

Family Ties

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

Summer/Fall 2008



June Summer Concert featured the mellow sounds of Alan Oxenhandler and Curt Landes and was held in memory of Joe and Ruth Bernstein. Shown in photo are musicians and family members of the Bernsteins: (l to r): Melissa & Todd Nissenholtz, Christie Gimmerman, Annalee Nissenholtz, Alan Oxenhandler, David Nissenholtz, and Curt Landes.



Troy Jones directing the Covenant House/CHAI Bell Choir

SWEET SOUNDS OF SUMMER

The tenth summer of musical offerings includes opera, classical, belly dancing and popular musical programs. In May and June free opera tickets were once again provided to our residents, compliments of the Opera Theatre of St. Louis (see article below). On June 11th the Summer Concert Series kicked off with Covenant House favorites **Alan Oxenhandler and Curt Landes**. Alan Oxenhandler, vocalist and noted headliner at the Millennium was accompanied by Curt Landes (on piano). They performed Broadway show tunes, jazz and popular musical numbers. This concert was presented in loving memory of Ruth and Joe Bernstein and was underwritten by tributes from "The Loons" (Friends of Annalee Nissenhotz). The Covenant House/CHAI Bell Choir, directed by multi-talented Mr. Troy Jones, continued the series performing their springtime concert of music including crowd

favorites *My Blue Heaven*, *Over the Rainbow*, and closing the show with *God Bless America*. Residents sang along while the bell choir demonstrated all their hard work preparing for this show. This concert was followed by a dessert reception which was underwritten by the generosity of Social Service Provider Jane Thompson. On July 9th the concerts continued with the smooth sounds of pianist and vocalist **Chad Evans**. On Sunday, July 20th **Ms. Aren Ginsberg** returned to be the featured entertainer of our annual summer brunch. She is a very talented **belly dancer and has developed quite a following within the Covenant House Community**. August 6th, the talented members (each one a former Ms. Senior Missouri or runner up) of **The Cameo Club** provided a variety show including singing, dancing, and lots of humor. **Elegant Ensembles Duo** will be returning on August 20th. The musicians include vio-

linist, **Tova Braitberg** and cellist, **Natasha Rubinstein**. They will be performing a beautiful medley of classical music. Both musicians hold key positions with the Webster University Symphony as well as a number of other affiliations. And though the summer concert series must come to an end, we decided to add one final treat in September. On September 10th the **St. Louis Symphony Orchestra Outreach Program** will offer a special show for our residents and other community members. Musicians and further details TBA. A special thanks to all of the talented artists who graced the stage at Covenant this summer, their performances offered entertainment, laughs, and opportunities for friends and neighbors to come together and take pleasure in each others company while enjoying wonderful music, songs and dance.

MOTHERS & FATHERS HONORED

This year we honored our wonderful mothers and fathers. On Mother's Day we held a special Mother's Day brunch and Sing-a-Long featuring accordionists **Art Bernabo**. This event was sponsored in honor of Lee Bohm's special birthday. Residents enjoyed a lovely brunch of bagels and lox spread, pastries, coffee, and juice. Following the meal, the group was entertained by the lively music of Art Bernabo. Singing to some 40's and 50's tunes and polkas,

participants eventually broke out into dance as they were energized by the fantastic music.

The father's were also honored at a special Father's Day movie screening of *Charlie Wilson's War*. Prior to the movie, cheesecake, cookies, and soda were enjoyed and the fathers were given special gifts. We honor our mothers and fathers year round, but were pleased to be able to offer two special programs to express our gratitude and respect to our residents.



Art Bernabo (with his wife, Ann) was the featured entertainer at our Mother's Day Brunch.

Wishing all our friends and family members a healthy, sweet New Year, 5769





HOLIDAY CELEBRATIONS

We just celebrated the holiday of Shavuous in joy and now we prepare for a whole new schedule of holidays. The spirited Shavuous services were followed by a delicious cheesecake Kiddush thanks to generous donations from the Jossem Fund and board member, Aviva Raskas Adler.

The Jewish High Holidays are almost here and the Covenant House Chapel will provide a full schedule of special services for Rosh Hashanah, Yom Kippur and Sukkoth. Tenant Council runs our active chapel; the ticket price for these services is modest: \$18 for residents and \$25 for guests/non-residents. All proceeds are used to defray chapel operating costs. The schedule of services is as follows: **Tuesday & Wednesday, 9/30 – 10/1/08: Rosh Hashanah Services** begin at 9:30 a.m.; **Wednesday, 10/8: Erev Yom Kippur – Kol Nidre Services** begin at 6:00 p.m.; **Thursday, 10/9: Yom Kippur Services** begin at 9:30 a.m.; **Neilah Services** begin 5:45 pm. **Saturday, 10/18: Shabbos/5th Day Sukkot Services** begin 9:30 a.m., Sukkah Kiddush follows services; and **Tuesday, 10/21 Yizkor Shemini Atzaret Services** begin at 9:30 a.m. To purchase tickets or for more information, call Elaine Corson: (314) 567-3336.

We will once again be co-sponsoring our 13th Annual Sukkah Party in cooperation with the JCC's Nutrition Department. This year's celebration will include dinner, music, dancing & a special dessert. **Tommy Goldenberg**, (on accordion and keyboards), will provide lively Jewish musical entertainment. All are invited. The Dinner/Party will be held on **Thursday, October 16th, 4:30 pm** in Covenant House I Dining Room; for reservations call (314) 567-4912 or for additional information call **Karen** at (314) 442-3149.

FLU SHOTS SCHEDULED

Once again the Seldin Family Premier Service Program will be working with VNA TIP to serve as many of our residents as possible. We have arranged for the following dates and times to offer Flu shots: **Monday, 10/27/08 from 9:00 a.m.-noon** for residents only in the Covenant House II Multi-purpose Room and on **Wednesday, 10/29/08 from 1 p.m. - 3 p.m.** in the Covenant House II Multi-purpose Room for residents and the public. Flu shots will cost \$30; Medicare Part B, Advantra (GHP), Mercy /Premier HMOs, and Essence will be accepted. Pneumonia vaccinations will also be available for \$45; Medicare Part B would be accepted.

Due to the large demand for this service, we cannot guarantee all residents will be able to get the Flu shot in the facility. We suggest that anyone able to get the Flu shot prior to this date, do so. If you have any questions about our program, please contact Janet Kupferberg at (314) 432-1610. Any medical questions about Flu shots or other vaccinations should be directed to your loved one's physician. If a resident needs assistance to get a flu shot on site, please call their social service provider to schedule an escort to their Flu shot appointment. We distribute a detailed flyer to all residents in early October.



Residents and their families enjoying our Annual Seder.



Irina Tyutyukina receives a flu shot from VNA TIP nurse. We will repeat this service this October.



Re-elected officers are (1 to 1): 2nd row- Scott Malin, treasurer, Rob Bohm, president, John Becker, vice-president; 1st row- Wilma Gerstein, vice-president, Judy Schwartz Jaffe, secretary, and Janet Weinberg, executive director.

BOARD RE-ELECTS OFFICERS

At its annual meeting held on May 20th, the Board of Directors re-elected its current officers to serve in the coming year. Robert Bohm has completed a very productive year as our Board President and graciously agreed to serve a second term. Other officers providing outstanding leadership to our Board include: Wilma Gerstein (vice-president and co-chair Residents Services Committee), vice-president and co-chair Building Committee; John Becker, Scott Malin, treasurer, and Judy Schwartz Jaffe, secretary. These officers will provide important leadership in our continuing efforts to complete our successful capital campaign for the purpose of renovating all three of our residential buildings to benefit current and future generations of seniors in our community. They will also oversee the provision of needed services and programs. We are fortunate to have such committed and talented leadership. We thank the following board members, for their leadership and generosity, who are retiring this year: Dr. Aviva Raskas-Adler, Randee Jacobs, Shelley Sarver, and Alan Spetner.

OUR MISSION

The Community Aging Corp., 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

For Maintenance, Podiatry,
Appointments, Legal
Service, Escort Service,
or Room Reservations
Eva Cantrell

Housekeeping
Jenny Gilsinn

Other Services:
Beauty Shop
997-5903

JCC Nutrition Meals
442-3149

GILSINN PROMOTED



Jenny Gilsinn.

Covenant House/CHAI Apartments is proud to announce that Jenny Gilsinn has been promoted to the position of Director of Resident Services. In her new capacity, she will take over more administrative responsibilities and oversee the provisions of caring and exciting services and activities. Jenny welcomes any new ideas or suggestions from residents or family members. She can be reached during the work week at (314)432-1610.

Jane Thompson has succeeded Jenny as the full-time Social Service Provider of Covenant II and Activities Facilitator. Residents of Covenant II with problems or concerns should contact Jane for assistance.

Jenny is excited about this new opportunity and looks forward to continuing the excellent services to our tenants and to expand services as needed. "It has been wonderful working here at Covenant House and working directly with residents. I thank all the staff and residents for their warm wishes in this new endeavor. It is my hope to develop the best possible programs and services that offer our tenants all the resources and socialization opportunities available. I welcome any suggestions and ideas that can make the Covenant House/CHAI living experience even better."

EASY LIVING PROGRAM CLOSES ITS DOOR



Easy Living Staff (l to r): Crystal Fowler, Jane Thompson, and Laverne Dixon (missing Margarita Bordak).

After 20 years offering assistance to tenants, the **Living Easy Program** (formerly the PAL program) ended on June 30th, 2008. The Board of Directors made the decision to discontinue the program after a careful analysis and much deliberation. A combination of operational changes that had taken place over the years, in addition to an increased regulatory environment, worked against continuing to provide the program at an affordable price.

Residents and their families will miss the program and expressed their appreciation for the hard work and dedication of the staff. Tom Kriesman, the son of a Living Easy participant proclaimed that he gives the program 10 out of 10!!! "It was a wonderful program for mom. She was always happy talking about the program when I called her from California." Janice Shenker, the daughter of another participant echoed that sentiment saying, "The program allowed my mother to remain in her apartment and provided some socialization. It was just what my mother needed." Recent participants, Anne Feldman and Shirley Karp, also had kudos for this special program. Anne said, "My boys wanted me in the program for the services and three meals a day. They liked someone checking to see if I was okay daily. I thought it was a wonderful program. I liked being with people and the staff was very nice." Shirley stated, "I liked the program and the socialization. I liked knowing that someone was available to me during the day."

Social Service Providers will continue to be available to assist residents Monday through Friday from 8:30 am-5 pm. A Night Manager is available anytime the office is closed to assist in an emergency. Prior to closing the program,

all of the program participants and their family members were provided with an array of resources to assist them in making a transition and finding services to help residents meet their needs.

Program Coordinator, Jane Thompson, noted that "I enjoyed the daily work with the Living Easy tenants and their families and saw first hand the positive affects the services had on the participants." She wishes to thank her loyal and dedicated staff for all of their hard work, patience, and care of the tenants. Jane Thompson will now be the full-time Social Service Provider for Covenant II. Janet Kupferberg, Social Service Provider for Covenant House I, will continue to offer supportive services to those tenants who recently participated in the Living Easy Program.

While the Living Easy Program will be missed, services and resources are available to assist all residents who may need greater assistance in their apartment in order to remain independent. Contact your buildings' Social Services Provider for a list of resources



Janet Weinberg (center) visits with special honoree, Lee Bohm (left) and her mother, Esther Goldenbersh (right) at our Mother's Day Brunch.

SUMMER BOOK CHATS

With summer's arrival, our residents look forward to the articulate and intelligent book review sessions offered by CAC. This summer's series will feature Covenant II Social Service Provider Jane Thompson. Jane's first book review took place on Tuesday, July 30th. She discussed Nora Robert's best selling novel:

Brazen Virtue. Jane has agreed to provide an additional book chat on August 21st, featuring Debbie Macomber's *The Manning Sisters*. These engaging discussions are a favorite of the residents because Ms. Thompson brings her enthusiasm and excitement to everything she does.

Photography EXHIBIT OPENS

Covenant House/CHAI Apartments is proud to announce the opening of a photography exhibit entitled *Remember the Days*, by the very talented artist, Kristi Foster. The opening will be held Thursday, August 14, 2008 at 2 pm in the Covenant II Meeting Room, located in the lower level of 8 Millstone Campus Drive. All are welcome to attend the exhibit opening and enjoy the visual beauty of Kristi's photographs, enjoy refreshments, and mingle with friends and neighbors. We thank Kristi for this art that will be on permanent loan and displayed for all to enjoy.

Remember the Days captures uninhibited children's play. These photographs were taken with a Holga camera. A Holga is actually a toy camera--plastic lens, light leaks, vignetting, inexact

metering and focusing--it brings together imperfect elements to create timeless images. Using 120mm black and white film, the pictures were hand printed in a traditional darkroom, then toned with a tea stain. Foster teaches a class through St. Louis Community College on the use of the Holga camera.

Foster has been a professional photographer for more than 20 years. She photographs b'nai mitzvot, weddings and family portraits. Additionally, she photographs special events for local non-profits such as the Missouri Botanical Gardens, the Missouri Historical Society, the St. Louis Jewish Light, and Covenant House/CHAI. To find out more about her photography services visit: www.kristifosterphotography.com.



Kristi Foster, photographer



Newly constructed rear walkway connecting the C and B Buildings in Covenant House I.

BRICKS AND MORTAR

In **Covenant House I**, we have completed the construction of the rear Walkway connecting the B and C Buildings (see photo). We have also completed electrical and plumbing repairs and replaced kitchen cabinets in all apartment units in the A Wing (this completes electrical and plumbing upgrades for all Covenant House I apartments). We have completed the modernization of the A elevator and the replacement of the cylinder. We have signed a contract with KONE to modernize the B, C, D Wing elevators just as soon as the parts are available. The project is expected to begin in late August or early September.

In **Covenant House II**, we replaced kitchen cabinets & countertops in an additional 32 apartments and expect to complete this project in all units in the coming year. We also replaced an additional 40 sets of closet doors; we expect to complete this project in the coming year. We installed new lighting in the building's lobby. We remodeled the common area restrooms and the serving kitchen in the lower level and replaced the carpeting in the multipurpose room. We replaced the G Roof.

In the **CHAI Building**, we replaced refrigerators & ranges with hoods in an additional 38 apartments and

expect to complete this project in the coming year. We will continue to replace HVAC units in up to 12 apartments until all units have new HVAC systems. We installed aluminum cladding to fascias and gutter boards. We replaced two ground mounted HVAC units with air handlers. We replaced the automatic doors to the CHAI entry way. We replaced the J Building lower level hallway tile floor. We also replaced the compactor and boilers in the L Building. Congratulations to our many proven contractors and Jerry Nelson and our excellent maintenance and janitorial department for a very productive year.



Residents who attended the 2008 Covenant House Health Fair were treated to a great event which included free information from 26 Health Care Providers and Senior Services, special health screenings and many door prizes. Shown in photo: Apollo Medical nurse, Becky Harrison, provided free blood pressure screenings. She visits us on a bi-weekly basis and provides this service on a pro bono basis.

Larry Glass, Yoga instructor, teaches chair yoga twice a week on Wednesdays and Fridays in the Covenant House II meeting room. His students rave about his sessions. All are welcome to join.



AVOID FINANCIAL FRAUD

Financial exploitation of older adults has been called the crime of the 21st century. Missourians Stopping Adult Financial Exploitation (MOSAFE) is a program developed by the Department of Health and Senior Services, AARP, and many other financial and private groups. The goal of MOSAFE is to educate consumers, the general public, and other professionals to recognize the warning signs of exploitation, understand appropriate interventions, and learn how to report suspected situations.

On Monday, June 2nd, the Jewish Community Center, Jewish Federation and NORC sponsored a forum, held at the JCC, to increase awareness and educate the community about financial exploitation. Marta Fontaine, a representative from the Department of Health and Senior Services and the department's contact for the MOSAFE

project, provided an informative discussion on financial exploitation of older adults.

Financial exploitation occurs when a senior is tricked or coerced into giving their money to a family member, friend, or stranger. Exploitation of more than \$50 is considered a felony. Some common scams or scenarios include a stranger offering fake prizes in exchange for a senior providing check or credit card information to pay for prize taxes or shipping, excessive rent or service charges including unreasonable fees for basic care services, and unauthorized withdrawals from ATM's.

Some tips for protecting your money include using direct deposit for checks, not signing blank checks without filling in everything on the document, canceling ATM and credit cards that you don't use, not giving anyone your ATM pin

number, check bank statements carefully for unauthorized transactions, be cautious of joint accounts, don't sign anything you don't understand, and seek advice from your own legal representative before preparing a power of attorney.

To report financial exploitation or any elder abuse call 1-800-392-0210 or visit the Department of Health and Senior Services online at

www.dhss.mo.gov/MOSAFE/

Additional resources for older adults include: the Attorney General's Consumer Protection Hotline at 1-800-392-8222 or

www.consumer.ago.mo.gov, Security of State Investor Protection Hotline at 800-721-7996, Investor Advisor Public Disclosure website at

www.adviserinfo.sec.gov/IAPD/Content/IapdMain/iapd_SiteMap.aspx, and Legal resources available to seniors at

www.abanet.org/aging/resources/docs/Missouri07.pdf.

2008 ELECTIONS: WHAT *You* NEED TO KNOW

This year's race for the 2008 presidential nominee has been historical, and as citizens it is our right and responsibility to do our civic duty and vote. In preparation for the November elections everyone must make sure that if they are registered to vote, all of their registered information is correct, including an updated address. Therefore, if you or your loved one has recently moved to Covenant House/CHAI apartments you may need to prepare a change of address with the St. Louis County Board of Elections.

If you are not currently registered to vote and would like to be, you must register and have your information into the St. Louis County Board of Elections by October 8, 2008. As a convenience to our residents, regis-

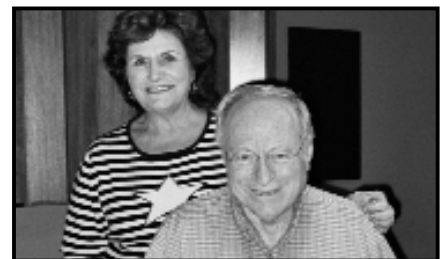
tration cards may be picked up from Jude Landwehr in the Covenant House/CHAI Management Office. Absentee Ballot request forms will also be available in the management office on or after September 23rd, 2008. Please see your Social Service Provider to obtain a request form. All absentee ballot applications must be received by the Board of Elections no later than October 29th, 2008.

For information on the election process or to change your address contact the St. Louis County Board of Elections at (314) 615-1800.

For additional information please contact your Social Service Provider.



Jane Thompson displays a Red, White and Blue Cake baked by Jenny Gilsim at the July When Food Is Love cooking demonstration. Janet Kupferberg will be our featured chef in August and Myrna Hersbman will teach Challah baking and demonstrate one of her soups in September.



Irene Fox and Tommy Goldenberg will be the featured performers at the meal site's anniversary in October. Tommy Goldenberg and Betty Tecklin performed at our August Friday Club Program.

NEW SPEAKERS SERIES

St. Louis is blessed with a large number of great rabbis and teachers. This year we will be inviting as many as possible to come visit with us and choose a topic(s) that they find particularly inspiring and/or timely. This is a chance to meet wonderful leaders/speakers, learn with them, and ask them questions you have about Judaism and Life.

On July 1st, 2008, Community Aging Corporation welcomed our first speaker for the new series, Rabbi Ze'ev Smason of Nusach Hari B'nai Zion. Rabbi Smason pursued rabbinical studies for 8 years in Jerusalem. Rabbi Smason came to St. Louis in 1988 working for Aish HaTorah and he became the rabbi of Nusach Hari B'nai Zion in 1998. Rabbi Smason offered an interesting, inspirational, and enlightening presentation to Covenant House residents on the topic of Tisha B'Av. Our tenants and guests were grateful to have Rabbi Smason visit, and followed his presentation with many questions and comments.

Our series continued on July 29th with Rabbi Hyim Shafner of Bais Abraham Congregation. Rabbi Shafner has rabbinical ordination and a Master's degree in Social Work from Yeshiva University and a MA in Jewish philosophy. His commitment to society is demonstrated in

his many years of service both nationally and abroad. Rabbi Shafner offered an engaging discussion on the topic of "Making the World Holy." He explained that Judaism challenges us to make everything we do or own a means to draw closer to God.

In August we are pleased to welcome Cyndee Levy. Cyndee is the Director of Adult Education and the Florence Melton Adult Mini School at the Central Agency for Jewish Education. She has been teaching for Melton for many years. Her students enjoy the breadth of Jewish knowledge and her personable teaching style.

Cyndee will offer a series of four classes every Tuesday in August at 1pm (8/5, 8/12, 8/19, & 8/26). Her topic will be *Jewish Women as Innovators and Redeemers of the Jewish People*. Participants will examine the lives of 4 Jewish Women from the bible. Study will include texts taken from bible, Midrash and contemporary Jewish commentary. Each program will include reading some texts in English and lively class discussions. Students do not need to be familiar with the women or their stories to enjoy this program.

We wish to thank all of our great rabbis and educators who have participated in this series, as well as our residents and community mem-



Rabbi Ze'ev Smason



Rabbi Hyim Shafner talks with Judy Rimmel at his recent talk.

bers for making them a huge success. We hope to continue this series throughout the year, offering discussions with many more community rabbis and teachers. We welcome suggestions for potential presenters for future calendar dates, and appreciate all those willing to offer their inspirational messages to our community.

THANK YOU Opera Theatre of St. Louis

Once again OTSL donated 25 tickets for each of three of their four dress rehearsals of the operas in the 2008 Season, running from May 24th - June 29th. Covenant House seniors were able to enjoy Jacques Offenbach's compelling drama *The Tales of Hoffman*, one of the most beloved operas ever written, Giacomo Puccini's *Madame Butterfly*, and a story of passion and treachery on a heroic scale, William Walton's *Troilus and Cressida*.



All three operas were full of drama, romance, and of course riveting and beautiful music.

Residents, many of whom have never been to Opera Theatre before, were in for a surprise! This opera presentation was not an old-style opera of Italian lyrics and huge theaters. Instead they heard wonderful music sung in English by a new crop of young Americans; they saw exciting new productions in a small theater that brings the audience close to the action. It was a wonderful, sold out, opera season. We thank the Opera Theatre of St. Louis for including our residents! Community Aging Corporation in cooperation with the Jewish Federation's NORC Program offered transportation to two of the three concerts for those who needed it.

New and current residents and visitors enjoyed the New Tenants Brunch in July which included a lovely meal, music and a lot of dancing. Shown in photo: residents Yan Ju Chen and a friend and Hongling Yuan with featured entertainer and talented belly dancer Aren Ginsberg.

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 three 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. Visit our Web Site for detailed information and to print out an application. Our web address is: www.covenantchaistl.org. If you have additional questions, please do not hesitate to contact Jude Landwehr, Leasing Director, (314) 432-1610.

*Due to a softer rental market, HUD has granted an income waiver for up to 10 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!

BIG SCREEN

Premiers:

Michael Clayton
Tyler Perry's Why Did I Get Married
Enchanted
August Rush
Juno
Becoming Jane
Charlie Wilson's War
27 Dresses
The Great Debaters
National Treasure 2: Book of Secrets
Lars and the Real Girl
Fools Gold
Kite Runner



Coming Attractions

Definitely, Maybe
The Bucket List
Tyler Perry's Meet the Browns
Planet Earth (the Series)
Get Smart
Sex and the City
Indiana Jones and the Kingdom of
Crystal Skull
Hancock
Booneville
My Blueberry Nights
SHMELVIS



Quality Therapy Services At Covenant House!!

Rehabilitation Professionals Inc. (RPI) offers top-quality, individualized Physical and Occupational therapy services from initial evaluation through treatment:

- Strength and balance therapy
- Joint replacement rehab therapy for hip, knees, and other joints
- Pain management of spine and joint dysfunction
- Disease management programs for patients with arthritis, Osteoporosis, diabetes and other common chronic diseases
- Wellness/exercise programs to prevent re-injury and extend quality of life
- Rehabilitation for stroke patients
- Exercise Classes: Tuesdays and Thursdays at 11:00 a.m.



RPI – Covenant House #6 Millstone Campus Dr. St. Louis, MO 63146 Tel: (314) 991-1978

Hours: Mon to Fri: 8:00 am to 5:00 pm and by appointment; Exercise Classes (8-wk session) by appointment



Chad Evans was our featured vocalist/ musician at a July Summer Concert. See story page 1.

Family Ties

COMMUNITY AGING
CORPORATION

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ST. LOUIS, MO 63146

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Family Ties Ongoing Activities

Family Ties Ongoing Activities & Services: 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 and Dierbergs 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 and to make reservations 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 Center weekdays 9:30 a.m. -4:00 p.m. & Sundays 10:00 a.m. – 2:00 p.m.

Current Events Class sponsored by JCC meets Thursdays, 1:00 p.m.

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.

Free Blood Pressure Screenings provided 1st and 3rd Thursdays of each month by Apollo Medical, Inc, 1:00-2:00 p.m.

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.; appointments are required. Call (314) 432-1610 to make an appointment.

Hebrew Class sponsored by NORC with Dorit Galor meets Tuesdays, 2:30 p.m.

Knit & Sew Club meets the 2nd & 4th Friday of the month, 1:30 p.m.

Kosher Dinners are available Monday- Fridays, 4:30 p.m. Beginning October 24th Friday Night Shabbat Dinners will begin at 4:15p.m.

Call Karen for more info-442-3149; for reservations call 567-4912
Mobile County Library visits every other Thursday each month, 9:30 a.m.

Mobile Post Office visits the 1st & 3rd Wednesday each month, 2:30 p.m.

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

Podiatrist, Dr. Meredith Stuart 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 Tai Chi Class provided by RPI meets Mondays, 11:15 a.m.

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

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