

## Week of July 25-29

### Monday, July 25

Mediterranean Salmon  
Orzo Pilaf  
Green Beans w/Water Chestnuts  
Greek Salad  
Parker House Roll  
Fresh Red Grapes

#### Skyscraper View Social

Watch a fascinating documentary about the construction of massive objects like Skyscrapers.  
6-6:30pm

### Tuesday, July 26

Rigatoni w/Meat Sauce  
Italian Salad  
Seasoned Cauliflower  
Savory Garlic Bread  
Chilled Pears w/Chocolate Sauce

#### My Autobiography

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

### Wednesday, July 27

Quarter Pound Hot Dog on  
Hoagie Bun  
Baked Beans  
Creamy Coleslaw  
Peach Crisp

#### Landscape Painting

Get ready to be artsy this evening!  
Gather outside on the patio to create your own landscape painting  
6-6:45pm

### Thursday, July 28

Mini Burger Sliders  
Sweet & White Potato Wedges  
Corn Salsa  
Roma Tomato and Onion Slices  
Kosher Dill Pickle Spear  
Oatmeal Raisin Cookies

### Friday, July 29

#### Shabbat Dinner

Chicken Vegetable Soup  
Braised Chicken w/Fresh Mushrooms  
Savory Kasha and Shells  
Roasted Vegetables  
Challah  
Apricots w/Whipped Topping

Dear Diners,

Shalom! Hopefully everyone is staying cool this summer! Why not join us for some wonderful, fun programs this month and we can all stay cool inside together.

#### Summer Fun

We'll start off the month celebrating **Independence Day on July 5**. Join us after dinner for some red, white and blue popcorn as we watch a patriotic movie. Don't miss it! Later this week, on **July 7**, we are having a **Daniel Boone Social at 3:30pm** before dinner to enjoy trail mix. On this Boone Day, we will honor Kentucky frontiersman Daniel Boone.

The following week, we will have a **Where Were You Social at 6pm**. Everyone will get a chance to discuss where you were during important events that happened during the last century. It will be interesting to hear others share stories from their personal lives.

We'll also welcome back **AW Healthcare** on **July 13 at 6pm** to discuss "The Ups and Downs of Blood Pressure." On **July 18** at 6pm, we will have a guest speaker to share more educational information regarding "Dispelling the Myths of Hospice." A guest speaker from **Lutheran Family Senior Services** will discuss hospice – what it provides is often misunderstood.

Our monthly **Birthday Party** will be on **July 19**. Let's celebrate and enjoy music by **Bryan Foggs!** This day also marks Dean Martin's birthday. Therefore, Bryan will play some of Dean's greatest hits, along with other great upbeat songs.

The last week of July will be highlighted by two great socials, **July 25 at 6pm** is our **Skyscraper Social** and **July 27** features **Landscape Painting**. You'll get watch a fascinating documentary about building massive objects like skyscrapers and a couple days later join us outside on the patio. There will be paint and canvas available for everyone. Let's enjoy this great outdoor month and make landscape paintings!

I'm looking forward to spending time with all of you during July!

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



## Coming in August....

- August 10** AW Healthcare "Seeing Things Clearly"
- August 15** Guest Speaker from Missouri SMP Topic "How to Read the New Medicare Summary Notice"
- August 22** Watermelon Social
- August 24** Birthday Celebration Music Performance by Diane & Larry Levy
- August 29** Guest Speaker from Lutheran Senior Services Topic "Time and Treasure"

#### Состоится в Августе ...

- 10** Августа AW "Хорошее зрение"
- 15** Августа Приглашённый Выступающий из Мизури SMP" расскажет «Как читать новые отчёты из Медикейд»
- 22** Августа Арбуз и общение
- 24** азднование Дней Рождения Дайян и Лэри Леви
- 29** Августа приглашенный оратор с Лютеран Синьор Сервис компании "Время и Ценности»



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**  
**July 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.

jccstl.org



## Week of July 1



**Friday, July 1**  
**Shabbat Dinner**  
 Chicken Noodle Soup  
 Turkey and Gravy  
 Baked Potato  
 Sugar Snap Peas  
 Cran Applesauce  
 Challah  
 Angel Food Cake w/Chocolate Drizzle

## Week of July 4-8

**Monday, July 4**

**Independence Day**  
*No Meal Service*

**Tuesday, July 5**

**Independence Day Themed Meal**  
 BBQ Hot Dog & Burger Slider  
 Southwestern Potatoes  
 Corn Salsa  
 Strawberry/Blueberry Cake

**4th of July Celebration**  
 Watch a patriotic movie and enjoy  
 red, white & blue popcorn  
 6-7:30pm

**Wednesday, July 6**

Split Pea Soup  
 Smoked Turkey on Marble Rye  
 Veggie Pasta Salad  
 Lettuce, Tomato Slices  
 Kosher Dill Pickle Spear

**Thursday, July 7**

Open Faced Mushroom Onion Burger  
 Deli Bun  
 Sweet Corn  
 Marinated Tomato Salad  
 Banana Parfait

**Daniel Boone Social**  
 Join us on Boone Day before dinner for some trail  
 mix in honor of Kentucky frontiersman  
**Daniel Boone.**  
 3:30-4:30pm

**Friday, July 8**  
**Shabbat Dinner**

Chicken Noodle Soup  
 Oven Fried Chicken  
 Mashed Sweet Potatoes  
 Country Green Beans  
 Challah  
 Chilled Cantaloupe & Kiwi

## Week of July 11-22

**Monday, July 11**

Roasted Salmon  
 w/Potatoes & Mushrooms  
 Crisp Garden Salad  
 Homemade Garlicky Croutons  
 Parker House Roll  
 Pound Cake w/Fresh Strawberries

**Support Council & Menu Meeting**  
**Friendship Room**  
 2:30-4pm

**Where Were You Social?**  
 Join us and share where you were during the  
 important events of this past century?  
 6-6:30pm

**Tuesday, July 12**

Italian Chicken Tenders  
 Mostaccioli w/Marinara Sauce  
 Seasoned Spinach or Cauliflower  
 Three Bean Salad  
 Warm Focaccia Bread  
 Chilled Pears

**Wednesday, July 13**

Chilled Tomato Basil Soup  
 Trio Plate  
 Egg Salad, Tuna Salad, Cottage Cheese  
 On a Bed of Lettuce  
 Fresh Honeydew and Cantaloupe Wedges  
 Whole Wheat Crackers  
 Banana Muffin

**AW Healthcare**  
**"The Ups and Downs of Blood Pressure"**  
 6-6:30pm

**Thursday, July 14**

Oven Grilled Burger on Deli Bun  
 Hash Brown Potatoes  
 Creamy Coleslaw  
 Lettuce, Tomato and Onion Slices  
 Kosher Dill Pickle Spear  
 Peach Crisp

**Friday, July 15**  
**Shabbat Dinner**

Sweet and Sour Meatballs  
 Brown Rice Pilaf  
 Braised Cabbage  
 Seasoned Baby Carrots  
 Challah  
 Tropical Fruit

## Week of July 18-22

**Monday, July 18**

Lemon Tilapia  
 Sweet Noodle Kugel  
 Broccoli or Green Beans  
 Creamy Cucumber Salad  
 Whole Wheat Roll  
 Cantaloupe & Blueberries

**Lutheran Senior Services**  
**Guest Speaker**  
**"Dispelling the Myths of Hospice"**  
 6-6:30pm

**Tuesday, July 19**

Italian Roast Beef  
 Garlic Mashed Potatoes  
 Seasoned Spinach or Carrot Slices  
 Caesar Salad  
 Marble Rye Bread  
 Raspberry Angel Food Cake

**Celebrate the music of Dean Martin**  
**Musical Entertainment by Bryan Foggs**  
 6-6:45pm

**Wednesday, July 20**

Vegetable Cous Cous Soup  
 Apple Pecan Chicken Salad  
 On Deli Bun  
 Marinated Tomatoes  
 Lettuce, Sweet Pickles  
 Fresh Honeydew & Red Grapes

**Thursday, July 21**

Island Burger  
*Burger w/light teriyaki glaze*  
 Sweet Corn  
 Asian Slaw  
 Tropical Cake

**Friday, July 22**  
**Shabbat Dinner**

Chicken Rice Soup  
 BBQ Chicken  
 Baked Potato  
 Eggplant Salad  
 Challah  
 Watermelon Wedges