All Crown programs are open to the community!

CIRCLE@CROWN: YOUR COMMUNITY CENTER

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

^ *Enjoying the dessert reception and the Carolbeth True trio at the Volunteer Appreciation Performance.*

circle fitness that fits you

Fitness programming sponsored by the Lopata Fitness Fund.

Fitness with Melissa
Wednesdays. June 20 & 27 (11:00 am)

Fitness On Demand with Melissa
Wednesdays, June 6, 13, & 27 (1:00 pm)

St Luke's Mobile Mammography
Wednesday, June 13 starting at 8:00 am
Schedule your appointment by calling (314)205-6267.
Services provides 2D & 3D screening mammograms for women 40 years of age and over. The fee will be billed to your insurance. No physician order required. Not wheelchair accessible.

Trip to Walk in the Park with Melissa – Stacy Park
Wednesday, June 6 (9:30 am)

Oasis Better Balance
Tuesdays/Thursdays (10:30 am)
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.*

RPI THERAPY EXERCISE CLASSES

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

v < *Congratulations to Nikki Goldstein who was honored by Wash U's Friedman Center for Aging.*

OUR CIRCLE IS GROWING.

Seniors in the St. Louis community are invited to ALL of Crown Center's programs & dining options.

circle@crown

CIRCLE@CROWN: YOUR COMMUNITY CENTER

Oasis Presents Tai Chi for Arthritis & Fall Prevention

Tuesdays/Fridays (9:30 – 10:30 am)
June 19 – August 24

One of the most effective methods for fall prevention is practicing Tai Chi, an evidence-based approach. Studies have shown that after 50 hours of Tai Chi, there is a proven reduction in fall risk. Reservations required.

Fee is $1 per class or $15 for 20 classes.

Funding is provided by the Lopata Fitness Fund.

Join Our Crown Center Readers

Wednesday, June 13 (2:00 pm)

Join our Crown Center book club discussion led by Rosalyn Borg. This month's book is "Janesville" by Amy Goldstein.

Crown Center Readers is open to residents and community members. For information call 314-991-2055.

Join us for a chance to win prizes. To learn more, come to Crown Center Readers on June 13.

Funding provided by the Myla Rosenblum Learning Fund

JUNE 2018

Around the Crown events & programs

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

FRIDAY, JUNE 1
8:00 am Bread Distribution
9:30 am Oasis Presents: Tai Chi
10:30 am Coloring Together
10:30 am AW Health Care

SATURDAY, JUNE 2
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, JUNE 3

MONDAY, JUNE 4
9:30 am Bible Study (Chinese)
10:00 am Oasis Band
12:00 pm Torah Study
1:00 pm Oasis Wind Ensemble
1:00 pm Trip to JCC
1:30 pm Errand Trip
1:30 pm Yiddish Group
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

TUESDAY, JUNE 5
9:30 am Oasis Presents: Tai Chi
9:45 am Trip to The Silver Stages Performance Series
10:30 am Better Balance
12:30 pm Bell Choir & Sing-a-Long
1:30 pm Knitting Spirit
3:00 pm Russian Resident Meeting
7:00 pm Prayer Group (Chinese)

WEDNESDAY, JUNE 6
9:30 am Trip to Walk in the Park
10:30 am Bagels & Schmears: A Cultural Cooking History
11:00 am Royal Banks
12:00 pm Trip to Jewish Film Festival
1:00 pm Fitness on Demand
3:00 pm Food Pantry
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, JUNE 7
9:30 am Happy Planters
10:30 am Better Balance
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group
7:00 pm Russian Book Club

FRIDAY, JUNE 8
8:00 am Bread Distribution
9:30 am Oasis Jazz Ensemble
9:30 am Oasis Presents: Tai Chi
10:30 am AW Health Care
1:00 pm Trip to JCC
3:30 pm Dr. Beyzer

SATURDAY, JUNE 9
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, JUNE 10

MONDAY, JUNE 11
9:30 am Bible Study (Chinese)
10:30 am Trip to Aldi
12:00 pm Torah Study
1:00 pm Trip to JCC
1:30 pm Errand Trip
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

TUESDAY, JUNE 12
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, JUNE 13
8:00 am Mammogram Van
9:30 am Schnucks
11:00 am Royal Banks
1:00 pm Fitness on Demand
2:00 pm Crown Center Readers
3:30 pm Speaker Series "Building Character versus Being a Character"
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, JUNE 14
9:45 am Trip to New Roots Urban Farm & Lunch at Bailey's Range
10:30 am Better Balance
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY JUNE 15
8:00 am Bread Distribution
9:30 am Oasis Jazz Ensemble
10:30 am AW Health Care
10:30 am Trip to Global Market
1:00 pm Trip to JCC
1:00 pm Dr. Wu

SATURDAY, JUNE 16
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, JUNE 17

MONDAY, JUNE 18
9:30 am Bible Study (Chinese)
10:00 am Oasis Band
11:45 am Trip to Opera Theatre's Performance
12:00 pm Torah Study
1:00 pm Oasis Wind Ensemble
1:30 pm Yiddish Group
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)
1:00 pm Dr. Wu

TUESDAY, JUNE 19
9:30 am Oasis Presents: Tai Chi: *New class begins*
10:30 am Better Balance
12:30 pm Bell Choir & Sing-a-Long
1:30 pm Knitting Spirit
7:00 pm Prayer Group (Chinese)

WEDNESDAY, JUNE 20
9:30 am Schnucks
11:00 am Fitness with Melissa
11:00 am Royal Banks
12:15 pm Trip Galleria Mall
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, JUNE 21
9:30 am Happy Planters
9:30 am Trip to Chinese Market or Dollar General
10:30 am Better Balance
12:00 pm Trip to Kirkwood Walmart
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
6:00 pm Resident Council Meeting
7:00 pm Chinese Singing Group

FRIDAY, JUNE 22
8:00 am Bread Distribution
9:30 am Oasis Presents: Tai Chi
9:30 am Oasis Jazz Ensemble
10:30 am AW Health Care

SATURDAY, JUNE 23
1:00 pm Movie
3:00 pm Resident Council Ice Cream Social
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, JUNE 24

MONDAY, JUNE 25
9:30 am Bible Study (Chinese)
10:00 am Oasis Band
11:00 am Chinese Resident Meeting
10:30 am Trip to Lunch at Gingham's
12:00 pm Torah Study
1:00 pm Oasis Wind Ensemble
1:00 pm Trip to JCC or Aldi's Creve Coeur
2:30 pm Introduction to Movement
3:30 pm Hostess Committee Mtg
6:00 pm Bingo (Russian)

TUESDAY, JUNE 26
9:30 am Oasis Presents: Tai Chi
10:30 am Better Balance
12:30 pm COCA Artist in Residence: Silk Screen Experience
1:30 pm Knitting Spirit
7:00 pm Prayer Group (Chinese)

WEDNESDAY, JUNE 27
9:30 am Schnucks
11:00 am Fitness with Melissa
11:00 am Royal Banks
1:00 pm Fitness on Demand
5:00 pm ESL Intermediate
6:00 pm Birthday Bash
6:00 pm Bible Study (English)

THURSDAY, JUNE 28
9:30 am Happy Planters
10:00 am Trip to Chesterfield Walmart, Target & Ross Dress For Less
10:30 am Better Balance
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY, JUNE 29
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 Trip to JCC

SATURDAY, JUNE 30
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

yiddish group

Monday, June 4 & 18 (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

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

JUNE 2018

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

JUNE 2018

June 1 - 29

- Monday - Friday dinner served at 5 pm
- *Unless specified, meals will include bread, a vegetable of the day, and fruit for dessert.*
- *All Friday night dinners come served with wine/grape juice and a challah roll.*

Funding for this program is provided by Aging Ahead, Jewish Federation of St. Louis, and Crown Center for Senior Living.

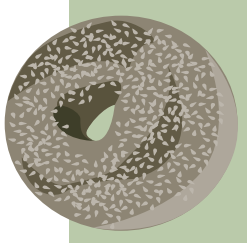
Monday	Tuesday	Wednesday	Thursday	Friday
> More photos from the Volunteer Appreciation Event.			**Special $1 meals available on Mondays and Thursdays**	Moroccan Chicken with Prunes and Apricots Couscous ***Dinner*** 1
Spaghetti and Meatballs Garlic Toast Israeli Salad Baked Apple **$1** 4	Breaded Baked Cod Vegetable Soup Mashed Potatoes Cucumber Salad 5	Ground Beef Burritos with Beans, Lettuce, and Tomato Salsa Corn Chowder Chocolate Brownie 6	Fish n' Chips (Baked French Fries) Minestrone Soup **$1** 7	Apricot Chicken Mashed Potatoes Carrot Kugel ***Dinner*** 8
Beef Manicotti with Spinach Caesar Salad **$1** 11	Grilled Tilapia Brown Rice Mixed Salad 12	Hamburger on Bun with Lettuce and Tomato Potato Salad Sugar Cookie 13	Salmon Wellington with Spinach Brown Rice Mushroom Barley Soup Fruit Compote **$1** 14	Chicken Schnitzel Lentil Soup Couscous ***Dinner*** 15
Sloppy Joe on Bun Mixed Vegetable Salad **$1** 18	Honey Mustard Salmon Brown Rice Potato Soup Ratatouille 19	Meatloaf Twice Baked Potato Black and White Cookie 20	Oven-Fried Tilapia Couscous Tomato Soup **$1** 21	BBQ Chicken Cole Slaw Pea Soup Fruit Cobbler ***Dinner*** 22
Meat Loaf Cornbread **$1** 25	Lemon Butter Cod Pasta 26	Teriyaki Chicken Stir Fry with Mixed Vegetables Brown Rice Broccoli Soup 27	Tuna Nicoise Salad Mushroom Barley Soup Baguette **$1** 28	Spinach Beef Wellington Caesar Salad Brownie ***Dinner*** 29

BAGELS & SCHMEARS:

A Cultural Cooking History

Wednesday, June 6 (10:30 am)

Margi Lenga Kahn
St. Louis Jewish Light Food Editor



50 years ago, bagels were a breakfast bread unknown outside the world of Jewish immigrants from Eastern Europe. Today they are as well-known as donuts! But do you know the cultural history of the bagel? Margi Lenga Kahn will demonstrate first-hand the process of bagel making, from dough to delicious! Sample a variety of schmears for a tasty nosh and learn.

Support made possible by the Birdie Fischer Fund.

$2 Supply fee.

RSVP circle

< Thank you to Crown Center's Community Engagement Manager, Laura Greenberg for planning our Volunteer Appreciation Event.

COCA ARTIST IN RESIDENCE

Silk Screen Experience

Tuesday, June 26 (12:30 pm)

Join COCA teaching artist Mary Beth Tipton for an afternoon of silk screen exploration. Discover how enjoyable and versatile the process can be. Create your own design to print on a variety of fabric surfaces. Screen printing is an ancient printing process that involves involves forcing ink through a taut mesh screen. You'll have the opportunity to create a simple design (letters, symbols etc.) and print it on a t-shirt or other fabric surface.

$2 supply fee.

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

RSVP circle

Wednesday, June 13 (3:30 pm)

CROWN CENTER 2018 speaker series

"Building Character versus Being a Character"

Shmiat ha-Ozen — A Listening Ear

presented by Rabbi Noah Arnow from Congregation Kol Rinah

Deep listening is a gift that allows character to emerge – in the listener and the one listened to. Using text and exercises, we'll remind ourselves of how to listen deeply, and how it feels to really be heard.

You are invited to stay for dinner as our guest. If staying, please make your reservation at 314-991-2055, ext. 124. Additional dates for this special speaker series are: **July 11 & August 8.**

Funding provided by the Myla Rosenblum Learning Fund.

RSVP FREE WL

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

Gladys & Henry crown center for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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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 Silver Stages Performance Series

$2 RSVP

Tuesday, June 5 (9:45 am)

Maturity and its Muse in partnership with the Missouri History Museum present the St. Louis Strutters. This high-kicking chorus line performs rhythm tap dances with style and glamour. Admission is free.

Support provided by the Benjamin & Ida Tallin Fund.

Trip to Jewish Film Festival

Wednesday, June 6
(12:00 pm)

$2 RSVP

Join us for the Jewish Film Festival showing of *Bombshell: The Hedy Lamarr Story.* This is a fascinating film about the life and work of Hedy Lamarr who was an inventor of a secret communication system that helped the Allies during World War II. *Complimentary tickets provided by the St. Louis Jewish Film Festival, a program of the JCC.*

Trip to New Roots Urban Farm & Lunch at Bailey's Range

Thursday, June 14 (9:45 am)

$2 RSVP

Happy Planters garden leader Jason will give us a tour of New Roots Urban Farm. Located just a mile from downtown, New Roots is a community based and collectively run farm project. They grow fruits and vegetables and raise chickens and ducks for eggs. Afterwards, we will go to Bailey's Range for lunch. *Made possible by the Birdie Fischer Fund*

Trip to Opera Theatre's Performance

Monday, June 18 (11:45 am)

$2 RSVP

Enjoy a broad selection of opera, art, song, and musical theater selections from the Opera Theatre of St. Louis. *Made possible by the Novack Family*

Trip to Galleria Mall

Wednesday, June 20
(12:15 pm)

$2 RSVP

Trip to Lunch at Gingham's

Monday, June 25
(10:30 am)

$2 RSVP

in the house for our residents

FREE WL

Bakery Items

Fridays

Donated by St. Louis Bread Co..

Royal Banks

Wednesdays
(11:00 am-1:00 pm)
June 6 (11:00 am-3:00 pm)

Arts & Culture

Bell Choir and Sing-a-Long

Tuesday, June 5 & 19
(12:30 pm)

FREE

The Saturday Movie Club

Saturdays (1:00 pm)

FREE

Knitting Spirit

Tuesdays in June (1:30 pm)

FREE tL

COCA Artist in Residence: Silk Screen Experience

RSVP

Tuesday, June 26 (12:30 pm)

$2 supply fee. See ad. *Made possible by the Chused Cultural Arts Fund.*

Building Connections

Crown Center 2018 Speaker Series "Building Character versus Being a Character"

FREE WL

Wednesday, June 13 (3:30 pm) See ad.

Join our Crown Center Readers

Wednesday, June 13
(2:00 pm) See ad.

FREE

Support provided by the Myla Rosenblum Learning Fund.

Torah Study with Rabbi Greenfield

FREE

Mondays in June (12:00 pm)

Rabbi Greenfield from Bais Abraham Congregation leads us in the discussion of the weekly Torah portion. Hear the words of the ancient commentators who provide teachings with a lens to guide our lives.

Searching for Meaning in the Great Stories of the Jewish Tradition

Tuesday, June 12
(3:30 pm) See ad.

FREE

Yiddish Group

Monday, June 4 & 18
(1:30 pm) See ad.

FREE

Talking it Over

Thursdays (3:30 pm)

FREE

Join Florence Schachter, MSW, Director of Resident & Community in enlightening conversations about interesting, timely topics. *Courtesy of the Steven Rosenblum Fund*

Birthday Bash

FREE WL

Wednesday, June 27
(6:00 pm) Entertainment by Don Stevenson *Courtesy of the Martin & Ethel Wishnuff Birthday Fund*

Searching for Meaning

in the Great Stories of the Jewish Tradition

Tuesday, June 12 (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.

Generous funding provided by the Gladys K. Crown Foundation.

FREE circle

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.**