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

circle fitness that fits you

Fitness programming sponsored by the Lopata Fitness Fund.

Fitness On Demand
Wednesday, December 12 (1:00 pm)

RPI "Ask the Physical Therapist" Weight Management Tips
Wednesday, December 19 (10:30 am)
Join Megan Gallo, Occupational Therapist, RPI and learn tips on healthy eating and exercise.

Oasis Better Balance
Tuesdays/Thursdays through December 13 (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 - 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.*

^ *Chairs – Ted & Julie Flom and Steve & Erin Schuver*

v *Randy Green and Greg Yawitz*

Celebrating Crown Center

PLANTING SEEDS FOR OUR FUTURE

v *John Wallach, Senator Jill Schupp, and Cindy Lander Wallach*

vv *Keith Cohen, Board President and Nikki Goldstein, Executive Director*

What does it mean to be a FRIEND to Crown?

FRIENDS know that Crown Center exists to help older people stay independent. **FRIENDS** know their support improves the lives of those in our community and ensure that outstanding programs and services are available — helping people live with dignity — regardless of their financial circumstances. **FRIENDS** of Crown Center care what happens to people. Please lend your support by making your end of the year charitable gift today.

Use the enclosed envelope to mail your donation or you can call, email or give online.

ONLINE
www.crowncenterstl.org

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314-991-2055

MAIL
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ngoldstein@crowncenterstl.org

^ *Lynn Harris, Marci Mayer Eisen, Nikki Goldstein and Sylvia Manewith*

v *Steve Schuver, Steve & Jill Starr and Randi Schenberg*

^ *Past president Les Borowsky celebrating with Bob Karsh and past president, Petie Karsh*

^ *Crown residents joined in the celebration!*

DECEMBER 2018

Around the Crown events & programs

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

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

SUNDAY, DECEMBER 2
1:30 pm Trip to New Jewish Theater: An Act of God

MONDAY, DECEMBER 3
12/03 - 12/11 - CHANUKAH
9:30 am Bible Study (Chinese)
10:00 am Oasis Concert Band
1:30 pm Oasis Wind Ensemble
1:30 pm Yiddish Group
2:30 pm Introduction to Movement
6:00 pm Bingo (Russian)

TUESDAY, DECEMBER 4
10:30 am Better Balance
11:00 am Torah Study
12:30 pm Bell Choir & Sing-a-Long
1:30 pm Knitting Spirit
3:00 pm Russian Resident Meeting
6:00 pm Resident Council Meeting

WEDNESDAY, DECEMBER 5
9:00 am Resident Council Bake Sale
9:30 am Schnucks
11:00 am Royal Banks
1:30 pm Food Pantry
5:00 pm ESL Intermediate
5:15 pm Holiday Light Drive in Tilles Park
6:00 pm Bible Study (English)

THURSDAY, DECEMBER 6
UNIVERSITY CITY LIBRARY DELIVERY
9:30 am Happy Planters
10:30 am Trip to Kirkwood Walmart
10:30 am Better Balance
1:00 pm Making Music "Con Brio"
1:00 pm Mahjongg
1:30 pm Talking it Over
3:00 pm Chanukah Klezmer Concert
6:00 pm Card Party
7:00 pm Chinese Singing Group
7:00 pm Book Club (Russian)

FRIDAY, DECEMBER 7
8:00 am Bread Distribution
9:30 am Oasis Jazz Ensemble
10:00 am Trip to Chinese Market or Dollar General
10:30 am AW Health Care
10:30 am Coloring Together
12:00 pm Music with Lunch

SATURDAY, DECEMBER 8
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, DECEMBER 9

MONDAY, DECEMBER 10
9:30 am Bible Study (Chinese)
10:00 am Oasis Concert Band
1:00 pm Trip to JCC or Aldi's Creve Coeur
1:30 pm Oasis Wind Ensemble
2:30 pm Introduction to Movement
5:00 pm **Chanukah Dinner**
6:00 pm Bingo (Russian)

TUESDAY, DECEMBER 11
10:30 am Better Balance
11:00 am Torah Study
1:30 pm Knitting Spirit
3:30 pm Searching for Meaning in the Great Stories of the Jewish Tradition

WEDNESDAY, DECEMBER 12
9:30 am Schnucks
11:00 am Cooking with Chef Jon
11:00 am Royal Banks
1:00 pm Fitness on Demand
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, DECEMBER 13
9:30 am Happy Planters
10:30 am Better Balance
11:00 am Trip to Lunch at Gus's World Famous Fried Chicken
1:00 pm Mahjongg
1:00 pm Making Music "Con Brio"
2:00 pm Crown Center Readers: What is on Your Nightstand?
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY, DECEMBER 14
8:00 am Bread Distribution
9:30 am Oasis Jazz Ensemble
10:30 am Coloring Together
10:30 am AW Health Care
10:30 am Trip to Global Market
1:00 pm Trip to JCC, Trader Joe's & Dierbergs
3:30 pm Dr. Beyzer

SATURDAY, DECEMBER 15
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, DECEMBER 16

MONDAY, DECEMBER 17
9:30 am Bible Study (Chinese)
10:00 am Oasis Concert Band
1:00 pm Trip to JCC
1:30 pm Oasis Wind Ensemble
1:30 pm Yiddish Group
1:30 pm Errand Trip
2:30 pm Introduction to Movement
3:30 pm Hostess Committee Mtg
6:00 pm Bingo (Russian)

TUESDAY, DECEMBER 18
11:00 am Torah Study
12:30 pm Bell Choir Holiday Concert
1:30 pm Trip to Savers
1:30 pm Knitting Spirit

WEDNESDAY, DECEMBER 19
9:30 am Schnucks
10:30 am RPI "Ask the Physical Therapist" Weight Management Tips
11:00 am Royal Banks
1:00 pm COCA Artist in Residence: Van Gogh Inspired Acrylic Painting
5:00 pm ESL Intermediate
6:00 pm Bible Study (English)

THURSDAY, DECEMBER 20
10:00 am Trip to Aldi
12:30 pm Trip to Chesterfield Walmart, Target & Ross Dress For Less
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY, DECEMBER 21
10:30 am AW Health Care
10:30 am Coloring Together
1:00 pm Dr. Wu

SATURDAY, DECEMBER 22
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, DECEMBER 23

MONDAY, DECEMBER 24
9:30 am Bible Study (Chinese)
6:00 pm Bingo (Russian)

TUESDAY, DECEMBER 25
CHRISTMAS DAY - CROWN CENTER OFFICE IS CLOSED

WEDNESDAY, DECEMBER 26
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, DECEMBER 27
UNIVERSITY CITY LIBRARY DELIVERY
11:00 am Trip to Lunch at Amighetti's
1:00 pm Mahjongg
3:30 pm Talking it Over
6:00 pm Card Party
7:00 pm Chinese Singing Group

FRIDAY, DECEMBER 28
10:00 am Overland Shopping Center
10:30 am Coloring Together
10:30 am AW Health Care
12:00 pm Music with Lunch
1:00 pm Trip to JCC

SATURDAY, DECEMBER 29
1:00 pm Movie
3:00 pm Bingo
6:30 pm Scrabble

SUNDAY, DECEMBER 30

MONDAY, DECEMBER 31
9:30 am Bible Study (Chinese)
10:00 am Chinese Resident Meeting
6:00 pm Bingo (Russian)
7:00 pm Resident Council New Year's Eve Party

yiddish group

Monday, December 3 & 17 (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

< ^ > Residents and Community Members enjoyed the Crown Volunteer Appreciation Breakfast. This event was made possible by the Bertha Sloofman Fund.

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

DECEMBER 2018

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

DECEMBER 2018

December 3-31

- Monday - Thursday dinner served at 5 pm
- ***Lunches will be available instead of dinner on Fridays. Friday lunch served at 12 noon in the Weinberg Lounge***
- *Meals will include bread, a vegetable of the day, and fruit for dessert.*

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
Meatloaf Mashed Potatoes $1 3	**Fish and Chips** Baked French Fries Sautéed Spinach 4	**Chicken Teriyaki** Stir Fried Vegetables Mandarin Oranges 5	**Salmon Wellington** with Spinach and Brown Rice Mixed Vegetable Salad Broccoli Souffle 6	**Roast Beef Sandwich on Ciabatta** Cole Slaw Baked Apple Brownie Lunch 7
Chanukah Dinner **Apricot Chicken** **Latkes** **Green Beans** **Tzimmes** **Miniature Jelly Donuts** 10	**Lemon "Butter" Cod** Bean Soup Pasta 11	**Roasted Chicken** Spinach Brown Rice Apple Cobbler 12	**Honey Mustard Salmon** Mushroom Barley Soup Ratatouille Fruit Cocktail $1 13	**Pastrami Sandwich on Rye** Mixed Bean Salad Pears Cupcake Lunch 14
Spaghetti and Meatballs Minestrone Soup Garlic Toast $1 17	**Salmon Teriyaki** Potato Soup Brown Rice Baked Apple 18	**Turkey Breast** Spinach Sweet Potato Cranberry Sauce Cornbread 19	**Breaded Baked Cod** Vegetable Soup Cucumber Salad $1 20	**Salami Sandwich** on Challah Roll Beet Salad Orange Slices Chocolate Chip Cookie Lunch 21
Hamburger with Grilled Onion Potato Salad Pound Cake Pears $1 24	**Closed for Christmas** 25	**Chicken Schnitzel** Roasted Mixed Vegetables Baked Potato Fruit Compote 26	**Baked Salmon with Lemon** Pasta Roasted Zucchini $1 27	**Tuna Salad Sandwich** on Whole Wheat Bread Israeli Salad Baked Apple Strudel Lunch 28
Beef Stir Fry Stir Fried Vegetables Peach Cobbler $1 31	Dinners on Mondays and Thursdays are **$1** (excluding 12/6 & 12/10).		circle@crown CAFE THE DINING ROOM **AND** CIRCLE@CROWN CAFE WILL BE **CLOSED TUESDAY, DECEMBER 25 AND TUESDAY, JANUARY 1**	

Cooking with Chef Jon

Wednesday, December 12 (11:00 am)

Chef Jon Hoffman from Congregation B'nai Amoona will share his fall recipes which bring the flavors and textures of the season into these delicious meals. Enjoy preparing **butternut squash soup, spaghetti squash** and **an outstanding stuffed zucchini.**

$2 supply fee.

Made possible by the Birdie Fischer Fund.

RSVP circle

Crown Center CHANUKAH DINNER!

Monday, December 10 (5:00 pm) Doors open at 4:30 pm

Make your reservation today for Crown Center's 2018 Chanukah Dinner. Suggested donation is $3 for dinner. To reserve your spot, please call (314)991-2055, ext. 124
Space is limited.

Made possible by the Gladys K. Crown Foundation and the Jossem Fund of Jewish Federation of St. Louis

RSVP

COCA ARTIST IN RESIDENCE

Van Gogh Inspired ACRYLIC PAINTING

Wednesday, December 19 (1:00 pm)

Participants will use "Starry Night" as their base for painting and make it uniquely their own by adding a silhouette of a skyline. COCA teaching artist Maria Ojascastro will provide examples, encouragement and step by step instructions. *$2 supply fee.*

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

RSVP circle

Chanukah Klezmer Concert

Thursday, December 6 (3:00 pm)

The clarinet swings, voices rise and everyone claps along! Don't miss this special Klezmer concert to celebrate the holiday of Chanukah. Enjoy a delicious nosh while enjoying the music of Di Kamer Kapely.

Funding provided by the Novack Family Music Fund and the Jossem Fund of Jewish Federation of St. Louis.

WL FREE RSVP circle

Gladys & Henry crown center for Senior Living

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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.

Holiday Light Drive in Tilles Park
Wednesday, December 5
(5:15 pm) $2 RSVP
Hear the sleigh bells jingle and see all the lights twinkle at the Winter Wonderland in Tilles Park!

Trip to New Jewish Theater: An Act of God $2 RSVP
Sunday, December 2 (1:30 pm)
Enjoy this divine comedy at New Jewish Theater! Delivering a new and improved set of Commandments, God's introduction of the revised laws is refreshingly positive. This show encourages us to believe in ourselves, delivering new meaning to the phrase divine intervention and answers questions that have always plagued mankind. Friends of Crown Center $5 tickets. *Support provided by the Jewish Center for Aged Charitable Trust.*

Trip to Lunch at Gus's World Famous Fried Chicken $2 RSVP
Thursday, December 13 (11:00 am)

Trip to Savers $2 RSVP
Tuesday, December 18
(1:30 pm)

Trip to Lunch at Amighetti's $2 RSVP
Thursday, December 27
(11:00 am)

Crown Center Readers

What is on Your Nightstand?

Thursday, December 13 (2:00 pm)

Instead of talking about a specific book, choose one that you are currently reading and tell why you chose that author. Share what you liked and dislike. Together, we will create a list of new books to read or give as gifts.

Crown Center Readers is open to residents and community members.

Funding provided by the Myla Rosenblum Learning Fund

FREE circle

in the house for our residents

Bakery Items FREE WL
Fridays except 12/21 and 12/28
Donated by St. Louis Bread Co.

Royal Banks
Wednesdays
(11:00 am – 1:00 pm)
Wednesday, 12/5
(11:00 am – 3:00 pm)

> Indigo Workshop: Teaching artist Allana Ross teaches us about creating dye from indigo plants.

circle Arts & Culture

Bell Choir and Sing-a-Long FREE
Tuesday, December 4 (12:30 pm)

Bell Choir & Sing-a-Long Special Holiday Concert FREE WL
Tuesday, December 18 (12:30 pm)

Knitting Spirit FREE
Tuesdays in December
(1:30 pm) except 12/25

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

Chanukah Klezmer Concert RSVP FREE WL
Thursday, December 6 (3:00 pm))
See Ad.

Cooking with Chef Jon RSVP
Wednesday, December 12
(11:00 am) *See Ad.*

COCA Artist in Residence: Van Gogh Inspired Acrylic Painting
Wednesday, December 19 (1:00 pm)
See Ad.

circle Building Connections

Torah Study with Rabbi Greenfield FREE
Tuesday, December 4, 11 & 18
(11:00 am)
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 FREE
Tuesday, December 11 (3:30 pm)
Join Cyndee Levy, Director, Center for Jewish Learning at Jewish Federation, as she uncovers the hidden wisdom in stories from Jewish tradition.

Yiddish Group FREE
Monday, December 3 & 17
(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.*

Birthday Bash FREE WL
Wednesday, December 26
(6:00 pm)
Entertainment by Ken Roberts (Elvis)
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.**