

# OUT & ABOUT

## SHOPPING TRIPS & transportation cost:

Aldi's - Friday, May 14 & 28, 1:30 p.m., \$1

Chinese Market - Friday, May 28, 10:00 a.m. \$1

Global Market - Friday, May 7, 1:00 p.m. \$2

Overland Plaza - Friday, May 14, 10:00 a.m., \$1

Schnuck's - Wednesdays, May 5, 12, 19, 26 10:00 a.m.

ScholarShop - Friday, May 21, 1:00 p.m. \$2

Trader Joe's - Friday, May 7, 10:00 a.m., \$1

Walmart & Target - Thursday, May 6, 1:00 p.m. \$2

## Fun Programs

- **Flower Making, Thursday, May 6, with Haley Organ**  
- learn to make your own flower arrangements
- **St. Louis Jewish Women's Choir, Tuesday, May 11, 6:30 p.m.** - hear this popular women's choral group
- **Gateway Storytellers, Tuesday, May 25, 7:00 p.m.** - relax as you listen to wonderful tales

## Classic Eastern Cooking

Tuesday, May 4, 3:30 - 4:30 p.m.,  
Weinberg Lounge

Community educator,  
Cyndee Levy,  
discusses this fascinating topic.

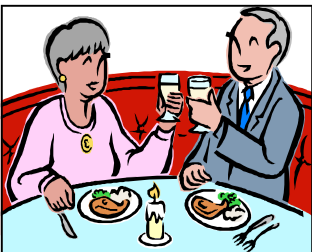
## Torah Nuggets

Fridays, May 7 & 21, 1:45 p.m.  
Rabbi Elizabeth Hersh  
will share insights into weekly  
Torah portions.

## **Mitzvah Day**

**Join families from Shaare Emeth on Sunday, May 2, 9:30 a.m.**  
**to help make soup packets for the Jewish Food Pantry.**

## DINING OUT & transportation cost:



Lunch on the Hill - Thursday, May 20, 9:30 a.m., after a tour of the neighborhood; \$9.00, plus cost of lunch

Lunch at Homestyle Buffet - Saturday, May 29, 11:00 a.m.; bus, \$2

# MORE THINGS TO DO

## SPECIAL PROGRAMS/ MEETINGS:

Bell Choir Practices - Tuesdays, May 4, 18, 12:30 p.m., Weinberg Lounge

GOALS Attorney - Tuesday, May 11, 9:30 a.m., Dining Room; appointment necessary; no charge for help with wills, powers of attorney, etc.

Yiddish Club - Wednesday, May 12, 1:30, New Classroom & May 26 1:30 p.m., Tallin TV Room

## OTHER ACTIVITIES:

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

Birthday Bash - Wednesday, May 26, 6:00 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 plants of the Bible, a Mother's Day celebration, getting to know Haley Organ, and rules of etiquette.*



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

## Shavuot Celebration

**Tuesday, May 18, 10:00 a.m.  
Weinberg Lounge  
Diann Bank will share stories of this  
holiday; light brunch served.**

**Laughter Yoga with Marlene Chertok  
Tuesday, May 18, 3:30 p.m.  
Weinberg Lounge. Cost: TBA**

**“Peer to Peer Group”, in partnership with  
OASIS, continues to examine coping  
strategies for the transitions of older  
adulthood on Wednesday,  
May 19, 1:00 - 2:00 p.m.**

## RELIGIOUS SERVICES

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

Trip to B'nai El - Friday, May 7, 7:00  
p.m. for services; bus: \$2.00