

Week of June 27-30

Monday, June 27

Birthday Party

Savory Roast Beef on Deli Bun
Herbed Fettucine
Seasoned Broccoli or Cauliflower
Italian Salad
Kosher Dill Pickle Spear
Chocolate Raspberry Cake



Birthday Party Celebration
Dance to fun classics with Robert Callmeyer
6-7pm

Tuesday, June 28

Lentil Soup
Quarter Pound Hot Dog
On Deli Bun
Classic Potato Salad
Bavarian Coleslaw
Hot Peach Crisp

My Autobiography
Write your autobiography and bring to
share after dinner.
6-6:30pm

Wednesday, June 29

Tomato Basil Soup
Tilapia Amandine
Creamy Rotini Pasta
Seasoned Spinach or Baby Carrots
Warm Dinner Roll
Strawberry Sundae

Thursday, June 30

BBQ Meatloaf
Baked Sweet Potato
Whole Green Beans
Pickled Beets/Onions
Whole Wheat Dinner Roll
Lemon Coconut Cake

Dear Diners,

Shalom! We hope you'll join us this summer for delicious, kosher meals and the enjoyable programs we have planned.

June Events You Don't Want to Miss!

We'll kick off the month on **June 2** with a wonderful classic movie, **"Meet Me in St. Louis."** We'll enjoy ice cream cones during the movie. On **June 6** we'll host a **Flappers Dance Social** in honor of Josephine Baker, a famous 1920s dancer who was born June 3, 1906 – in St. Louis! Dress up and have fun dancing and after dinner we'll have a Best Flapper Costume Contest – with prizes!

Don't miss **June 8** when **AW Healthcare** returns for an educational discussion on skin protection and cancer. Current scientific evidence suggests that the damage to cells is done in childhood but exposure to UV radiation in adult years triggers skin cancer. Join us after dinner to learn more.

Say Cheese! On **June 14**, join us (before dinner) at 3:30pm on the patio for a cheese social. Socialize outside and try different kinds of cheese. Also mark your calendar for **June 16** for our monthly **White Elephant Bingo Night**. On **June 20**, we'll celebrate **Father's Day** with wonderful music by **Dan Balsamo!** And on **June 22**, let's play another round of **Family Feud!** Join us after dinner at 6pm for games and prizes.

June 27 is highlighted by our **Birthday Celebration**. We can dance the night away to music by **Robert Callmeyer!** Happy Birthday, July Babies!

On **June 28**, a new program entitled **"My Autobiography"** will mark the date the Pulitzer Prize was first awarded. The Pulitzer Prize is an award for achievements in newspaper and online journalism, in the United States. Residents are invited to write a short autobiography before dinner, which we will share after dinner. Hope to see you there!

Sincerely,
Brittany Fischer
Coordinator of Senior Programs
314-442-3149



Coming in July....

- July 5** Independence Day Celebration
- July 7** Daniel Boone Social
- July 11** "Where Were You" Social
- July 13** AW Healthcare: "The Ups and Downs of Blood Pressure"
- July 18** Lutheran Senior Services
Guest Speaker: "Dispelling the Myths of Hospice"
- July 19** Birthday Celebration:
Music by Bryan Foggs
- July 25** Skyscraper View
- July 27** Landscape Painting

Состоится в Июле...

- 5** Июля Празднование Дня Независимости
- 7** Июля Даниэль Бун День
- 11** Июля, "Где Вы Бывали" Обсуждение
- 13** Июля AW "Повышения и Понежения кровяного давления"
- 18** Июля Приглашенный Оратор из лютеранской синьор организации выступит на тему "Рассеивание мифов о хасписе"
- 19** Июля Празднование Дней Рождения с музыкальным выступлением Брайана Фоггс
- 25** Июля Вид с Небоскреба
- 27** Июля Разукрашиваем Пейзажи



Menus reflect MEAAA requirements which follow key recommendations from the Dietary Guidelines for Americans.

Kosher meals, Vaad Hoer supervised. This program is funded by Title III of the Older Americans Act through Mid-East Area Agency on Aging, and Jewish Federation, and administered by the J. Everyone 60 years and older is invited to participate. Facilities are available to all without regard to race, color, national origin, age, gender, or handicap.

Covenant Place Dining

Catered by **kitchen j**
June 2016



Dinner Served: 5:00pm
Monday – Thursday

Special Friday Shabbat Dinner: 5:00pm

Reservations Required

Please call one day in advance.
RESERVATION LINE: 314-442-3149
OR: bfischer@jccstl.org

Covenant II
Milford and Lee Bohm Social Hall
8 Millstone Campus Drive

Thank you for your contribution.
Suggested per meal: \$3.50

For changes or cancellations in service due to inclement weather, call 314-442-3149.

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Weel of June 1-3

Wednesday, June 1 Creamy Tomato Soup Tuna Chef Salad <i>Classic tuna salad centered on bed of lettuce w/tomatoes wedges, egg</i> Assorted Crackers Tropical Fruit w/Angel Food Cake
Thursday, June 2 Hamburger on Deli Bun Corn on the Cob Lettuce, Tomato, Onion Kosher Dill Pickle Spear Creamy Coleslaw Chocolate Brownie <div> Meet Me at the Muny Wonderful Classic Movie “Meet Me in St. Louis” Includes a Special Treat 6-7:30pm </div>
Friday, June 3 Shabbat Dinner Chicken Noodle Soup Montreal Chicken Green Bean Medley Eggplant Salad Challah Apricots w/Whipped Topping

Week of June 6-10
Monday, June 6 Southwest Vegetable Soup w/Crispy Cornbread Croutons Vegetable Quiche Peaches & Cottage Cheese Oatmeal Raisin Cookie <div> 1920’s Flapper Dance Social Let’s go back in time & enjoy dancing! Best Flapper outfit wins a prize! 6-6:30pm </div>
Tuesday, June 7 Hearty Hearty Beef Goulash Egg Noodles Glazed Carrot Slices Vinaigrette Slaw Marble Rye Bread Baked Apple Dessert
Wednesday, June 8 Seasoned Salmon Toasted Cous Cous w/Roasted Vegetables Caesar Salad Warm Dinner Roll Lemon Blueberry Streusel Cake <div> AW Healthcare “The Skinny on Skin Care” 6-6:30pm </div>
Thursday, June 9 Spaghetti and Meatballs Italian Green Beans Mediterranean Cucumber Salad Warm Garlic Bread Fresh Red Grapes
Friday, June 10 Shabbat Dinner Chicken Rice Soup Oven Fried Chicken Mashed Sweet Potatoes Seasoned Sugar Snap Peas Challah Chilled Pears w/Red Gelatin

Week of June 13-17
Monday, June 13 Lemon Herbed Tilapia Sweet Noodle Kugel Broccoli Normandy or Parslied Carrots Creamy Cucumber Salad Parker House Roll Mixed Fruit Cup <div> Support Council and Menu Meeting Friendship Room, Covenant II 2:30-4:30pm </div>
Tuesday, June 14 Chicken Pot Pie w/Puff Pastry top Mixed Vegetables Pickled Beets Rice Pudding w/Cinnamon Peaches <div> “Say Cheese” Social Have your picture taken before dinner at a lovely cheese & fruit social on the patio 3:30-4:15pm </div>
Wednesday, June 15 Hot Minestrone Soup Julie’s Egg Salad Fresh Baked Tzitel Bagel Lettuce, Roma Tomatoes, Sweet Pickles Pineapple Parfait
Thursday, June 16 Open Faced Mushroom Onion Burger Seasoned Potato Wedges Marinated Cherry Tomatoes Chocolate Chip Cookie <div> White Elephant Bingo Win a prize! 6-6:30pm </div>
Friday, June 17 Shabbat Dinner Chicken Noodle Soup BBQ Chicken Sweet Corn Strawberry Salad <i>Salad greens, fresh strawberries, sweet vinaigrette dressing</i> Challah Angel Food Cake w/Apricots

Week of June 20-24
Monday, June 20 Father’s Day Celebration Oven Fried Chicken Southwestern Potatoes Spanish Green Beans Hot Corn Muffin Watermelon Wedge <div> Musical Entertainment by Dan Balsamo 6-7pm </div>
Tuesday, June 21 Salisbury Steak Mashed Potatoes w/Gravy Seasoned Spinach or Baby Carrots Chilled Applesauce Oatmeal Raisin Cake
Wednesday, June 22 Teriyaki Glazed Salmon w/Grilled Pineapple Fried Brown Rice Oriental Vegetables Asian Salad Chow Mein Noodles Almond Cookie <div> Family Feud Night Play a fun game after dinner! Winning team gets a prize! </div>
Thursday, June 23 Rigatoni Pasta w/Meat Sauce Mediterranean Salad <i>Crisp lettuce w/fresh zucchini, tomato wedges</i> Whole Green Beans Cool Gelatin w/Whipped Topping Savory Garlic Bread
Friday, June 24 Shabbat Dinner Chicken Noodle Soup Braised Chicken w/Mushroom Gravy Kasha and Shells Grilled Vegetables <i>Tender eggplant, zucchini, sweet peppers</i> Pickled Beets Challah Strawberry Shortcake