Jerry Nelson, Property Manager; Jim Kern, Controller; Jude Landwehr, Leasing Director; and Carol Swederske, Bookkeeper; for their hard work and tenacity in seeing this project through until its approval.



LEADERSHIP GIFT FROM SILK FOUNDATION

We express our deep thanks to the trustees of The Silk Foundation for their recent gift of \$35,000 in support of our caring services and programs. The gift was made in memory of Sam and Ida Rose Silk. These funds have and will be used to support our Grocery Store Gift Certificate and Homemaker Program as well as our general social, recreational, and educational programs. In their letter to us, they “awarded a grant of \$35,000 to Community Aging Corporation in support of the great services your organization provides to residents of the Covenant House/CHAI Apartment complex.”

The Silk Foundation was recently established with funds from the estate of Martin Silk who was a St. Louis Real Estate investor and broker. He was active in the Jewish community and wanted his foundation to support charitable efforts in the community. It is thanks to friends like The Silk Foundation that enable us to continue to provide the wonderful array of services and programs to our residents.

GRATITUDE

The week prior to Thanksgiving, Su Li, our staff member who translates for our Chinese residents, asked me to meet with a few tenants. They wanted to bring down a meal for our staff to show their gratitude for all we do. I thanked the tenants for this wonderful gesture and explained that this was not necessary; we appreciated their kind words. They told me that many families had already prepared the meal and would like to bring it to the office for lunch time. We agreed on the time and they came downstairs with a signed card from tenants in 19 apartments and a feast fit for a king! The card said: “There’s so much to be thankful for...” and inside “blah, blah, blah. We can talk about that after pie. Happy Thanksgiving!!!” We all had a good laugh and the staff was very touched by this special expression of thanks giving.

SINGING & DANCING

Thank you Elaine Rogers and Anthony Muzarrelli for providing yet another New Year’s Day Concert including a wonderful mix of Broadway Show Tunes, romantic ballads and holiday favorites to welcome in 2010! While many other agencies were closed on the legal holiday of January 1st, Elaine and Anthony made sure that hands were clapping and hearts were gladdened in the multi-purpose room of Covenant House II. This program was followed by a sold out Tenant Council celebration on Saturday evening January 2nd which included a pot luck dinner at 5 pm, the very entertaining DJ Jeff Hornung, music, line dancing and couples dancing from 7 pm-9 pm followed by desserts and coffee from 9-10 pm. Tenant Council also distributed door prizes; at \$4/person, you can’t beat it. According to Jude Landwehr, “Everyone had a blast!!” We are truly blessed to have such wonderful volunteers that celebrate with us on a regular basis. Should auld acquaintance be forgot and never brought to mind...We’ll take a cup o kindness yet, for auld lang syne!”



Residents prepared a feast to express their thanks to Covenant House/CHAI staff at Thanksgiving Time. Shown in photos l to r John McRoy, Maintenance man; Xiurong Shen, resident; Yuqing Chen, resident; and Daleshawn Straub, Intern.

BEFORE



AFTER



Kristi Foster

Covenant House Chapel was recently rehabbed and has much brighter and more attractive look. Thanks to Madden and Sons for their excellent work and quick turnaround.



Regina Dub prepared her famous stuffed cabbage recipes for residents at a recent When Food Is Love Program.

OUR MISSION

The Community Aging Group, or CAC, was established in 1985 as a 501(C)(3) charitable organization to provide a wide array of caring services that “meet the physical, social and psychological needs of the elderly...”

These services have always targeted the residents of Covenant House / CHAI Apartments.

SERVICES AT A GLANCE

CALL 314-432-1610

TO REACH:

Executive Director

Janet Weinberg

Leasing Director

Jude Landwehr

Director of Resident Services

Jenny Gilsinn

Social Services Provider(SSP)

Covenant I

Janet Kupferberg

SSP Covenant House II

Activities Facilitator

Jane Thompson

SSP CHAI

Regina Dub

Avigail Rose

For Maintenance, Podiatry,

Appointments, Legal Service,

Escort Service,

or Room Reservations

Eva Cantrell

Housekeeping

Jenny Gilsinn

Other Services:

Beauty Shop

997-5903

JCC Nutrition Meal

Reservations

567-4912



Music Therapist, Troy Jones teaches our Ring along and Sing along Classes held bi-monthly in the Covenant House II MPR. Shown in photo (l to r) Annabelle Kaplan, Troy, and Deborah Billington.



Dressed for the holiday season, Leader, Larry Glass (second from left), shares laughter and fun with his students before starting his great Chair Yoga Class where students become more and more fit. The Class meets on Wednesdays and Fridays.

BEST DEAL IN TOWN

Community Aging Corporation has been providing home-making services at very affordable rates for decades; it is literally the best deal in town. Our wonderful housekeepers will provide tenants with the following services: they will dust furniture, make beds and change linens, clean mirrors and windows, vacuum, empty trash cans, wash vinyl floors in bathroom and kitchen areas, clean bathtub, sinks, toilets and countertops, clean inside and outside of stove and refrigerator, and wash, dry and fold laundry. Tenants must remove breakable items before housekeepers will dust or clean surfaces.

Hourly rates are on a sliding scale based on tenants' incomes. Fees range from \$2.20-\$10.18/hour with a minimum requirement of 2 hours. Compare these fees with private agencies at \$50/hour and who will not do laundry or change bed linens. We are able to offer this wonderful service to tenants because of the generous support we receive from the Jewish Federation of St. Louis, the Milford and Lee Bohm Endowment Fund for the Elderly, the Covenant House/CHAI Resident Service Endowment Fund and other foundations and donors like the Massie Family Charitable Trust and the United Way of St. Louis. For more information, please call Jenny Gilsinn at (314) 432-1610. Family members can purchase this service for their loved ones living at Covenant House/CHAI Apartments.

PERSONAL ALERT SYSTEMS SAVE LIVES

Falls among older adults is a leading cause of injury, hospitalization, and the need for extensive rehabilitation services. Falls may precipitate adverse physical, medical, psychological, social, and economic consequences. Discussing incidents of falls and challenges that may increase your risk with medical professionals is essential to the prevention of debilitating falls. It is also a good opportunity to learn how to respond in a medical emergency.

If you or a loved one lives alone then a Personal Medical Alert System may be for you. While Covenant House/CHAI Apartments do offer an Emergency Pull Cord System in all apartments, it was designed as an auxiliary safety component and does not replace the benefits of Personal Medical Alert Assistive Devices. In an emergency, calling 911 or utilizing a Personal Alert Medical Device offers the quickest response time from emergency medical providers. Our residents' health and safety is very important to us and that is why we recommend a personal alert system for all tenants. To obtain a list of Personal Alert System Providers, please contact one of the Covenant House/CHAI Social Service Providers at (314) 432-1610.

*Wishing all our friends & family a
Happy, Healthy 2010!*



ST. LOUIS OPERA THEATRE PREVIEWES

Trained volunteers from the Opera Guild enhance Opera Theatre of St. Louis' (OTSL) educational programs all year long with free classroom instruction and Docent Presentations. We have been fortunate to schedule two presentations by OTSL docents to share their knowledge about the Operas scheduled to be performed in the OTSL 2010 season. The 2010 operas are: *The Marriage of Figaro* by Wolfgang Amadeus Mozart; *Eugene Onegin* by Pyotr Ilyich Tchaikovsky; *A Little Night Music* by Stephen Sondheim; and The world premiere of *The*

Golden Ticket by Peter Ash (music) and Donald Sturrock (libretto). Operas will be performed from May 22 - June 27. For more information about OTSL visit their web site at www.opera-stl.org

Docents will play musical excerpts from each of the four operas; discuss the story lines and the composers' motivations, background, and styles. The first program will be held on March 16, 2010, 1:30 pm in the Covenant House II Multipurpose Room. It is free and open to the public. For more information, call Eva at 314-432-1610.

NEW DISCUSSION GROUP

We are happy to announce a new program for residents to enjoy; a discussion group led by community leader and volunteer, Ms. Betsy Rubinstein. Betsy was born and raised in New Orleans, LA, where her parents still reside. She came to St. Louis to study at Washington University. She started a family and raised four children in Sullivan, Missouri. Her children grown, Betsy decided to pursue a Masters Degree in Social Work at the George Warren Brown School of Social Work at Washington University. Since graduating with an MSW in 2006, Betsy has dedicated her time

and talents to volunteering in the St. Louis Jewish Community. Betsy currently volunteers for the Jewish Federation, Crown Center, and now works with residents at CovenantHouse/CHAI Apartments. The group called "Thursdays with Betsy" meets on a bi-weekly basis and includes discussions about current events, cultural issues, movies, the poetry of life, and sharing personal stories and memories. The program is held in the Meeting Room, in the lower level of Covenant House II. Check our calendar for exact dates and times, www.covenantchaistl.org.



Betsy Rubinstein

COMING EVENTS

When Food Is Love: *Decorating Valentine Cookies with Rosy and Family*,
Wednesday, February 17th, 1:30 pm, Covenant House II MPR

When Food Is Love: *Hamentashen baking with Avi and Jenny*,
Friday, February 26th, 1 pm, MPR, Covenant House II

Purim Megillah Reading & Celebration with *Dr. Larry Gornish*,
Sunday, February 28, 10:30 am, Covenant House I Chapel

Covenant House Passover Seders,

Monday, March 29 and Tuesday March 30th, 4:30 pm. Reservations are required. For more information call JCC Meal Program at 442-3149.

Annual Covenant House/CHAI Health Fair

will feature local service providers, health care vendors, demonstrations, and promotional items. Wednesday, April 14th 1-3 pm, Covenant House II

Free Tickets to Opera Theatre of St. Louis,

May - June, exact dates and number of tickets TBA.

APARTMENTS AVAILABLE!! HELP US SPREAD THE WORD.

Covenant House I, Covenant House II and CHAI Apartments are now actively marketing to fill vacancies! Due to our shorter wait lists the process which used to take up to 3 years has been reduced significantly (3 - 6 months!).

In order to apply you must be 62 years of age and meet the income guidelines* set by HUD. For more information visit our Web Site: www.covenantchaistl.org for detailed information and to print our application. If you have additional questions, please do not hesitate to contact Jude Landwehr, Leasing Director, at 314-432-1610.

* Due to a softer rental market, HUD has granted an income waiver for up to 12 rental units in Covenant House I, so even if an individual is over the designated income caps, they will be able to qualify to get an apartment if they meet all the other Tenant Selection Criteria. Availability may be limited so call today.



AARP RETURNS

We are thankful that volunteers from AARP will return to assist Covenant House/CHAI residents and older adults in the community with tax return preparation. A one-day event is being scheduled in order to assist those in need of this valuable service. Information on date, time, location and scheduling of appointments will be available shortly. In order to best serve residents with the yearly task of completing tax forms we ask that tenants gather all the needed documents in preparation for scheduling appointments. Needed paperwork includes the following:

- All wages earned in 2008 must be reported. This includes:
 - Form 1099SSA for Social Security Benefits. If you did not receive this statement on or before 1/31/10, call Social Security at 1-800-772-1213 to request this form.
 - All W-2 forms for wages earned from employment.
 - All interest earned on savings accounts, CD's, etc and dividends income earned on stocks and bonds must be reported. Your banks/financial institutions should send out 1099's reporting this information to you by January 31st, 2010.
 - All Pension statements for 2009.
 - Any other income received including VA benefits, railroad retirements, unemployment benefits, etc.
 - Also bring your property tax notice if you lived in a home in 2009.

For more information, call Janet Kupferberg in the Management Office at 432-1610.

News You Can Use



Alicia Rosenfeld thanks OATS Driver for the wonderful service they provide our residents.

NO CIRCUIT BREAKER HERE

We regret to report that Covenant House/CHAI Apartments tenants are not eligible for the Missouri Property Tax Credit (Circuit Breaker). We have been informed by the Missouri Department of Revenue that residents of rental properties that are exempt from paying property taxes due to non-profit status do not qualify for this credit. Therefore, Covenant House /CHAI staff will not be distributing rent receipt letters. If you have any questions regarding this regulation, you may refer to the 2009 form MO-PTS instructions, page 25, line 12 which states, "If you rent from a facility that does not pay property taxes, you are not eligible for a Property Tax Credit." For additional information you can also contact the Missouri Department of Revenue directly at (314) 877-0177.

THANK YOU OATS!

We feel fortunate that OATS, Inc. has been providing a weekly shuttle from our campus to Schnucks, Dierbergs, and Aldi grocery stores every Wednesday since 2008. The van leaves about 9:00 am and returns within a few hours. OATS also provides a monthly shuttle to Wal-Mart and will provide transportation for individuals to doctors' appointments if reservations are made in advance and they have available drivers. To make reservations, tenants need to call OATS directly at (314) 894-1701.

OATS, Incorporated helps people all over Missouri get to work, doctor appointments, essential shopping, and other places people need to go. As a not-for-profit public transportation system, OATS serves 87 counties in the Show-Me State. The mission of OATS, Inc. is to provide reliable transportation for transportation disadvantaged Missourians so they can live independently in their own communities.

Founded in 1971 by a group of seniors who saw a need for transportation, especially in rural areas, OATS has grown to be one of the largest and most unique systems of its kind in the country. Besides seniors, OATS now serves a wide variety of clientele. Over 31,000 people in Missouri utilize the services of OATS. Last year, 1,523,257 one-way trips were provided with a fleet of over 650 vehicles and a staff of 700.

SURVIVING THE ECONOMIC STORM

Times are difficult for a lot of people, and residents of Covenant House/CHAI Apartments are not immune to the struggling economy. Thankfully, 2009 brought the largest cost-of-living Social Security Increase in over a quarter century. But, with rising costs and falling stocks, the 5.8% increase may not meet the needs of many. With the prospect of a freeze in the cost-of-living increase for Social Security in 2010, many still need more assistance. Therefore, we have compiled a list (below) of some helpful resources:

Food Assistance in Your Area:

- **JCC/MEAAA Dining Site**

Covenant House I
10 Millstone Campus Drive
St. Louis, MO 63146
(314) 567-4912

- **Schnuck's Gift Certificate Program** (for Low Income Covenant/CHAI Tenants Only). For income qualifications or additional information call Regina at (314) 432-1610

- **Harvey Kornblum Jewish**

Food Pantry
10950 Schuetz Road
St. Louis, MO 63146
(314) 993-1000

- **Income Maintenance-Food Stamp Division, Missouri Department of Social Services**

9900 Page Avenue
St. Louis, MO 63132
(314) 426-9600

- **USDA Food & Nutrition Service** Nutrition Assistance Program Eligibility Tool

www.snap-step1.usda.gov/fns/

- **ElderLink St. Louis**

(314) 812-9300
www.elderlinkstlouis.org/

- **United Way of Greater St. Louis**

(314) 421-INFO (4636)
www.211Missouri.org

Health Insurance/Prescription Drug Assistance in Your Area:

- **Missouri HealthNet Division-Medicaid Missouri Department of Social Services**

9900 Page Avenue
St. Louis, MO 63132
(314) 426-9600

- **Social Security Division**

Prescription Drug Cost Assistance

1-800-772-1213
(314) 469-1376 (Local Office)

www.socialsecurity.gov

www.ssa.gov/prescriptionhelp/

- **Missouri Rx Plan**

<http://morx.mo.gov/>

If you are a resident or family of a resident of Covenant House/CHAI Apartments and you would like additional information about these services or for a more extensive list of community resources please contact a Social Service Provider at (314) 432-1610.



The Oberman Family volunteered in December in honor of Jayme's upcoming Bat Mitzvah; shown from l to r front: Marni, 2nd Row: Jayme and Samara, Back: Rhonda Oberman.



Thanks to Jane Williams, LPN, and Linda Priaulx, Community Educator of Comprehensive Care, Inc. for providing flu shots. Shown in photo l to r Jane Williams LPN and Bella Gladova, resident.



Feast prepared for the 2009 Chanukah Celebration by the JCC Meal Program.

JAYME OBERMAN'S MITZVAH

It was a family affair as Jayme Oberman and her mother, Rhonda and two sisters, Samara and Marni arrived to volunteer with the JCC Meal Program on December 24th. In March, Jayme will be celebrating her bat mitzvah at B'nai Amoona. She graciously chose to volunteer at Covenant House as part of her mitzvah project. After assisting in serving a delicious lunch, Jayme impressed the seniors by providing a piano concert featuring an array of Jewish, popular and classical music. Jayme is a student of the Ladue Middle School. She has been studying and playing piano for the past 4 years. We thank Jayme and her family for volunteering with us and wish the whole family a hearty Mazel Tov on her upcoming Simcha!

CELEBRATING A LEGACY OF JUSTICE, EQUALITY AND COMMUNITY

Covenant House I was proud to host the Jewish Community's 21st Annual Martin Luther King Jr. Commemoration, *A Celebration In Song*, coordinated by the Jewish Community Relations Council and co-sponsored by CAJE, Covenant/CHAI Apartments, The Holocaust Museum and Learning Center, JCC, JF&CS, Jewish Federation, and the Brodsky Jewish Community Library. This event honored the life, legacy and lessons of Dr. King. This year's program offered a diversity of speakers from the community that highlighted lessons from the past that direct us towards a future of true "justice for all." Music also filled the air as choirs from Confluence Academy-Old North 5th Grade Chorus, Saul Mirowitz Reform Jewish Day School 3rd/4th Grade Chorus, and Solomon Schechter Day School Choir lifted their voices in remembrance of this great man and his special legacy.

DELICIOUS WEEKDAY DINNERS HERE

The Jewish Community Center's Nutrition Department offers hot nutritious kosher meals Monday through Friday, with Shabbat dinner on Fridays. Individuals age 60 and over are invited to make new friends and enjoy after dinner entertainment in the Covenant House I Dining Room, 10 Millstone Campus Drive. The suggested contribution is \$3.50 per meal. The JCC also offers home-delivered meals for those who do not drive at night or are unable to walk to the dining room. For more information, call Karen at 314-442-3149. The meal program is partially funded by Mid-East Area Agency on Aging and the Jewish Federation of St. Louis.

RPI THERAPY SERVICES
Comprehensive Therapy Services At Covenant House



RPI THERAPY SERVICES offers comprehensive, individualized Physical and Occupational Therapy services ON-SITE at Covenant/Chai Apartments:

- Pain management of spine and joint dysfunction
- Joint replacement rehab/therapy for hip, knees, shoulders and other joints
- Strength and balance/vestibular therapy
- Rehabilitation for neurological disorders (Stroke, Parkinsons)
- Aquatic Therapy
- Disease management programs for patients with arthritis, osteoporosis, diabetes and other common chronic diseases
- Wellness/exercise programs to prevent re-injury and improve quality of life
- Exercise Classes:
 - Tuesdays and Thursdays at 11:00 a.m. (Strength & Conditioning)
 - Mondays at 11:15 a.m. (TAI CHI)

EXCEPTIONAL CARE! EXCEPTIONAL RESULTS!

RPI – COVENANT HOUSE

#6 Millstone Campus Dr., Suite 3040 St. Louis, MO 63146
 Tel: (314) 991-1978 - Call for an appointment or more information.
www.rpistfl.com

**WANTED:
 BIG Print
 BOOKS**

For Covenant House Library, and **Yarn** for our Knit and Crochet Club!

For more information or to make a donation, please call Janet Kupferberg at 432-1610

BIG SCREEN

Premiers:

- Bride Wars*
- The Soloist*
- Management*
- Taken*
- The Curious Case of Benjamin Buttons*
- Gran Torino*
- Mama Mia!*
- Defiance*
- This Christmas*
- Confessions of a Shopaholic*
- Nothing but the Truth*
- New in Town*

Coming Attractions

- Beau Jeste*
- Cadillac Records*
- Julie and Julia*
- The Hurt Locker*
- Public Enemies*
- Adam*
- Sugar*
- It's Complicated*
- Invictus*
- The Blind Side*
- The September Issue*
- Up in the Air*





*St. Louis Symphony Orchestra Performers.
See page 1 for story.*

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Family Ties

COMMUNITY AGING
CORPORATION

8 MILLSTONE CAMPUS #2000
ST. LOUIS, MO 63146

Family Ties Ongoing Activities



Funding for our programs is generously provided by individuals, grants, endowments and the Jewish Federation of St. Louis. Visit our Web Site to check our monthly schedule of activities: www.covenantchaistl.org; seniors from the community are welcome.

Shabbat Services are held each Saturday in Covenant House I Chapel 9:30 – 11:30 a.m.

Arts & Crafts Class is held the last Monday of the month, 1 p.m.

Beauty Shop in CHAI Building open weekdays, 8:30 a.m.-3:30 p.m., (314) 997-5903

BINGO Games are run each evening Saturday – Thursday by Tenant Council Volunteers

Citizenship Tutors available. Call Parkway School District for more information (314) 415-7063

OATS Transportation: provides transportation to Schnucks, Dierbergs, and Aldi's every Wednesday between 9-9:30 a.m.

Transportation to Wal-Mart is also provided the third Friday of the month. Reservations are required.

For information call Randy at (314) 894-1701 ext. 102.

Chair Yoga with Larry Glass, Wednesdays and Fridays, 11:00-noon
Covenant House II Library/Computer Center weekdays 9:30 a.m. - 4:00 p.m. (Stamps are now available for sale in the library).

English as a Second Language Classes (ESL) are held every Tuesday & Friday: 10-12:00 Noon; Call Parkway School District for more information (314) 415-7063.

Exercise Class with Dr. Jill Abrams every Sunday, 11:00-noon.

Free Blood Pressure Screenings provided by RPI one time/ month and Health Line Home Care one time/ month. See monthly activities calendar for dates, times, and locations.

Friday Club meets the 1st Friday of each month 1:00 p.m.

GOALS Pro Bono Attorney visits the 2nd Monday each month, 9:30 a.m.; call office 432-1610 for an appointment.

Kosher Dinners are available Monday- Fridays, 4:30 p.m. Call Karen for more info-442-3149.

Mobile County Library visits every other Thursday each month, 9:30 a.m.

Mobile Post Office visits CANCELLED.

Ring along/Sing along with Troy Jones meets 2nd & 4th Thursday each month, 1:00 pm

Podiatrist, Dr. Meredith Stuart provides foot care each Wednesday by appointment, 9:00 a.m. -noon; call office 432-1610 for an appointment.

RPI "Class in Motion" is offered 2 times (Tuesdays and Thursdays)/ week at 11:00 a.m. for 8-week sessions. For more information call RPI at (314) 991-1978.

Free T'ai Chi Class provided by RPI meets Mondays, 11:15 a.m.

Yiddish Club with David Levine meets weekly, Mondays at 7:00 p.m.

• For Special Events, concert schedule, book reviews, trips and other social gatherings please check the monthly calendar online at www.covenantchaistl.org