



Crown Connection



Cafe



Art Studio



Culinary Studio



Weinberg Lounge



Tallin Lounge



Theater Room



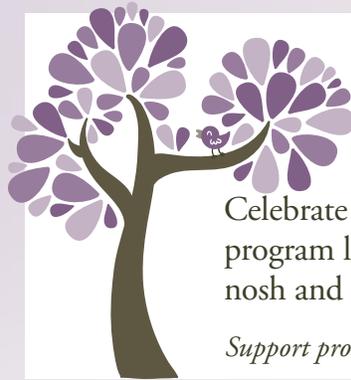
Fitness Center



Library



Oasis Program



Celebrate Tu B'Shevat

Thursday, February 6 (10:30 am)

Celebrate the Jewish "Arbor Day" at Crown Center with a wonderful seder and program led by Rabbi Amy Feder from Congregation Temple Israel. We'll discuss, nosh and learn about the holiday known as the New Year for Trees.

Support provided by the Saul & Marilyn Dien Program Fund.



Join our Crown Center Readers

Wednesday, February 19
(2:00 pm)

In February, Rosalyn Borg will lead Crown Center's book club discussion. The featured book is "Where the Crawdads Sing" by Delia Owens which spent 11 months on the New York times best seller's list and reached #1.

Open to residents and community members.

For more information call 314-991-2055.

Funding provided by the Myla Rosenblum Learning Fund.



Crown Cultural Connection: Indian Cooking

Thursday, February 20 (3:00 pm)

Learn to prepare delicious, aromatic, and flavorful Indian food from a tasty curry to a sweet dessert with Aruna Gopinath, from Wells Fargo Advisors.

Presented by Wells Fargo Advisors – Asian Connection Team Member Network.

\$2 supply fee



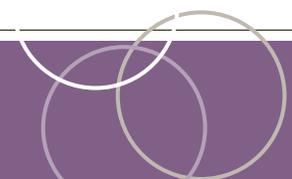
IN CELEBRATION OF BLACK HISTORY MONTH COCA PRESENTS

African Rhythms

Wednesday, February 12 (3:00 pm)

Participate in a hands-on exploration of the instruments in a drum orchestra. Play hand & stick drums and small percussion instruments, practicing a traditional West African rhythm while learning about the culture where the music originates. COCA musician **Kunama Mtendaji** specializes in drumming and dance styles from African countries. \$2 fee.

Made possible with support from the Novack Family Music Fund.



FEBRUARY 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, February 4 & 18
(12:30 pm)



The Saturday Movie Club

Saturdays in February (1:00 pm)



Knitting Spirit

Tuesdays in February
(1:30 pm)



COCA African Rhythms Workshop

Wednesday,
February 12 (3:00 pm) *See Ad*



Building Connections

Yiddish Group

Monday,
February 17 & 24 (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.

Made possible by the Gladys K. Crown Foundation.

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

Sunday, February 2 (2:00 pm)

Conversation Corner with Emily



Sunday, February 16 (1:00 pm)

Peas in a Podcast



Sunday, February 23 (2:00 pm)

Listening Hour with Emily



Searching for Meaning in the Great Stories of the Jewish Tradition

Tuesday, February 11 (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 February
(11:30 am)

Join **Rabbi Garth Silberstein** of Bais Abraham Congregation for a discussion of the weekly Torah portion and a challenging biblical text. Evaluate commentators and our own views for explanations.



Happy Planters Gardening Club Seeding Party

Thursday, February 27
(9:30 am)

Happy Planters Gardening Club and special guest Vicki Lander of Flower Hill Farms will sow seeds for Crown's Community Garden. The seeds will start in the greenhouse and be planted for spring and summer crops. Learn about soil health and enjoy some refreshments. Come grow with us!



Health & Wellness

Fitness programming sponsored by the Lopata Fitness Fund.

OASIS Better Balance

Tuesdays/Thursdays (11:00 am)

Experience a wide range of movements to help maintain, improve or restore your balance skills. Increase your coordination, muscle strength and flexibility. Contact 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 Meyers** 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. Contact Crown Center for cost and to RSVP. *Several spots still available for this new class.*



FEBRUARY 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.**

\$3
suggested
donation
per meal

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Vegetable Lasagna Potato Leek Soup Garlic Bread Fresh Fruit 3	Smoked Salmon Quiche Broccoli Salad Soup of the Day Cookie LUNCH in the CAFE 4	Ruben Sandwich Mixed Vegetable Soup Fresh Fruit 5	Shake & Bake Chicken Brown Rice Zucchini & Diced Tomatoes Blueberry Cobbler 6	Tuna Salad Sandwich Deli Salad Soup of the Day Pudding LUNCH in the CAFE 7
Breaded Cod Macaroni & Cheese Mixed Vegetables Fresh Fruit 10	Loaded Baked Potato Vegetarian Chili Whole Wheat Roll Fresh Fruit LUNCH in the CAFE 11	Meatloaf Mashed Potatoes Diced Carrots Peach Cobbler 12	Chicken Paprikash Split Pea Soup Roasted Mixed Vegetables Oranges 13	Egg Salad Sandwich Deli Salad Soup of the Day Pudding LUNCH in the CAFE 14
Spaghetti with "Impossible" Meat Sauce Minestrone Soup Green Beans Peaches 17	Vegetable Stew with Soy Meat Biscuit Fresh Fruit Pudding LUNCH in the CAFE 18	Chicken Shawarma Rice Pilaf Lentil Soup Israeli Salad 19	Salisbury Steak Mashed Potatoes Mushroom Barley Soup Green Beans 20	Tuna Sandwich Carrot Salad Soup of the Day Cookie LUNCH in the CAFE 21
Special Meat Meal Roast Chicken Roasted Mixed Vegetables Sweet Potatoes Pears 24	Grilled Vegetable Wrap Soup of the Day Banana Cookie LUNCH in the CAFE 25	Beef Stew Corn Bread Green Beans Peaches 26	Chicken Schnitzel Lentil Soup Mashed Potatoes Cinnamon Baked Apple 27	Egg Salad Sandwich Deli Salad Soup of the Day Cookie LUNCH in the CAFE 28

circle@crown CAFE BRUNCH

SUNDAY, FEBRUARY 16
CAFE IS OPEN 9 AM - 1 PM
FOR SPECIAL BRUNCH MENU

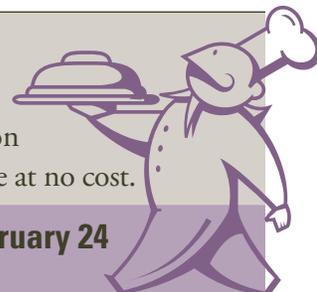
Certified Kosher Dairy, Cholov Starn by Vaad Haeir of St. Louis



CROWN CENTER GIVES BACK

During February, bring canned food to the dining room on Mondays for the St. Louis Area Food Bank and dine at no cost.

Make your reservation now for Monday February 24 for a special Mystery Monday Experience.



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.



Crown Center's
Meal Program presents:

SENIOR LUNCH SPECIALS

Anyone 60 years+ can enjoy the
Tuesday & Friday cafe lunch specials
for a suggested donation of \$3.

11AM – 2PM

For more information
or to make a reservation
call 314-991-2055.



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

8350 Delcrest Drive
St. Louis, MO 63124-2166

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

FEBRUARY 2020

on the road

All trips require **RSVP**. Space is limited.

(314) 991-2055. Bus trips are **FREE IN FEBRUARY**.



Trip to Lunch at Pietro's
Tuesday, February 4 (11:00 am)

Trip to Goodwill
Tuesday, February 11 (10:00 am)

**Trip to Chess Hall of Fame
& Lunch at Kingside Diner**
Thursday, February 13 (9:45 am)

Join us for a private tour of The
World Chess Hall of Fame that
explores the connection of chess to
art, culture, and history. Follow up
our visit with lunch at Kingside
Diner. \$2 tour fee.

Trip to
SAINT LOUIS BALLET
at Touhill Performing
Arts Center

Sunday, February 16 (1:45 pm)

The Saint Louis Ballet pairs
with the talented Arianna
String Quartet for its annual
Valentine weekend performance
Could This Be Love?, a program
of romantic work. Crown
member tickets are \$4. *Made possible*
by the Chused Cultural Arts Fund.

Trip to Galleria Mall
Friday, February 21 (12:00 pm)

**Trip to Lunch at Black
Bear Diner**
Monday, February 24 (10:45 am)



**Amy Neuman
being honored**

< Amy Neuman, Crown
Center's Program Manager
will be honored with
the 2020 JPro Chused/
Kindness Award at an awards

luncheon on January 30 at the
Jewish Community Center. Each
day, Amy treats our residents and
community seniors with kindness.
We're so fortunate to have her on
our Crown Center team.

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.

