

# OUT & ABOUT

## SHOPPING TRIPS & transportation cost:

Aldi's - Friday, July 16 & 30, 2:00 p.m., \$1

Chinese Market - Friday, July 2, 10:45 a.m. \$1

Dierberg's - Friday, July 23, 10:45 a.m., \$1

Global Market - Friday, July 23, 1:30 p.m. \$2

Overland Plaza - Friday, July 9 & 30, 10:45 a.m., \$1

Schnuck's - Wednesdays, July 7, 14, 21, 28, 10:00 a.m.

Target & Wal-Mart - Thursday, July 15, 1:00 p.m., \$1

Trader Joe's - Friday, July 16, 10:45 a.m., \$1

## ENTERTAINMENT:

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

Webster Groves Parade - Saturday, July 3, 9:00 a.m. in honor of July 4

MO Historical Museum - Thursday, July 8, 10:45 a.m. for "Where Fires Dwell", drama about a race riot in 1917

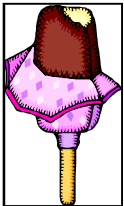
Science Center - Sunday, July 11, 11:00 a.m., for exhibit about Charles Darwin, "Reluctant Revolutionary"

Tower Grove Park - Mondays, July 12, 19, 26, 6:30 p.m. for concerts

Kemper Art Museum - Thursday, July 22, 1:00 p.m. for photography exhibit

## Torah Nuggets

**Fridays, July 9 & 30, 2:00 p.m.  
Rabbi Elizabeth Hersh  
will share insights  
into weekly Torah portions.**



**Roland's Frosty Treats  
Saturday, July 3, 1:30 p.m. &  
Wednesdays, July 7, 14, 21,  
28, ice cream truck at  
Crown Center.  
Come buy a treat!**

## Join Us at July Special Dinners

- **Baseball themed dinner - Tuesday July 6, 5:00, prizes, games, music, fun**
- **Elegant Shabbat dinner - Friday, July 23, 5:00 p.m. in the Crown Center Dining Room**  
Call 314-991-2055 x124 for reservations.



## DINING OUT & transportation cost:

Lunch at Sweetie Pies - Thursday, July 1, 11:00 a.m., bus \$2

Lunch at Hacienda Restaurant - July 29, 11:00 a.m., bus \$2

## MORE THINGS TO DO

### SPECIAL PROGRAMS/ MEETINGS:

Bell Choir Practices - Tuesdays, July 6, 20, 12:30 p.m., Weinberg Lounge

GOALS Attorney - Tuesday, July 13, 9:30 a.m., Dining Room; appointment necessary; no charge for help with wills, powers of attorney, etc.

Yiddish Club - Wednesday, July 7 & 21, 1:30, Tallin TV Room

### OTHER ACTIVITIES:

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

Birthday Bash - Wednesday, July 28, 7:00 p.m., Weinberg Lounge, music by Amelia & Connie

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

*\*Bagels & Learning this month will include programs on newspapers in the current economy, breathing techniques, & money management.*



### 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, 2:00 p.m. - Weinberg Lounge

**Laughter Yoga with Marlene Chertok  
Tuesday, July 20, 3:30 p.m.  
Weinberg Lounge. Cost: TBA**

### Gateway Storytellers

**Tuesday, July 27, 7:00 p.m.  
Weinberg Lounge  
Hear wonderful tales from  
this talented group.**

**“Peer to Peer Group”, in partnership with OASIS, continues to examine coping strategies for the transitions of older adulthood on Wednesday, July 21, 1:00 - 2:00 p.m.**

### RELIGIOUS SERVICES

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