

OUT & ABOUT

SHOPPING TRIPS & transportation cost:

Aldi's - Friday, Aug. 13, 27, 1:30 p.m., \$1

Chinese Market - Friday, August 6, 20, 10:45 a.m. \$1

Council Shop - Friday, August 6, 1:30 p.m. \$1

Dierberg's - Friday, August 13, 10:45 a.m., \$1

Overland Plaza - Friday, August 27, 10:45 a.m., \$1

Schnuck's - Wednesdays, August 4, 11, 18, 25, 10:00 a.m. \$1

Target & Wal-Mart - Thursday, August 19, 1:00 p.m., \$12

ENTERTAINMENT:

(Transportation cost for each trip, \$2; admission *free*, unless otherwise stated)

Sheldon Art Gallery - Thursday, Aug. 5, 1:00 p.m. for St. Louis Blues Music exhibit

Stages - Wednesday, Aug. 11, 1:00 p.m. for "Promises, Promises"; purchase tickets by calling box offices, 821-2407

MUNY - Aug. 13, 7:15 p.m., for "Show Boat"; tickets \$18

Tower Grove Park - Mondays, Aug. 2, 9, 6:30 p.m. for concerts

MO Historical Museum - Sunday, Aug. 15, 10:15 a.m. to hear the Landolfi Quartet

St. Louis U. Museum of Art - Friday, Aug. 20, 1:30 p.m. for exhibit about rescued animals

Union Avenue Opera - Saturday, Aug. 21, 7:15 p.m. for "Queen of Spades"; tickets \$25

Festival of Nations - Aug. 29, 10:00 a.m., for multicultural celebration, bus \$2

Join Us at August Special Dinners

- "Around the World" themed dinner - Tuesday Aug. 2, 5:00; sightseeing, new foods, new cultures

- Elegant Shabbat dinner - Friday, Aug. 6, 5:00 p.m.

in the Crown Center Dining Room

Call 314-991-2055 x124 for reservations.

Torah Nuggets

Fridays, August 13 & 20, 2:00 p.m.
Rabbi Elizabeth Hersh
will share insights
into weekly Torah portions.



DINING OUT & transportation cost:

Lunch at Five Guys - Saturday, Aug. 7, 11:00 a.m., bus \$2

Lunch at Hodak's - Aug. 12, 11:00 a.m., bus \$2

Lunch at Olive Garden - Aug. 26, 11:00 a.m., bus \$2

MORE THINGS TO DO

SPECIAL PROGRAMS/ MEETINGS:

Bell Choir Practices - Tuesdays, Aug. 3, 17, 12:30 p.m., Weinberg Lounge

GOALS Attorney - Tuesday, August 10, 9:30 a.m., Dining Room; appointment necessary; no charge for help with wills, powers of attorney, etc.

Yiddish Club - Wednesday, August 4, 18, 1:30, Tallin TV Room

OTHER ACTIVITIES:

*Bagels & Learning - Mondays at 10:00 a.m., Weinberg Lounge

Birthday Bash - Tuesday, Aug. 24, 6:00 p.m., Weinberg Lounge, music by Arion

Royal Banks - Wednesdays, customer service, 11:00 a.m. - 1:00 p.m., Wellness Office

**Bagels & Learning this month will include programs on Israel, elder fraud, book by Felicia Graber, & the health care reform law's impact on seniors.*



HEALTH & WELLNESS

RPI Therapy Exercise Classes - Mondays, 2:30 p.m., Weinberg Lounge

Relax with Esther - Tuesdays, 1:00 p.m., New Classroom

Blood pressure readings - Mondays, 10:00 - 11:30 a.m. & fourth Friday of the month, 10:00 a.m., Health Office

Hearing Pro - third Wednesday of the month, 8:30 - 10:00 a.m., Health Office

Podiatrist - fourth Wednesday of the month, 12:30 p.m., Health Office

Internist - third Friday of the month, 1:00 p.m., Health Office

Pain Specialist - second Friday of every month, 12:30 - 6:00 p.m., Health Office

RPI Therapy Services Tai Chi Class - Tuesdays, 11:30 a.m. - Weinberg Lounge

**Laughter Yoga with Marlene Chertok
Tuesday, August 17, 3:30 p.m.
Weinberg Lounge. Cost: TBA**

**Resident Council Bake Sale
Thursday, Aug. 19, 8:00 a.m.
Weinberg Lounge
Come purchase delicious goodies
at this fundraiser.**

**“Peer to Peer Group”, in partnership
with OASIS, continues to examine
coping strategies for the transitions of
older adulthood on Wednesday,
August 18, 1:00 - 2:00 p.m.**

RELIGIOUS SERVICES

Chinese Prayer Group - Mondays, 7:30 p.m., Weinberg Lounge