

## LET'S TALK SPECIFICS

### December 2010

- 1---**9am **Podiatrist Dr. Stuart** is here every Wed. Call Management Office for appt at 432-1610.  
11am Join instructor **Larry Glass** for a morning of relaxing **Chair Yoga!** It might change your life! Class meets Wednesdays and Fridays! Cov II Board Room.
- 2---**11am **RPI's Scott Uelsman "Class in Motion."** FREE class designed especially for seniors to build endurance & balance while having *fun!* Class is held in the Cov II MPR on Tues/Thurs. For info, please call Scott at 991-1978.
- 1pm **When Food is Love: Frankel Triplets Mitzvah Project**-Come join the Frankel Triplets and decorate Chanukah Cookies. These triplets are avid cooks and bakers and they have chosen to use their cooking talents as part of their Mitzvah Project. Reservations are required by Monday, November 29, 2010. Call 432-1610. Covenant II MPR.
- 5:30pm JCC Concert featuring Larry and Diane Levy. For information on this and all other JCC events listed on the calendar call Karen at 442-3149. Cov I Dining Room.
- 3---**10am **ESL Class**-Come join in every Tuesday and Friday for English as a second language course sponsored by **Parkway Adult Education**. CHAI MPR.
- 1pm **Special Chanukah Party and Friday Club Concert** featuring a fabulous Klezmer Program with professional musicians Leslie Caplan, Will Soll, and Andrew Bollinger. Refreshments will be provided and door prizes will be raffled. Please make reservations for this event by December 1<sup>st</sup> at noon by calling 432-1610. For assistance getting to this event call your Social Service Provider at 432-1610. Cov II MPR.
- 4---**9:30am **Shabbat Service** is held every Saturday in the Covenant I Chapel.
- 5---**11am **Come join the Sunday Exercise Class** taught by **Dr. Jill Abrams**. Class is held every Sunday in the Cov II Board Room.
- 6---**9am Chinese ESL Class is now being held every Monday in the CHAI MPR.  
11:15am **FREE T'AI CHI CLASS** with RPI's Scott Uelsman. Join Scott for a morning of relaxing exercise every Monday. Cov II MPR.
- 7pm **Yiddish Club** with facilitator **David Levine** meets every Monday at 7pm in the Covenant II Board Room.
- 8---**1pm RPI continues offering a monthly health discussion. This month's topic is Managing Arthritis Pain followed by Stand Up and Be Strong. Refreshments will be provided. Cov II MPR.
- 9---**9:30am St. Louis County **Mobile Library** every other Thursday, Cov II MPR.  
1pm **A Ring-a-Long/Sing-a-long with Troy Jones**. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Thurs. of the month.  
**New Location: Cov I Harmony Room.** You need no musical talent, just a desire to have fun while making music!
- Exterminator on site on November 9<sup>th</sup> and November 21<sup>st</sup>. Call the office for an appointment.
- 10---**1pm **Movie-"Yoo-Hoo Mrs. Goldberg."** Cov II MPR.
- 13---**9:30am Need **Legal Advice?** Meet with Nancy Schmidt, Attorney at Law, for free help; 2nd Monday monthly. Call 432-1610 to schedule an appointment.
- 14---**1:30pm **Book Chat with Jane Thompson**. Featured Book: *Gone* by Lisa Gardner. Covenant II Board Room.
- 15---**5:30pm **Covenant House/CHAI Bell Choir Concert in the Cov I Dining Room.**
- 18---**11:30am **Birthday Kiddush**-Celebrate December birthdays following Shabbat services. Cov I Chapel.
- 20---**1:30pm St. Louis Symphony Orchestra Violist **Eva Stern** will perform a **Solo Bach Concert in the Covenant II MPR.**
- 22---**1:30pm **Blood Pressure Screenings & Health Promotion Program with Healthline Home Care.** Covenant I Dining Room
- 23---**Covenant House Management Office Closes at 12pm.
- 24---**OFFICE AND MEAL SITE CLOSED.
- 1pm **Movie-"Four Christmases."** Cov II MPR.
- 27---**1pm **Arts & Crafts Club** with Rosy Weinstein, resident, in Cov II Art Room. Bring scissors & paste. Call Rosy to reserve your spot at 567-3528!
- 28---**3pm **Annual Winter Lights Tour with Linda Koenig**. Paid reservations of \$6 for residents and \$10 for guests required in the office by December 21<sup>st</sup>. The bus will leave from the Covenant II Lobby at 3:10pm sharp.
- 29---**1:30pm **Memory Lane with Janet K & Jenny: Favorite Holiday Memories.** Refreshments will be provided. Reservations required in the office by Monday, December 27<sup>th</sup> at noon. Call 432-1610. Covenant II MPR.
- 31---**OFFICE AND MEAL SITE CLOSED.  
1pm **Movie-"Eat Pray Love."** Cov II MPR.