Gladys & Henry crown center for Senior Living

Crown Connection

your connection key

- Circle@Crown
- Cafe
- Art Studio
- Active Activity
- Culinary Studio
- Library
- Weinberg Lounge
- Theater Room
- Fitness Center
- Tallin Lounge
- Oasis Program
- Free Activity
- Bus Ride Cost
- Need to RSVP

Karlovsky & Company Dance Presents: Remembrance

Monday, April 23 (6:30 pm)

Enjoy this contemporary modern dance presentation as Karlovsky & Company Dance share excerpts of their newest work, REMEMBRANCE. Karlovsky & Company Dance brings to life a choreographic landscape.

Support provided by the JCA Charitable Foundation.

WL FREE RSVP

circle fitness that fits you

Fitness programming sponsored by the Lopata Fitness Fund.

Fitness with Melissa
Wednesdays (11:00 am) April 4 & 25 — FREE

Fitness On Demand with Melissa
Wednesdays (1:00 pm) April 11, 18 & 25 — FREE

RPI "Ask the Physical Therapist" - Vision Health
Wednesday, April 11 (11:00 am) — FREE
Join Megan Gallo, Occupational Therapist, and learn intriguing facts about your vision and the importance of yearly checkups.

Oasis Better Balance
Tuesdays/Thursdays (10:30 am) — RSVP WL
Experience a wide range of movements to help maintain, improve or restore your balance skills. Increase your coordination, muscle strength and flexibility. *Fee is $2 per session.*

Gladys & Henry crown center for Senior Living

crown center is YOUR community center!

Programs and dining options are open to seniors living in the surrounding community.

Seniors in the St. Louis community are invited to Crown Center for all of our programs, trips, classes and presentations.

You are welcome to join us in the Crown Dining Room and Circle@Crown Cafe.

Call Randi Schenberg if you would like more information about programs or dining options.

Call (314)991-2055

Celebrate Yom Ha'Atzmaut with a Travelogue to Israel

Presented by Mimi David

Tuesday, April 17 (3:00 pm)

Join Mimi David, Director of Women's Education at Aish HaTorah, as she shares her photographs and stories of her many trips to Israel. Learn about the beautiful cities and towns that Mimi has visited including Jerusalem, Tel Aviv, Tzfat and more. Have a chance to experience the beauty and elegance of Israel.

Snacks included.

Made possible by the Gladys K. Crown Foundation.

FREE WL RSVP circle

RPI THERAPY EXERCISE CLASSES

RPI Therapy Services

RPI - Introduction to Movement
Mondays (2:30 pm) — FREE
This half hour class is led by trained occupational and physical therapists from Rehabilitation Professionals Inc. All movements are low impact. *No charge.*

Thank You to Our Wonderful Volunteers

National Volunteer Week, April 15-21, is a time to recognize, honor, celebrate and thank the many wonderful and amazing people who support the Crown Center community with their talents, time, energy, and ideas. Their ongoing efforts contribute to creating the caring community that is Crown Center.

Please take a moment to thank our volunteers for their service and support which enhances all we do at Crown.

If you are one of the over 200 people who volunteer at Crown, please accept our tremendous thanks and gratitude for your contributions to our community.

We celebrate you!

APRIL 2018

Around the Crown events & programs

***Please note: Events and Programs are subject to change. Call (314) 991-2055 to confirm.**

SUNDAY APRIL 1

MONDAY APRIL 2
10:00 am Oasis Band
12:00 pm Torah Study
1:00 pm Trip to JCC
1:30 pm Oasis Wind Ensemble
1:30 pm Errand Trip
2:30 pm Bible Study (Chinese)
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

TUESDAY APRIL 3
9:30 am Oasis Presents: Tai Chi
10:30 am Better Balance
12:30 pm Bell Choir & Sing-a-Long
1:30 pm Knitting Spirit
3:00 pm Russian Resident Mtg
7:00 pm Prayer Group (Chinese)

WEDNESDAY APRIL 4
9:30 am Schnucks
11:00 am Fitness with Melissa
11:00 am Royal Banks
3:00 pm Food Pantry
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY APRIL 5
9:30 am Trip to Kirkwood Walmart
10:30 am Better Balance
9:30 am Happy Planters
1:00 pm Mahjongg
1:00 pm Making Music "Con Brio"
2:00 pm Romeo & Juliet
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group
7:00 pm Russian Book Club

FRIDAY APRIL 6
9:30 am Oasis Presents: Tai Chi
9:30 am Oasis Jazz Ensemble
10:30 am Trip to Chinese Market or Dollar General
10:30 am AW Health Care
1:00 pm Trip to JCC

SATURDAY APRIL 7
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY APRIL 8
10:00 am American Legion Post 96
10:45 am B'nai Amoona Students Visit Crown
1:00 pm Trip to the Repertory Theatre St. Louis

MONDAY APRIL 9
10:00 am Oasis Band
10:45 am Trip to Noodles & Company & Andy's Frozen Custard
12:00 pm Torah Study
1:00 pm Trip to JCC
1:30 pm Oasis Wind Ensemble
2:30 pm Introduction to Movement
2:30 pm Bible Study (Chinese)
6:00 pm Bingo (Russian)

TUESDAY APRIL 10
9:30 am Oasis Presents: Tai Chi
10:30 am Better Balance
1:30 pm Knitting Spirit
3:30 pm Searching for Meaning in the Great Stories of the Jewish Tradition
7:00 pm Prayer Group (Chinese)

WEDNESDAY APRIL 11
9:30 am Schnucks
11:00 am Royal Banks
11:00 am RPI "Ask the Physical Therapist"
1:00 pm Fitness on Demand
2:00 pm Crown Center Readers
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY APRIL 12
10:30 am Better Balance
9:30 am Happy Planters
1:00 pm Making Music "Con Brio"
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY APRIL 13
8:00 am Bread Distribution
9:30 am Oasis Presents: Tai Chi
9:30 am Oasis Jazz Ensemble
10:30 am AW Health Care
10:30 am Trip to Global Market
12:00 pm Music with Your Meal
3:30 pm Dr. Beyzer

SATURDAY APRIL 14
8:00 am Resident Rummage Sale
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY APRIL 15
3:15 pm Trip to United Hebrew Congregation for Annual Yom HaShoah Commemoration

MONDAY APRIL 16
10:00 am Oasis Band
10:45 am Trip to Aldi
12:00 pm Torah Study
1:00 pm Trip to JCC
1:30 pm Oasis Wind Ensemble
1:30 pm Errand Trip
1:30 pm Yiddish Group
2:30 pm Bible Study (Chinese)
2:30 pm Introduction to Movement
6:00 pm Jazz at Sunset
6:00 pm Bingo (Russian Language)

TUESDAY APRIL 17
9:30 am Oasis Presents: Tai Chi
10:30 am Better Balance
12:30 pm Bell Choir & Sing-a-Long
1:30 pm Knitting Spirit
3:00 pm Celebrate Yom HaAtzma'ut - Travelogue to Israel
7:00 pm Prayer Group (Chinese)

WEDNESDAY APRIL 18
9:30 am Schnucks
10:00 am Phyllis Siegel's Game Day
10:30 am COCA Artist in Residence: Collage
11:00 am Royal Banks
12:30 pm Trip to Chesterfield Walmart, Target & Ross Dress For Less
1:00 pm Fitness on Demand
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY APRIL 19
UNIVERSITY CITY LIBRARY DELIVERY

10:00 am Trip to Market at McKnight in Rock Hill
10:30 am Better Balance
1:00 pm Mahjongg
1:00 pm Making Music "Con Brio"
3:30 pm Talking it Over
6:00 pm Card Party
6:00 pm Resident Council Meeting
7:00 pm Chinese Singing Group

FRIDAY APRIL 20
8:00 am Bread Distribution
9:30 am Oasis Presents: Tai Chi
9:30 am Oasis Jazz Ensemble
10:30 am AW Health Care
1:00 pm Dr. Wu

SATURDAY APRIL 21
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY APRIL 22

MONDAY APRIL 23
10:00 am Oasis Band
12:00 pm Torah Study
1:00 pm Trip to JCC, or Aldi's Creve Coeur
1:30 pm Oasis Wind Ensemble
2:30 pm Introduction to Movement
2:30 pm Bible Study (Chinese)
3:30 pm Hostess Committee Mtg
6:00 pm Bingo (Russian)
6:30 pm Karlovsky & Company Dance Presents: Remembrance

TUESDAY APRIL 24
9:30 am Oasis Presents: Tai Chi
10:15 am Trip to Lunch at Josephine's Tea Room
10:30 am Better Balance
1:30 pm Knitting Spirit
7:00 pm Prayer Group (Chinese)

WEDNESDAY APRIL 25
9:30 am Schnucks
11:00 am Royal Banks
11:00 am Fitness with Melissa
1:00 pm Fitness on Demand
5:00 pm ESL Intermediate
6:00 pm Birthday Bash
6:00 pm Bible Study (English)

THURSDAY APRIL 26
10:30 am Better Balance
9:30 am Happy Planters
1:00 pm Making Music "Con Brio"
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY APRIL 27
8:00 am Bread Distribution
9:30 am Oasis Presents: Tai Chi
9:30 am Oasis Jazz Ensemble
10:00 am Overland Shopping Center
10:30 am AW Health Care
1:00 pm Trip to JCC, Trader Joe's & Dierbergs

SATURDAY APRIL 28
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY APRIL 29

MONDAY APRIL 30
10:00 am Oasis Band
10:00 am Chinese Resident Mtg
12:00 pm Torah Study
1:00 pm Trip to JCC
1:30 pm Oasis Wind Ensemble
2:30 pm Bible Study (Chinese)
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

^ Washington University of St. Louis Occupational Therapy students host Wii Bowling.

^ Thanks to Naomi Lang for the Purim baskets for her Bat Mitzvah project.

< Purim fun with JGrad student volunteers and Crown residents

For questions about items on the calendar, please contact our Program Office at (314) 991-2055.

APRIL 2018

CROWN CENTER KOSHER DINING GUIDE
For dining room reservations please call:
(314) 991-2055 ext.124

APRIL 2018

April 9 - April 30

- Monday - Thursday dinner served at 5 pm
- Friday lunch served at 12 noon in the Weinberg Lounge.
- *Unless specified, meals will include bread or crackers and fruit for dessert.*

Funding for this program is provided by Mid-East Area Agency on Aging, Jewish Federation of St. Louis, and Crown Center for Senior Living.

Monday	Tuesday	Wednesday	Thursday	Friday
THE **CIRCLE@CROWN CAFE** WILL BE CLOSED FOR PASSOVER **3/29–4/9,** REOPENING 4/10 AT 8AM. THE **DINING ROOM** WILL BE CLOSED FOR PASSOVER **4/2 – 4/6,** REOPENING 4/9 AT 5PM.				
Spaghetti and Meatballs Garlic Toast Israeli Salad 9	Breaded Baked Cod Vegetable Soup Mashed Potatoes Cucumber Salad Strawberries and Cream 10	Beef Burritos with Salsa Corn Chowder Oranges 11	Fish 'n Chips Minestrone Soup Watermelon 12	Roast Beef on Ciabatta Cole Slaw Brownie *Lunch* 13
Beef Manicotti with Spinach Broccoli Caesar Salad Melon with Whipped Cream 16	Grilled Tilapia Brown Rice Green Beans Mixed Salad 17	Chicken Schnitzel Couscous Lentil Soup 18	Salmon Wellington Brown Rice Mushroom Barley Soup Fruit Compote 19	Pastrami on Whole Wheat Potato Salad Sugar Cookie *Lunch* 20
Sloppy Joe Green Beans Mixed Vegetable Salad 23	Honey Mustard Salmon Ratatouille Brown Rice 24	BBQ Chicken Coleslaw Pea Soup Apple pie 25	Oven Fried Tilapia Sautéed Spinach Tomato Soup couscous 26	Corned Beef on Rye Beet Salad Potato Salad Black and White Cookie *Lunch* 27
Meatloaf with Gravy Peas and Carrots Pears Cornbread 30				

Jazz at Sunset
with Oasis Jazz Ensemble

Monday, April 16 (6:00 pm)

Join us at Crown Center for an evening of Jazz featuring the Oasis Jazz Ensemble. Refreshments will be served. Reservations requested. Call 314-991-2055.

RSVP FREE WL circle

Made possible by the Novack Family Music Fund.

Celebrating Yom Ha'Atzmaut with B'nai Amoona at Crown Center

Sunday, April 8 (10:45 am)

As we welcome students from Congregation B'nai Amoona to Crown Center, we will create decorations for Yom Ha'Atzmaut, Israel Independence Day. Snacks included!

Funding provided by the Gladys K. Crown Foundation.

WL RSVP FREE circle

yiddish group

Monday, April 16 (1:30 pm)

This group is for anyone with an affinity for the mama loshen. Please join our facilitator Rabbi Neal Rose. All levels welcome – whether you speak, understand or just want to learn.

FREE circle

COCA ARTIST IN RESIDENCE

Cut, Collage, Create

Wednesday, April 18 (10:30 am)

In this workshop participants will turn textures, colors, words and images into a work of art. Both novice and experienced artists will enjoy stretching their creativity with COCA teaching artist, Maria Ojascastro. We'll supply all the materials however, participants are encouraged to bring any special objects, papers or fabric they would like to use.

$2 supply fee.

Funding provided by donors to the Senior Arts Projects and the Chused Cultural Arts Fund.

RSVP circle

Romeo & Juliet

presented by the Shakespeare Festival Tour.

Thursday, April 5 (2:00 pm)
at Crown Center

Experience *Romeo & Juliet* as this touring ensemble comes to dazzle & inspire us with this timeless love story.

Reserve your spot at (314) 991-2055.

Fee is $2.

Support provided by the JCA Charitable Foundation and the Chused Cultural Arts Fund.

RSVP

Gladys & Henry crown center for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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8350 Delcrest Drive St. Louis, MO 63124-2166
phone: (314) 991-2055 *fax:* (314) 991-8419 *e-mail:* info@crowncenterstl.org

EQUAL HOUSING OPPORTUNITY

Our Mission: Honor Jewish values and tradition; provide affordable, high-quality living and services to enable residents to flourish independently; and create inspiring programming to enable both residents and other community seniors to maintain an active and healthy lifestyle.

Our Vision: A vibrant and engaged community in which all seniors thrive.

circle on the road

Please note: All trips require advanced reservations (314) 991-2055. Space is limited.

Trip to the Repertory Theatre St. Louis
$2 RSVP
Sunday, April 8 (1:00 pm)

Join us for a trip to see *Born Yesterday* at the Repertory Theatre St. Louis. Junkyard tycoon Harry Brock swaggers into Washington, D.C., determined to buy a senator or two. This sharp and snappy comedy hilariously skewers Beltway corruption. $3 tickets available for friends of Crown Center.
Made possible by the JCA Charitable Foundation.

Trip to Lunch at Noodles & Company, Dessert at Andy's Frozen Custard
$2 RSVP
Monday, April 9 (10:45 am)

Trip to United Hebrew Congregation for Annual Yom HaShoah Commemoration
FREE FREE RSVP
Sunday, April 15 (3:15 pm)

A community-wide commemoration featuring accounts of the Shoah from survivors and witnesses. The program will include a special tribute to St. Louis Survivors, along with a traditional candlelighting service, Holocaust Torah procession, liturgical readings and prayers.

Trip to Market at McKnight in Rock Hill
$2 RSVP
Thursday, April 19 (10:00 am)

Trip to Lunch at Josephine's Tea Room
$3 RSVP
Tuesday, April 24 (10:15 am)

Phyllis Siegel's Game Day
benefitting Crown Center's Senior Arts Project

Wednesday, April 18 (10:00 am – 2:00 pm)

Join this group for a day of games. Bring your own foursome or Phyllis will find you a spot. Minimum donation of $25 will benefit Crown Center's Senior Arts Project.

Please contact Phyllis Siegel to RSVP: (314-966-3933, 314-313-6092 or psiegeltennis@yahoo.com)

RSVP WL

All skill levels welcome.

Knitting Spirit

Tuesdays in April (1:30 pm)

FREE

in the house for our residents

Bakery Items
FREE WL
Fridays (excluding April 6)
Donated by St. Louis Bread Co..

Royal Banks
Wednesdays
(11:00 am-1:00 pm)
April 4 (11:00 am-3:00 pm)

circle Arts & Culture

The Saturday Movie Club
FREE
Saturdays (1:00 pm)

Yiddish Group
FREE
Monday, April 16 (1:30 pm)

Bell Choir and Sing-a-Long
FREE
Tuesday, April 3 & 17 (12:30 pm)

Knitting Spirit
FREE
Tuesdays in April (1:30 pm)

Join our Crown Center Readers
FREE
Wednesday, April 11 (2:00 pm)

This month's book is *A Hero of France* by Alan Furst.

Celebrate Yom Ha'Atzmaut with a Travelogue to Israel
RSVP FREE WL
Tuesday, April 17 (3:00 pm) See ad

COCA Artist in Residence: Cut, Collage, Create
RSVP
Wednesday, April 18 (10:30 am) See ad. *$2 supply fee.*

Searching for Meaning in the Great Stories of the Jewish Tradition
FREE
Tuesday, April 10 (3:30 pm)

Join Cyndee Levy, Director, Center for Jewish Learning at the Jewish Federation as we learn about Jewish women and contemporary issues using stories from the Jewish tradition. We will be exploring stories from the Bible, Jewish Midrash, Jewish Folklore, and contemporary Jewish writers. This is a discussion based class where all perspectives are welcome.

circle Building Connections

Torah Study with Rabbi Greenfield
FREE
Mondays (12:00 pm)

Rabbi Ben Greenfield, rabbi from Bais Abraham Congregation, leads us in the discussion of the weekly Torah portion.

Yom Ha'Atzmaut with B'nai Amoona
RSVP FREE WL
Sunday, April 8 (10:45 am) See ad

Talking it Over
FREE
Thursdays (3:30 pm)
Courtesy of the Steven Rosenblum Fund

Birthday Bash
FREE WL
Wednesday, April 25 (6:00 pm)

Entertainment by Chuck Flowers (resident Milton Flower's son)
Courtesy of the Martin & Ethel Wishnuff Birthday Fund

Stay Connected

Call us: (314) 991-2055

Visit us: 8350 Delcrest Drive, St. Louis, MO 63124

Find us online: www.crowncenterstl.org

If you would also like to receive the Crown Connection electronically, please send your email to **rschenberg@crowncenterstl.org**.