















Gladys & Henry
crown
center
for Senior Living

CrownConnection

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

Did you know?

Jewish Family
& Children's
Service (JF&CS)
chaplaincy
team spends
time with
members
of the



JEWISH FAMILY &
CHILDREN'S SERVICE

community to listen, celebrate life cycle events, observe holidays, provide support and comfort through times of loss or difficulty, and offer spiritual counsel. Visits are made to Crown Center and other local senior residences to ensure everyone has access to religious and community connection. You may be familiar with **Rabbi Neal Rose** through his work at Crown. If you would like to meet with Rabbi Rose or any other member of the chaplaincy team, please reach out at nrose@jfcfs-stl.org or 314-812-9386.



circle fitness that fits you

Fitness programming sponsored by the Lopata Fitness Fund

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. *The class is currently full.*



Oasis: Tai Chi for Arthritis and Fall Prevention

Wednesdays/Fridays (9:30 am) October 11 - November 8.

Tai Chi is practiced as a graceful form of exercise using a series of slow, focused movements and deep breathing. Relieve pain, reduce stress while improving balance and muscle strength. Call 314-991-2055 or stop by the Crown Center office to register. *See Ad.*



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. *See Ad.*



Neighborhood Night Out

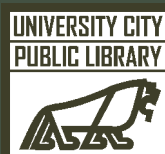
∨ > ^ Crown residents celebrated Neighborhood Night Out with visits from the U City Police Dept. and the APA. Raffle prizes and refreshments were provided.



University City Public Library Outreach

Book Club

Wednesday, October 30
(1:00 pm)



Jamie Kosh-Tolliver, Adult Outreach Assistant with U City Public Library hosts this special book club at Crown Center, leading a discussion of **Toni Morrison's *The Bluest Eye*.**

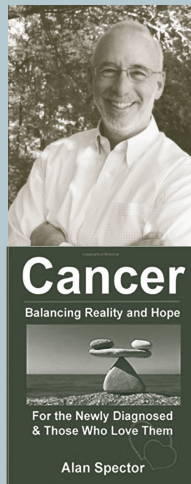
Support provided by the Myla Rosenblum Learning Fund.



Introduction to Movement

Mondays (2:30 pm)

Exercise your body and mind during the **Intro to Movement**. This half hour class is led by trained therapists from Rehabilitation Professionals Inc. All movements are low impact. *No charge.*



Author Alan Spector presents:

Cancer: Balancing Reality and Hope

Thursday, October 24 (3:00 pm)

It is likely, over the course of our lifetime, that we will be touched by cancer. Alan Spector's book - *Cancer: Balancing Reality and Hope*, brings a unique perspective to help navigate this difficult time, when there is so much to learn, decisions to be made, and emotions to deal with. Books

for sale by cash or check. Oasis & Crown Center are co-sponsoring this special program.



OCTOBER 2019

Around the Crown events & programs

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

TUESDAY, OCTOBER 1

ROSH HASHANAH

DINING ROOM & CAFE CLOSED

- 10:30 am Better Balance
- 1:30 pm Knitting Spirit
- 6:00 pm Resident Council Meeting

WEDNESDAY, OCTOBER 2

- 9:30 am Oasis Tai Chi
- 10:00 am Schnucks
- 12:00 pm Royal Banks
- 1:30 pm Food Pantry
- 6:00 pm Bible Study

THURSDAY, OCTOBER 3

- 9:30 am Happy Planters
- 10:00 am Trip to Jewish Cemeteries
- 10:30 am Better Balance
- 1:00 pm Book Pick Up: *The Bluest Eye*
- 1:00 pm Making Music "Con Brio"
- 1:00 pm Mahjongg
- 3:30 pm Talking it Over
- 7:00 pm Chinese Singing Group
- 7:00 pm Book Club (Russian)

FRIDAY, OCTOBER 4

- 9:30 am Oasis Tai Chi
- 9:30 am Oasis Jazz Ensemble
- 10:00 am Trip to Fresh Thyme Farmers Market
- 10:30 am AW Health Care
- 11:00 am Coloring Together
- 1:00 pm Celebrate National Positive Attitude Month with Emma

SATURDAY, OCTOBER 5

- 9:00 am Senior Cantonese Adult Fellowship
- 1:00 pm Movie
- 3:00 pm Bingo
- 6:30 pm Scrabble

SUNDAY, OCTOBER 6

- 2:00 pm Intergenerational Music Opportunity with Emily

MONDAY, OCTOBER 7

- 9:30 am Bible Study (Chinese)
- 10:00 am Oasis Concert Band
- 10:15 am Trip to Lunch at Crown Candy Kitchen
- 12:30 pm Bell Choir
- 1:30 pm Oasis Wind Ensemble
- 2:30 pm Introduction to Movement
- 6:00 pm Bingo (Russian)

TUESDAY, OCTOBER 8

EREV YOM KIPPUR

DINING ROOM & CAFE CLOSED

- 10:00 am Trip to Kirkwood Walmart
- 10:30 am Better Balance
- 1:30 pm Knitting Spirit
- 4:45 pm ESL Intermediate

WEDNESDAY, OCTOBER 9

YOM KIPPUR

CROWN CENTER OFFICES CLOSED

DINING ROOM & CAFE CLOSED

- 6:00 pm Bible Study

THURSDAY, OCTOBER 10

- 9:30 am Happy Planters
- 10:30 am Better Balance
- 12:00 pm Trip to Sheldon Galleries & Panera
- 1:00 pm Mahjongg
- 1:00 pm Making Music "Con Brio"
- 3:30 pm Talking it Over
- 7:00 pm Chinese Singing Group

FRIDAY, OCTOBER 11

- 9:30 am Oasis Tai Chi
- 9:30 am Oasis Jazz Ensemble
- 10:00 am Schnucks
- 10:30 am AW Health Care
- 11:00 am Coloring Together
- 12:30 pm Trip to Chinese Market or Dollar General
- 3:30 pm Dr. Beyzer

SATURDAY, OCTOBER 12

- 10:00 am Tzu Chi Foundation
- 1:00 pm Movie
- 3:00 pm Bingo
- 6:30 pm Scrabble

SUNDAY, OCTOBER 13

MONDAY, OCTOBER 14

SUKKOT

DINING ROOM & CAFE CLOSED

- 9:30 am Bible Study (Chinese)
- 10:00 am Oasis Concert Band
- 1:30 pm Oasis Wind Ensemble
- 2:30 pm Introduction to Movement
- 6:00 pm Bingo (Russian)

TUESDAY, OCTOBER 15

SUKKOT

DINING ROOM & CAFE CLOSED

- 10:30 am Better Balance
- 12:30 pm Bell Choir
- 1:30 pm Knitting Spirit
- 4:45 pm ESL Intermediate

WEDNESDAY, OCTOBER 16

- 9:30 am Oasis Tai Chi
- 10:00 am Schnucks
- 11:00 am Royal Banks
- 3:00 pm Beyond The Edifice Complex: A Survey of Synagogue Architecture
- 6:00 pm Bible Study

THURSDAY, OCTOBER 17

UNIVERSITY CITY

LIBRARY DELIVERY

- 9:30 am Happy Planters
- 10:30 am Better Balance
- 10:45 am Trip to Shaw Park
- 1:00 pm Making Music "Con Brio"
- 1:00 pm Mahjongg
- 3:30 pm Talking it Over
- 7:00 pm Chinese Singing Group

FRIDAY, OCTOBER 18

- 9:30 am Oasis Tai Chi
- 9:30 am Oasis Jazz Ensemble
- 10:00 am Trip to Overland Plaza
- 10:30 am AW Health Care
- 11:00 am Coloring Together
- 12:30 pm Trip to Global Market

SATURDAY, OCTOBER 19

- 1:00 pm Movie
- 3:00 pm Bingo
- 6:30 pm Scrabble

SUNDAY, OCTOBER 20

- 2:00 pm Peas in a Podcast with Emily

MONDAY, OCTOBER 21

SHEMINI ATEZERET

DINING ROOM & CAFE CLOSED

- 9:30 am Bible Study (Chinese)
- 10:00 am Oasis Concert Band
- 1:30 pm Oasis Wind Ensemble
- 2:30 pm Introduction to Movement
- 6:00 pm Bingo (Russian)

TUESDAY, OCTOBER 22

SIMCHAT TORAH

DINING ROOM & CAFE CLOSED

- 10:30 am Better Balance
- 1:30 pm Knitting Spirit
- 4:45 pm ESL Intermediate

WEDNESDAY, OCTOBER 23

- 9:30 am Oasis Tai Chi
- 10:00 am Schnucks
- 11:00 am Royal Banks
- 6:00 pm Bible Study

THURSDAY, OCTOBER 24

- 10:00 am Cooking with Allana
- 10:30 am Better Balance
- 11:30 am Trip to Chesterfield Walmart, Target & Ross Dress For Less
- 1:00 pm Mahjongg
- 1:00 pm Making Music "Con Brio"
- 1:30 pm Talking it Over
- 3:00 pm Author Talk: Cancer: Balancing Reality and Hope
- 7:00 pm Chinese Singing Group

FRIDAY, OCTOBER 25

- 9:30 am Oasis Tai Chi
- 9:30 am Oasis Jazz Ensemble
- 10:00 am Trip to Trader Joe's & Dierbergs
- 10:30 am AW Health Care
- 11:00 am Coloring Together

SATURDAY, OCTOBER 26

- 1:00 pm Movie
- 3:00 pm Bingo
- 6:00 pm Resident Council Halloween Party
- 6:30 pm Scrabble

SUNDAY, OCTOBER 27

- 2:00 pm Trip to Town & Country Symphony Orchestra

MONDAY, OCTOBER 28

- 9:30 am Bible Study (Chinese)
- 9:45 am Trip to Kirkwood Farmers Market & Lunch
- 10:00 am Oasis Concert Band
- 1:30 pm Oasis Wind Ensemble
- 1:30 pm Yiddish Group
- 2:30 pm Introduction to Movement
- 3:30 pm Hostess Committee Mtg
- 6:00 pm Bingo (Russian)

TUESDAY, OCTOBER 29

- 10:30 am Better Balance
- 1:30 pm Knitting Spirit
- 4:45 pm ESL Intermediate

WEDNESDAY, OCTOBER 30

- 9:30 am Oasis Tai Chi
- 10:00 am Schnucks
- 11:00 am Royal Banks
- 1:00 pm University City Public Library Book Club
- 6:00 pm Birthday Bash
- 6:00 pm Bible Study

THURSDAY, OCTOBER 31

- 9:30 am Happy Planters
- 10:00 am Chinese Resident Meeting
- 10:30 am Better Balance
- 1:00 pm Making Music "Con Brio"
- 1:00 pm Mahjongg
- 3:30 pm Talking it Over
- 7:00 pm Chinese Singing Group

Pop Up Flower Shop

> Thanks to Flower Hill Farm for the donation of beautiful flowers. We hosted a Pop Up Flower Shop for Crown residents and community members.



THE CIRCLE@CROWN CAFE AND THE DINING ROOM WILL BE CLOSED:

OCTOBER 1, 9, 14, 15, 21 & 22

IN CELEBRATION OF THE JEWISH HOLIDAYS

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

OCTOBER 2019

October 1-31

- Monday, Wednesday, and Thursday dinner served at 5pm. **Tuesday and Friday lunches available in the Circle@Crown Cafe from 11am - 2pm.**
- Meals will include a vegetable and fruit for dessert.
- Menus are subject to change without notice.

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
	Cafe and Dining Room closed for Rosh Hashanah I	Beef Stew Cornbread Spinach Peaches 2	Chicken Schnitzel Lentil Soup Mashed Potatoes Cinnamon Baked Apple 3	Tuna or Egg Salad Sandwich Soup of the Day Side Salad LUNCH in the CAFE 4
Teriyaki Salmon Rice Pilaf Sesame Green Beans Pears 7	Tuna or Egg Salad Sandwich Soup of the Day Side Salad LUNCH in the CAFE 8	Cafe and Dining Room closed for Yom Kippur 9	Meatloaf Mashed Potatoes Carrots Peach Cobbler 10	Tuna or Egg Salad Sandwich Soup of the Day Side Salad LUNCH in the CAFE 11
Cafe and Dining Room closed for Sukkot 14	Cafe and Dining Room closed for Sukkot 15	Chicken Paprikash With Noodles Split Pea Soup Roasted Mixed Vegetables 16	Spaghetti & Meatballs Minestrone Soup Broccoli Peaches 17	Tuna or Egg Salad Sandwich Soup of the Day Side Salad LUNCH in the CAFE 18
Cafe and Dining Room closed for Shemini Atzeret 21	Cafe and Dining Room closed for Simchat Torah 22	Hot Pastrami Sandwich With Sauerkraut Mixed Vegetable Soup Pears 23	Turkey Breast With Stuffing Carrots Spinach Cranberry Preserves 24	Tuna or Egg Salad Sandwich Soup of the Day Side Salad LUNCH in the CAFE 25
Cod Fillet Herb Roasted Potatoes Sautéed Spinach Fresh Orange 28	Tuna or Egg Salad Sandwich Soup of the Day Side Salad LUNCH in the CAFE 29	Chicken Shwarma Rice Pilaf Lentil Soup Israeli Salad 30	Salisbury Steak Mashed Potatoes Mushroom Barley Soup Green Beans 31	

DINING ROOM HAPPENINGS

Monday dinners, Tuesday & Friday lunches will be catered by the Circle@Crown Café.
Don't forget to call 314-991-2055, ext. 124 to make your reservations.



THE BENEFITS OF DINING AT CROWN CENTER:

CROWN CENTER

Grilled Hamburger on Whole Wheat Bun with Lettuce, Tomato, Grilled Onions

Potato Fries

Peach Crisp

Coffee

TOTAL \$3.00

MCDONALDS

07/16/2019 1:05 pm

Hamburger on Bun \$1.29

Small Fries \$1.19

Baked Apple Pie \$0.89

Small Coffee \$1.00

Subtotal \$4.37

Sales Tax \$.39

TOTAL \$4.76

xxxx-xxxx-xxxx-5709

Authorization

CUSTOMER COPY

Call 1-800-MCDONALDS

If anything is incorrect

on your order.

CROWN CENTER

Honey Mustard Baked Salmon

Potato Soup

Cauliflower

Coffee

TOTAL \$3.00

OLIVE GARDEN

Server #12

Herb Grilled Salmon, \$18.79

Broccoli included \$5.99

Potato Soup \$2.75

Coffee (estimate) \$27.53

Subtotal \$3.03

Tax \$5.51

Tip \$36.07

xxxx-xxxx-xxxx-1207

Authorization

CUSTOMER COPY

NO TAX NO TIP

We've compared the cost of dining at Crown Center versus eating out at area restaurants. What would you pay for a similar meal? What would you get for your \$3 anywhere else?

These receipts tell the whole story.

IN HONOR OF SUKKOT:

A SURVEY OF SYNAGOGUE ARCHITECTURE BEYOND THE EDIFICE COMPLEX

Wednesday, October 16 (3:00 pm)

Jewish tradition instructs us to build a Sukkah (a temporary structure) for our fall harvest festival. For at least the last two millennia Jews have constructed more permanent buildings - synagogues. In celebration of Sukkot, study the history of synagogue architecture with **Rabbi Lane Steinger**.

Made possible by the Gladys K. Crown Foundation.



Gladys & Henry
crown
center
for Senior Living

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St. Louis, MO 63124-2166

Non-Profit Org
US POSTAGE
PAID
St Louis Mo
Permit No 820

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



on the road

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

Trip to Fresh Thyme Farmers Market

Friday, October 4 (10:00 am)



Trip to Lunch at Crown Candy Kitchen

Monday, October 7 (10:15 am)



Trip to Sheldon Galleries & Panera

Thursday, October 10 (12:00 pm)



Explore the *St. Louis, A Musical Gateway: Africa* exhibit featuring rare and beautiful African instruments. Also enjoy the *Kristen Peterson – Visual Delights: Photographs & Altered Books exhibition*. The group will stop for coffee & snacks at Panera. Support Provided by the Chused Cultural Arts Fund.

Trip to Shaw Park & a Fall Stroll

Thursday, October 17 (10:45 am)

Order your lunch to go from the Circle@Crown Cafe or bring a sack lunch. We are off to Shaw park for an outdoor lunch and a stroll around the park.



Trip to Global Market

Friday, October 18 (12:30 pm)



Trip to Town & Country Symphony Orchestra

Sunday, October 27 (2:00 pm)

Thanks to the Novack Family Music Fund.



Farmers Market & Lunch

Monday, October 28 (9:45 am)

Experience the autumn sights and smells of Kirkwood Farmers Market and then enjoy lunch at Bar Louie or Pickleman's Sandwich Shop.



A SPECIAL CIRCLE@CROWN BRUNCH MENU

circle@crown CAFE BRUNCH

SUNDAY, OCTOBER 27
CAFE IS OPEN 9 AM – 1 PM



Certified Kosher Dairy, Cholov Stam by Vaad Hoeir of St. Louis

OPEN Monday-Friday 8am-2pm

in the house for our residents

Royal Banks Wednesdays 10/16, 10/23 & 10/30 (11:00 am – 1:00 pm)
Wednesday, 10/2 (12:00 pm – 3:00 pm)



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.



Arts & Culture

Bell Choir

Monday, October 7 & Tuesday, October 15 (12:30 pm)



Knitting Spirit

Tuesdays in October (1:30 pm)



The Saturday Movie Club

Saturdays (1:00 pm)



Author Talk: Cancer: Balancing Reality and Hope

with Author Alan Spector
Thursday, Oct 24 (3:00 pm) See Ad.



Building Connections

Yiddish Group

Monday, October 28 (1:30 pm)

Join Rabbi Neal Rose, neighbors, friends and community members whether you speak, understand or just want to learn. All are encouraged and welcome to participate.



In Honor of Sukkot: A Survey of Synagogue Architecture: Beyond The Edifice Complex: with Rabbi Lane Steinger
Wednesday, October 16 (3:00 pm) See Ad.



University City Public Library Outreach Book Club
Wednesday, October 30 (1:00 pm) See Ad.



Talking it Over

Thursdays (3:30 pm)
October 24 (1:30 pm)
Florence Schachter, MSW, Director of Resident & Community Services
Enlightening conversations about interesting, timely topics.
Courtesy of the Steven Rosenblum Fund.



Birthday Bash

Wednesday, October 30 (6:00 pm)
Entertainment by Fred Lloyd and Sound Judgment Duo
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

Follow us on Facebook and Instagram



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