

OUT & ABOUT

SHOPPING TRIPS & transportation cost:

Aldi's - Friday, March 5, 19, 1:30 p.m., \$1

Chesterfield Mall - Thursday, March 25, 1:00 p.m. \$2

Chinese Markets - Friday, March 12, 26, 10:00 a.m. \$1

Galleria - Thursday, March 4, 11:00 a.m., \$2

Global Market - Friday, March 12 & 26, 1:30 p.m., \$2

Overland Plaza - Friday, March 19, 10:00 a.m., \$1

Schnuck's - Wednesdays, March 3, 10, 17, 24, 10:00 a.m., \$1

Trader Joe's - Friday, March 5, 10:00 a.m., \$1

ENTERTAINMENT:

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

Jewish Film Festival - Tuesday, March 19, 6:15 p.m.; \$8

Washington University Music Center - Sunday, March 21, 6:15 p.m., for a dance program

Torah Nuggets

**Fridays, March 5 & 26, 1:45 p.m.
Rabbi Elizabeth Hersh
will share insights into weekly
Torah portions.**

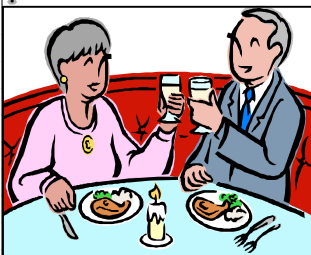
Achieving Inner Peace

**Tuesdays, March 2 & 9, 3:30 - 4:30 p.m.,
Weinberg Lounge**

**Rabbi Max Weiman offers guidance in
this helpful series.**

Save the Date

**Passover Model Seder
Thursday, April 1
5:00 p.m., Dining Room
Reservations open from
March 1. Please call
314-991-2055 x124.**



DINING OUT & transportation cost:

Lunch at Uncle Bills's Pancake House -
Saturday, March 13, 11:00 a.m.; bus, \$2

Lunch at Pumpernickels - Thursday, March 18,
11:00 a.m.; bus, \$2

Lunch at Bandana's - Saturday, March 27,
11:00 a.m.; bus, \$2

MORE THINGS TO DO

SPECIAL PROGRAMS/ MEETINGS:

Bell Choir Practices - Tuesday, March 2, 16, 12:30 p.m., Weinberg Lounge

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

Yiddish Club - Wednesdays, March 3, 17 1:30 p.m., Tallin TV Room

OTHER ACTIVITIES:

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

Birthday Bash - Thursday, March 25, 6:30 p.m., Weinberg Lounge, music by Riga Duo

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

**Bagels & Learning this month will include programs on a trip to Botswana, tracing your family roots, a visit with author Alan Spector, and with a coin collector.*



HEALTH & WELLNESS

Exercise Classes - RPI
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

Tai Chi Class - RPI - Thursdays, 2:30
p.m. - Weinberg Lounge

Laughter Yoga with Marlene Chertok
Tuesday, March 16, 3:30 p.m.
Weinberg Lounge. Cost: TBA

Nishmah Movie & Dinner
Wednesday, March 17, 7:00 p.m.
Weinberg Lounge, Movie:
"Her Name Is Zelda"
Call program office for details.

"Peer to Peer Group", in partnership with
OASIS, continues to examine coping
strategies for the transitions of older
adulthood on Wednesday,
March 17, 1:00 - 2:00 p.m.

RELIGIOUS SERVICES

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