



Crown Connection



Cafe



Art Studio



Culinary Studio



Weinberg Lounge



Tallin Lounge



Theater Room



Fitness Center



Library



Oasis Program

A Cappella Concert **Monday, January 13 (3:30 pm)**



All the way from Colgate University in New York state, the Swinging 'Gates A Cappella group is coming to St. Louis for a special concert at Crown. This all-female group will sing a wide range of music that is sure to delight and bring cheer to all. *Made possible by the Novack Family Music Fund.*

COFFEE TALK WITH *AW Healthcare* Practical New Year's Resolutions **Monday, January 6 (11:00 am)**

If you want to stick to your New Year's resolutions in 2020, don't dream big, dream reasonable. Come learn useful tips to achieving your goals with Lori Bliss LPN, Educator and Nurse Manager, AW Healthcare.



Chinese New Year Celebration

Wednesday, January 22 (6:00 pm)

Celebrate the Chinese New Year hosted by Washington University's Chinese Students Association. This fun-filled program includes refreshments and is in celebration of the Year of the Rat!



Cuba Travelogue by Allana Ross

Thursday, January 23 (2:00 pm)

Allana Ross, Crown Center's Garden Leader, will share stories and pictures of her exciting adventures while traveling in Cuba. Refreshments will be served.

Support provided by the Myla Rosenblum Learning Fund.



Crown Center Welcomes County Executive Dr. Sam Page

Thursday, January 16 (2:00 pm)

Dr. Sam Page, St. Louis County Executive, will share highlights of what is happening in St. Louis County and what we might expect in 2020.



JANUARY 2020

All programs in this newsletter are open to community seniors.

These programs are offered at no cost unless otherwise noted.

Arts & Culture

Bell Choir

Tuesday, January 7 & 21
(12:30 pm)



The Saturday Movie Club

Saturdays in January (1:00 pm)



Knitting Spirit

Tuesdays in January
(1:30 pm)



Laumeier Sculpture Park with Pamela Dern

Thursday, January 9 (3:00 pm)
See ad.



Colgate University A Capella Concert

Monday, January 13 (3:30 pm)
Swinging 'Gates is an all-female a cappella group from Colgate University. *See ad.*



Crown Center's Students-in-Residence Programs with Emily Gough and Emma Swinford

Sunday January, 12 (2:00 pm)

Conversation Corner with Emily



Tuesday January, 14 (10:00 am)

Current Events Coffee Club



Friday January, 24 (2:00 pm)

Documentary and Dialogue with Emma



Sunday January, 26 (2:00 pm)

Listening Hour with Emily



Building Connections

Yiddish Group

Monday, January 6 & 13
(1:30 pm)



Whether you speak, understand or just want to learn Yiddish, Rabbi Neal Rose leads this warm and engaging group. All are encouraged and welcome to participate.

Searching for Meaning in the Great Stories of the Jewish Tradition

Tuesday, January 14 (3:30 pm)

Join Cyndee Levy as she uncovers the hidden wisdom in selected stories from the Jewish tradition. People of all faiths welcome.



Torah Study with Rabbi Silberstein

Thursdays in January (11:30 am)

Rabbi Silberstein from Bais Abraham will lead a discussion of the weekly Torah portion. Hear the words of the ancient commentators who provide teachings with a lens to guide our lives.



Crown Center Welcomes County Executive Dr. Sam Page

Thursday, January 16 (2:00 pm)

Dr. Sam Page, County Executive, visits Crown Center with an update on happenings in St. Louis County.



Health & Wellness

Fitness programming sponsored by the Lopata Fitness Fund

OASIS Better Balance

Tuesdays/Thursdays
(11:00 am) **note new time**

Experience a wide range of movements to help maintain, improve or restore your balance skills. Increase coordination, muscle strength and flexibility. Call Crown Center for cost and to RSVP.



RPI - Introduction to Movement

Mondays (2:30 pm)

Half-hour upbeat workout including cardio, balance and stretching. Taught by therapist Kim Meyer from Rehabilitation Professionals.



OASIS: Gentle Chair Yoga

Wednesdays,
January 22 - March 4 (10:00 am)

These gentle yoga postures are designed to relieve pain and improve balance. This class is perfect for beginners and those who would prefer not to sit on the floor. Call Crown Center for cost and to RSVP.



AW Coffee Talk: Practical New Year's Resolutions

Monday, January 6 (11:00 am)

See ad.



JANUARY 2020 KOSHER DINING

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

Monday, Wednesday, and Thursday dinner served at **5pm.**
Tuesday and Friday lunch available in the Circle@Crown Cafe from **11am - 2pm.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>circle@crown CAFE BRUNCH SUNDAY, JANUARY 26 CAFE IS OPEN 9 AM – 1 PM FOR SUNDAY BRUNCH MENU</p> <p><small>Certified Kosher Dairy, Cholov Stam by Vaad Haeir of St. Louis</small></p> 		<p>Circle@Crown Cafe and Crown Center dining room closed in observance of New Year's Day.</p> <p>I</p>	<p>Shake & Bake Chicken Brown Rice Zucchini with Tomatoes Blueberry Cobbler</p> <p>2</p>	<p>Tuna Salad Sandwich Soup of the Day Side Deli Salad Fresh Fruit</p> <p><i>LUNCH in the CAFE</i> 3</p>
<p>Breaded Cod Mac & Cheese Parsley New Potatoes Pears</p> <p>6</p>	<p>Loaded Baked Potato Vegetarian Chili Fresh Fruit</p> <p><i>LUNCH in the CAFE</i> 7</p>	<p>Meatloaf Mashed Potatoes Baked Carrots Peach Cobbler</p> <p>8</p>	<p>Chicken Paprikash Noodles Split Pea Soup Roasted Mix Vegetables</p> <p>9</p>	<p>Egg Salad Sandwich Soup of the Day Side Deli Salad Fresh Fruit</p> <p><i>LUNCH in the CAFE</i> 10</p>
<p>Spaghetti with "Impossible" Meat Sauce Green Beans Minestrone Soup Peaches</p> <p>13</p>	<p>Vegetable Stew with Soy Meat Fresh Fruit Pudding</p> <p><i>LUNCH in the CAFE</i> 14</p>	<p>Chicken Shawarma Rice Pilaf Lentil Soup Israeli Salad</p> <p>15</p>	<p>Salisbury Steak Mashed Potatoes Mushroom Barley Soup Green Beans</p> <p>16</p>	<p>Tuna Sandwich Soup of the Day Side Deli Salad Fresh Fruit</p> <p><i>LUNCH in the CAFE</i> 17</p>
<p>Circle@Crown Cafe and Crown Center dining room closed in observance of Dr. Martin Luther King Day.</p> <p>20</p>	<p>Grilled Vegetable Wrap Soup of the Day Fresh Fruit Cookie</p> <p><i>LUNCH in the CAFE</i> 21</p>	<p>Beef Stew Green Beans Peaches Cornbread</p> <p>22</p>	<p>Chicken Schnitzel Lentil Soup Mashed Potatoes Cinnamon Baked Apple</p> <p>23</p>	<p>Egg Salad Sandwich Soup of the Day Side Deli Salad Fresh Fruit</p> <p><i>LUNCH in the CAFE</i> 24</p>
<p>Vegetarian Lo Mein with Soy Meat Asian Cabbage Slaw</p> <p>27</p>	<p>Personal Pizza Side Salad Fresh Fruit Cookie</p> <p><i>LUNCH in the CAFE</i> 28</p>	<p>Spaghetti & Meatballs Minestrone Soup Broccoli Peaches</p> <p>29</p>	<p>Herbed Grilled Salmon Green Beans Potato Soup</p> <p>30</p>	<p>Tuna Salad Sandwich Side Deli Salad Soup of the Day Fresh Fruit</p> <p><i>LUNCH in the CAFE</i> 31</p>

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

Menus are subject to change without notice.



experience Laumeier at Crown Center

Thursday, January 9 (3:00 pm)

The EngAGING Arts Program invites you to experience Laumeier Sculpture Park's art collection through a unique experience. A slide show presentation will feature the highlights of the sculpture park's history with details about the unique art collection - just like a walk through the park.



Made possible by the Trio Foundation of St. Louis.



Gladys & Henry
**crown
center**
for Senior Living

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JANUARY 2020

on the road

Trip to Brunch at The Shack & Shopping at NCJW's Resale Shop.

Tuesday, January 7 (10:00 am)

Trip to Bed, Bath & Beyond

Friday, January 10 (9:45 am)

All trips require **RSVP**. Space is limited.
(314) 991-2055. Bus trips cost **\$2**.



Trip to Science Center's OMNIMAX® Theater! Great Bear Rainforest

Tuesday, January 14 (11:15 am)

Journey to a land of grizzlies, coastal wolves, sea otters and the all-white spirit bear in the film *Great Bear Rainforest*. Afterward, tour the Science Center galleries on your own. OMNIMAX® Theater tickets are \$5 for Crown Members.

Trip to Lunch at Cracker Barrel

Thursday, January 16 (10:15 am)

Trip to Concert Commemorating Dr. Martin Luther King, Jr.

Sunday, January 19 (3:15 pm)

Come join us for an afternoon of song with Anita Jackson at the Second Presbyterian Church. Ms. Jackson will be joined with her trio of bass, piano, and drums and perform music commemorating Dr. Martin Luther King, Jr.

Trip to Lunch at Bandana's Bar-B-Q

Tuesday, January 28 (10:45 am)

Call us (314) 991-2055 | Find us online www.crowncenterstl.org | Follow us on Facebook and Instagram



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

