

































Free activities for seniors!

DECEMBER 2011






All are welcome to attend and join the fun!

CAC/COVENANT/CHAI HAPPENINGS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beauty Shop 997-5903 Nutrition 442-3149 Rehab Professionals 991-1978 NORC Programs 442-3255 AW Healthcare- 494-9718	Library Hours: Mon-Fri: 9:30 am-2 pm Many thanks to our funders MEAAA and the Jewish Federation 	Tenants receiving Schnucks cards and JF&CS food boxes: Pick up Thursday, December 8 th , CHAI MPR, 9:30AM-11AM	<p style="text-align: center;">Do you want to volunteer to host a monthly activity? Call Jenny at (314) 432-1610</p>	9:30am Mobile Library 1 9:30 ESL Class 11am Class in Motion 1pm <i>JCC Meal Reservations</i> 6pm JCC Game Night 	9:30am ESL Class 2 11am Chair Yoga  1pm Friday Club Holiday Party with Big Papa G*** 4:30pm Traditional Shabbat Dinner*** 	6:30pm Tenant Council Bingo 10am Shabbat Services  
11am Exercise with Jill Abrams 4 5:30pm Chanukah Concert and Cookies with the St. Louis Jewish Women's Choir*** 	11:15am T'ai Chi Class 5 1pm NORC Crafts, Knitting and More TGP 6pm JCC Pajama Party 7pm Yiddish Club 	9:30am ESL Class 6 11am Class in Motion 	10am NORC Bus Trip *** 7 9:30am ESL Class 11am Chair Yoga 6pm JCC Youth Theatre Presentation 	11am Class in Motion 8 1pm ESL Class 1pm <i>Ring-a-Long Sing-a-Long with Troy Jones</i> 1pm <i>JCC Meal Reservations Exterminator</i> 	9:30am ESL Class 9 11am Chair Yoga 1pm Movie: <i>Super 8</i> 4:30pm Traditional Shabbat Dinner*** 6pm Friday Night Shabbat Services 	10:00am Shabbat Service followed by the Connecting Generations Kiddush with the Neve Shalom Religious School 6:30pm Tenant Council Bingo  
11am Exercise with Jill Abrams 11 	9:30am Legal Advice*** 12 11:15am T'ai Chi Class 1:30pm JCC Support Council/Menu Meeting 7pm Yiddish Club 	9:30am ESL Class 13 11am Class in Motion 1pm Rabbis and Educators Series with Rabbi Elizabeth Hersh 6pm JCC Healthy Living Program*** 	9am NORC Bus Trip*** 14 9:30am ESL Class 11am Chair Yoga 6pm JCC Willowbrook Concert 	9:30am ESL Class 15 9:30am Mobile Library 11am Class in Motion 1:30pm Holiday Memories Program with Betsy Rubenstein 1pm <i>JCC Meal Reservations</i> 	9:30am ESL Class 16 11am Chair Yoga 4:30pm Traditional Shabbat Dinner*** 	10:00am Shabbat Services 6:30pm Tenant Council Bingo  
11am Exercise with Jill Abrams 18 	11:15am T'ai Chi 19 1pm Arts & Crafts 1pm NORC Crafts, Knitting and More-TGP 7pm Yiddish Club  	9:30am ESL Class 20 11am Class in Motion 1pm Rabbis and Educators Series with Cyndee Levy Erev Chanukah 	9am Podiatrist*** 21 9:30am ESL Class 11am Chair Yoga 1pm AW Health Care Holiday Bingo*** 6pm Bell Choir Concert Chanukah-1 st Day 	9:30am ESL Class 22 11am Class in Motion 1pm <i>Ring-a-Long Sing-a-Long with Troy Jones</i> 1pm <i>JCC Meal Reservations</i> 5pm JCC Chanukah Dinner and Party with Marsha Goldberg Exterminator 	9:30am ESL Class 23 11am Chair Yoga 4:30pm Traditional Shabbat Dinner*** Office Closes at noon 	10:00am Shabbat Service 11:30am Birthday Kiddush 6:30pm Tenant Council Bingo   

Events with ***require a reservation, appointment, or ticket in advance of event.
"REMEMBER TO CHECK YOUR BULLETIN BOARDS FOR MORE DETAILS!!"

For additional information on Covenant House/CHAI Activities
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<p style="text-align: right;">25</p> <p>11am Exercise with Jill Abrams</p> 	<p style="text-align: right;">26</p> <p>Office and Meal Site Closed 1pm Movie: <i>Chicago</i></p> 	<p style="text-align: right;">27</p> <p>9:30am ESL Class 11am Class in Motion 1pm Meet and Greet with Rabbi Bennett***</p> 	<p style="text-align: right;">28</p> <p>9:30am ESL Class 11am Chair Yoga 1:30pm Blood Pressure with Health Line Home Care 6pm JCC B-Day Party Chanukah 8th Day</p> 	<p style="text-align: right;">29</p> <p>9:30am ESL Class 9:30am Mobile Library 11am Class in Motion 1pm JCC Meal Reservations 6pm JCC White Elep. Bingo</p>	<p style="text-align: right;">30</p> <p>9:30am ESL Class 11am Chair Yoga 1:30pm Mitzvah Club 4:30pm Traditional Shabbat Dinner***</p>	<p style="text-align: right;">31</p> <p>6:30pm Tenant Council Bingo</p> 
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