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

Crown Center Readers

Thursday, August 9 (2:00 pm)

Join our Crown Center book club discussion led by Rosalyn Borg. This month's book is "Killers of the Flower Moon" by David Grann. Crown Center Readers is open to residents and community members. For more information call 314-991-2055.

Funding provided by the Myla Rosenblum Learning Fund

fitness that fits you

Fitness programming sponsored by the Lopata Fitness Fund.

Fitness with Melissa
Wednesdays, August 1 (11:00 am)

Fitness On Demand with Melissa
Wednesdays, August 1 & 8 (1:00 pm)

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.*

Trip to Tour *Cathedral Basilica*

Monday, August 27 (9:30 am)

Join us for a tour of Saint Louis' Cathedral Basilica, an artistic masterpiece of art and history. You will see one of the largest collections of mosaic in the western hemisphere. *Guided tour $3.*

Trip to Blue Owl *for Lunch*

Thursday, August 16 (10:30 am)

Blue Owl's owner, Mary Hostetter, invites you to enjoy the quaint and charming atmosphere of the restaurant. Experience the warm and friendly service, home cooked meals and specialty desserts made with that homemade touch! Travel with us to Kimmswick Missouri for a wonderful experience!

Lunch on your own.

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.*

Trip to CAM & Lunch at Fountain on Locust

Thursday, August 9 (9:45 am)

Enjoy a docent led tour at the Contemporary Art Museum with the most relevant. and innovative art being made today. We will explore the paintings of Amy Sherald who paints staged narratives and constructed identities, creating portraits of African Americans — most of whom she meets during the course of her day.

Lunch on your own at The Fountain on Locust.

^ *Crown's Donation Station offers a unique opportunity to give using the DipJar.*

v *Crown Center Speaker Series with Rabbi Shifrin of Kol Rinah.*

AUGUST 2018

Around the Crown events & programs

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

WEDNESDAY, AUGUST 1
9:30 am Schnucks
11:00 am Fitness with Melissa
11:00 am Royal Banks
1:00 pm Fitness on Demand
3:00 pm Food Pantry
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, AUGUST 2
10:00 am Trip to Kirkwood Walmart
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, AUGUST 3
8:00 am Bread Distribution
9:30 am OASIS Presents: Tai Chi
9:30 am OASIS Jazz Ensemble
9:30 am Trip to Aldi
10:30 am AW Health Care
11:30 am Trip to Lunch at Golden Corral
1:00 pm Podiatrist

SATURDAY, AUGUST 4
9:00 am Senior Cantonese Adult Fellowship
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, AUGUST 5

MONDAY, AUGUST 6
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, AUGUST 7
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, AUGUST 8
9:30 am Schnucks
11:00 am Royal Banks
1:00 pm Fitness on Demand
3:30 pm Rabbi's Series
5:00 pm Music with Your Meal
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, AUGUST 9
9:45 am Trip to CAM & Lunch at Fountain on Locust
10:30 am Better Balance
1:00 pm Mahjongg
1:30 pm Trip to Global Market
2:00 pm Crown Center Readers
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY, AUGUST 10
8:00 am Bread Distribution
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
3:30 pm Dr. Beyzer

SATURDAY, AUGUST 11
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, AUGUST 12

MONDAY, AUGUST 13
9:30 am Bible Study (Chinese)
12:00 pm Torah Study
1:00 pm Trip to JCC
1:00 pm OASIS Wind Ensemble
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

TUESDAY, AUGUST 14
9:30 am OASIS Presents: Tai Chi
10:30 am Better Balance
1:30 pm Knitting Spirit
7:00 pm Prayer Group (Chinese)

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

THURSDAY, AUGUST 16
10:30 am Trip to Blue Owl
10:30 am Better Balance
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
6:00 pm Resident Council Mtg
7:00 pm Chinese Singing Group

FRIDAY, AUGUST 17
8:00 am Bread Distribution
9:30 am OASIS Presents: Tai Chi
9:30 am OASIS Jazz Ensemble
10:30 am AW Health Care
11:30 am Oasis Presents: Vegan Cooking Demo
1:00 pm Trip to JCC, Trader Joe's & Dierbergs
1:00 pm Dr. Wu

SATURDAY, AUGUST 18
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, AUGUST 19
6:00 pm Concert in Kirkwood Lions' Amphitheatre

MONDAY, AUGUST 20
9:30 am Trip to Aldi
9:30 am Bible Study (Chinese)
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)

TUESDAY, AUGUST 21
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
7:00 pm Prayer Group (Chinese)

WEDNESDAY, AUGUST 22
9:30 am Schnucks
11:00 am Royal Banks
12:00 pm Trip to Chesterfield Walmart, Target & Ross Dress For Less
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, AUGUST 23
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, AUGUST 24
8:00 am Bread Distribution
9:30 am Trip to Soulard Farmer's Market
9:30 am OASIS Presents: Tai Chi
9:30 am OASIS Jazz Ensemble
10:30 am AW Health Care
12:15 pm Overland Shopping Center

SATURDAY, AUGUST 25
1:00 pm Movie
3:00 pm Bingo
6:00 pm Resident Council Games and Trivia
6:30 pm Scrabble

SUNDAY, AUGUST 26

MONDAY, AUGUST 27
9:30 am Trip to Cathedral Basilica
9:30 am Bible Study (Chinese)
11:00 am Chinese Resident Mtg
12:00 pm Torah Study
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

TUESDAY, AUGUST 28
10:30 am Trip to NCJW's Resale Shop
10:30 am Better Balance
1:30 pm Knitting Spirit
7:00 pm Prayer Group (Chinese)

WEDNESDAY, AUGUST 29
9:30 am Schnucks
11:00 am Royal Banks
5:00 pm ESL Intermediate
6:00 pm Birthday Bash
6:00 pm Bible Study (English)

THURSDAY, AUGUST 30
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, AUGUST 31
8:00 am Bread Distribution
10:30 am AW Health Care

^ *Thank you Ameren Missouri for continuing to cultivate the programs that keep older adults active and engaged.*

yiddish group

Monday, August 6 & 20 (1:30 pm)

This group is for anyone with an affinity for the mama loshen. Please join facilitator Rabbi Neal Rose, JF&CS Community Chaplain. 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.

AUGUST 2018

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

AUGUST 2018

August 1-31

- 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
The meals on Mondays and Thursdays are $1.		Hot Pastrami Sandwich on Whole Wheat Cole Slaw 1	Fish n' Chips (with Baked French Fries) $1 2	Grilled Pesto Chicken Breast Cucumber Salad Minestrone Soup Dinner 3
Spaghetti and Meatballs Garlic Toast $1 6	Grilled Tilapia Israeli Salad Flavorful Rice 7	Oven Fried Chicken with Gravy Mashed Potatoes Cornbread 8	Salmon Wellington with Spinach Mushroom Barley Soup $1 9	Roasted Chicken Matzo Ball Soup Dinner 10
Hamburger Cucumber Salad Potato Salad $1 13	Honey Mustard Salmon Potato Soup Ratatouille 14	Chef Salad with Hardboiled Egg, Turkey, Salami Tomato, Cucumber, and Croutons Tomato Soup 15	Lemon Butter Cod Roasted Sweet Potato Roasted Vegetables $1 16	Sweet and Sour Meatballs Tzimmes (Sweet Carrot Stew) Flavorful Rice Dinner 17
Hot Dog Potato Salad Israeli Salad $1 20	Pistachio-Encrusted Tilapia Broccoli Souffle Macaroni Salad 21	BBQ Roast Beef Sandwich Baked Beans 22	Salmon Burgers Caesar Salad $1 23	Chicken Schnitzel Lentil Soup Couscous Dinner 24
Meat Lasagna with Spinach Caesar Salad $1 27	Breaded Baked Cod Vegetable Soup Cucumber Salad 28	Ground Beef Burrito (with beans) Corn Chowder 29	Tuna Nicoise Salad with Hardboiled Egg Bagel $1 30	Moroccan Chicken with Prunes and Apricots Couscous Dinner 31

MORE DINING ROOM HAPPENINGS

Please cut out this coupon and bring it with you to the dining room. Each time you use this coupon, your meal only costs $1.

CROWN CENTER DINING ROOM
Gladys & Henry crown center for Senior Living

DOLLAR MEAL CARD

$1 $1 $1 $1 $1 $1 $1 $1 $1 $1 $1

For reservations please call (314)991-2055 ext. 124.

Oasis Presents:

Vegan Cooking Demo with STLVegGirl Caryn Dugan

Friday, Aug 17 (11:30 am)

After losing her dad to cancer and soon thereafter receiving her own cancer diagnosis, **Caryn Dugan** took a close look at her diet. Discovering the plethora of science-backed research, she adopted a whole food, plant-based diet. She now enjoys helping others reverse and prevent today's all too common chronic illnesses. You can find her regularly on KDSK, KMOV and FOX morning shows.
$2 supply fee.

Made possible by Birdie Fischer Fund

^ *A visit to New Roots Urban Farm*

Thanks to Crown Center gardening staff Jason Ebinger. We wish him luck in his move to Maine.

Wednesday, August 8 (3:30 pm)

CROWN CENTER 2018 speaker series

"Building Character versus Being a Character"

No Offense, But...The Jewish Value of Giving a Loving Rebuke
presented by Rabbi Feder from Temple Israel

Judaism teaches us that a critical ethical value is being able to give and receive a loving rebuke. But who really wants to be admonished, and how many of us can do so without alienating others? Learn the reasoning behind this tradition and how to give and receive constructive criticism.

For those 60+, please consider staying for dinner at 5 pm. Make your reservation at 314-991-2055, ext. 124 by Monday, August 6.

Funding provided by the Gladys K. Crown Foundation

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 Lunch at Golden Corral $2 RSVP
Friday, August 3 (11:30 am)

Trip to CAM & Lunch at Fountain on Locust $2 RSVP
Thursday, August 9 (9:45 am) See ad.

Trip to Galleria Mall $2 RSVP
Wednesday, August 15
(12:15 pm)

Trip to Blue Owl for Lunch $3 RSVP
Tuesday, August 16
(10:30 am) See ad.

Concert in Kirkwood Lions' Amphitheatre $2 RSVP
Sunday, August 19 (6:00 pm)
Enjoy the Route 66 Jazz Orchestra in the Lions' Amphitheater at Kirkwood Park. This 20-piece jazz band is dedicated to the preservation and promotion of Big Band jazz.

Trip to Soulard Farmer's Market $2 RSVP
Friday, August 24
(9:30 am)

Trip to Tour Cathedral Basilica $2 RSVP
Monday, August 27
(9:30 am) See ad.

Trip to NCJW's Resale Shop $2 RSVP
Tuesday, August 28 (10:30 am)

in the house for our residents

Bakery Items FREE WL
Fridays
Donated by St. Louis Bread Co..

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

circle Arts & Culture

Bell Choir and Sing-a-Long FREE
Tuesdays, August 7 & 21
(12:30 pm)
Our Bell Choir enjoys making beautiful music using hand held chimes; no previous musical training needed. We welcome everyone to sing-a-long with the Bell Choir. Join in on the fun today.

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

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

circle Building Connections

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

Yiddish Group FREE
Mondays, August 6 & 20
(1:30 pm) See ad.

Talking it Over FREE
Thursdays (3:30 pm)
Join Florence Schachter, MSW, Director of Resident & Community in enlightening conversations about interesting, timely topics. *Courtesy of the Steven Rosenblum Fund.*

Crown Center 2018 Speaker Series "Building Character versus Being a Character" with Rabbi Feder of Temple Israel RSVP FREE WL
Wednesday, August 8 (3:30 pm) See ad.

Crown Center Readers FREE
Thursday, August 9
(2:00 pm) See ad
Support provided by the Myla Rosenblum Learning Fund.

Birthday Bash FREE WL
Wednesday, August 29
(6:00 pm) Entertainment by Chad Evans *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.**