

Gladys & Henry
Crown
center
for Senior Living

Crown Connection



Cafe



Art Studio



Culinary Studio



Weinberg Lounge



Tallin Lounge



Theater Room



Fitness Center



Library



Oasis Program

PURIM DINNER



Thursday, March 5 (5:00 pm) *Doors open at 4:30 pm*

Celebrate the upcoming Jewish holiday of Purim with dinner in the Crown Center dining room. Enjoy this holiday by sharing a meal, dressing in costume and other merriment! *Cost is \$3 for those age 60+.*

Space is limited. Call (314) 991-2055, ext. 124 to make your reservation today.

*Support provided by the
Gladys K. Crown Foundation and
the Benjamin & Ida Tallin Fund.*



PURIM CONCERT

Thursday, March 5 (6:00 pm)

Celebrate the Jewish holiday of Purim at Crown Center. Enjoy a festive concert performed by B'nai Amoona's **Cantor Sharon Nathanson** and **Harif!** Dress up or wear a costume, and enjoy delicious treats! *Space is limited.*

Made possible by the Novack Family Music Fund.



Welcome Back Oasis Hikers

Tuesday, March 17 (9:30 am)

Join Oasis and Crown Center as we kick-off the spring season of Oasis walks. Light refreshments will be served followed by a 1+ mile fun walk. This is a great way to stay active outdoors.



circle@Crown

CAFE BRUNCH

SUNDAY, MARCH 29

CAFE IS OPEN 9 AM - 1 PM

FEATURING OUR SPECIAL BRUNCH MENU

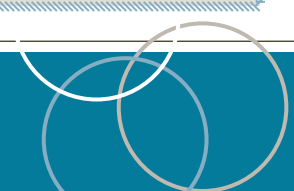
Certified Kosher Dairy, Cholov Stam by Vaad Hoeir of St. Louis



Crown Cultural Connection: Filipino Merienda

Wednesday, March 11 (3:00 pm)

Filipinos often enjoy merienda which means "snack" and is similar to England's afternoon tea. Join COCA artist-in-residence and foodie **Maria Ojascastro** for a Filipino Merienda experience. She will demonstrate how to make sweet and savory snacks, sharing her Filipino culture. *\$2 supply fee.*






These programs are offered at no cost unless otherwise noted.

Arts & Culture

**Purim Concert:
Cantor Nathanson
and Harif Band**  



Thursday, March 5 (6:00 pm)
See ad. Made possible by the Novack Family Music Fund.

Bell Choir 
**Tuesday, March 3 & 17
(12:30 pm)**


**Crown Cultural
Connection:
Filipino Merienda**  
**Wednesday, March 11
(3:00 pm) \$2 supply fee. See Ad.**

**The Saturday
Movie Club** 
Saturdays in March (1:00 pm)


Knitting Spirit 
**Tuesdays in March
(1:30 pm)**

**The Universal
Language of
Music**  
**Monday, March 23
(6:00 pm) See Ad.**


**Spend time with Crown Center's
Students-in-Residence
Emily Gough and Emma Swinford**

Conversation Corner 
Sunday, March 1 (5:00 pm)

Current Events 
Tuesday, March 10 (10:00 am)

Documents & Dialogue 
Friday, March 27 (2:00 pm)


Building Connections

Yiddish Group 
**Mondays,
March 2 & 16 (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.*

**Torah Study with
Rabbi Silberstein** 
Thursdays in March (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.

**Welcome to
Crown's Cactus Club** 
Thursday, March 12 (1:00 pm)

Winter gardening has moved inside with our gardening expert, **Allana**. Create planters and receive either cactus or succulents to care for. **Club also meeting
Tues, March 24 (10:00 am)**

Health & Wellness

Fitness programming sponsored by the Lopata Fitness Fund.

**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 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.

**OASIS: Gentle
Chair Yoga**  

**Wednesdays, March 11 -
April 29 (10:00 am) New Session**
These gentle yoga postures are designed to relieve pain and improve balance. The 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.*

**Welcome Back
Oasis Hikers**  
**Tuesday, March 17
(9:30 am) See ad.**

**Productive Aging
with RPI Therapy** 
**Tuesday, March 17
(10:30 am)** 

RPI Therapy's **Megan Gallo**, addresses how occupational therapy can help people "age in place" and remain safe and independent in their homes.

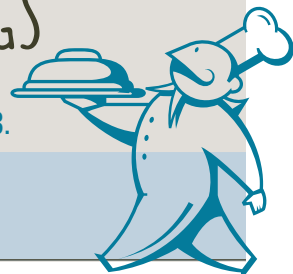
MARCH 2020 KOSHER DINING

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>
Vegetarian Lo Mein Asian Slaw Fresh Fruit 2	Personal Pizza Side Salad Fresh Fruit Cookie <i>LUNCH in the CAFE</i> 3	Spaghetti & Meatballs Minestrone Soup Broccoli Garlic Toast 4	Herbed Grilled Salmon Potato Soup Green Beans Fruit Rolls 5	Egg Salad Sandwich Side Deli Salad Soup of the Day Cookie <i>LUNCH in the CAFE</i> 6
Vegetable Lasagna Potato Leek Soup Mixed Fresh Fruit Garlic Bread 9	Smoked Salmon Quiche Side Broccoli Salad Soup of the Day Banana <i>LUNCH in the CAFE</i> 10	Reuben Sandwich Vegetable Soup Pears 11	SPECIAL DINNER PROGRAM (See details next page) Shake & Bake Chicken with Rice Zucchini & Tomatoes Blueberry Cobbler 12	Tuna Sandwich Side Deli Salad Soup of the Day Pudding Cup <i>LUNCH in the CAFE</i> 13
Breaded Cod Mac & Cheese Mixed Vegetables 16	Loaded Baked Potato Vegetarian Chili Fresh Fruit Roll <i>LUNCH in the CAFE</i> 17	Meatloaf Mashed Potatoes Carrots Peach Cobbler 18	Chicken Paprikash Spilt Pea Soup Roasted Mixed Vegetables Oranges 19	Egg Salad Sandwich Side Deli Salad Soup of the Day Pudding Cup <i>LUNCH in the CAFE</i> 20
Spaghetti with "Impossible" Meat Sauce Green Beans Minestrone Soup Fruit 23	Vegetable Stew Fresh Fruit Biscuit Pudding Cup <i>LUNCH in the CAFE</i> 24	Chicken Shawarma Rice Pilaf Lentil Soup Israeli Salad 25	Salisbury Steak Mashed Potatoes Mushroom Barley Soup Green Beans 26	Tuna Sandwich Side Carrot Salad Soup of the Day Cookie <i>LUNCH in the CAFE</i> 27
MYSTERY MONDAY EXPERIENCE Roasted Turkey Breast Roasted Mixed Vegetables Sweet Potatoes Pears 30	Grilled Vegetable Wrap Soup of the Day Banana Cookie <i>LUNCH in the CAFE</i> 31	<h2>DINING ROOM HAPPENINGS</h2> <p>Anyone 60 years+ can enjoy the Tuesday & Friday cafe lunch specials for a suggested donation of \$3.</p> <p>Make your reservation now for Monday March 30 for a special Mystery Monday Experience.</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.

THE UNIVERSAL
Language of Music

Glady & Henry
crowncenter
for Senior Living

Non-Profit Org
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Permit No 820

8350 Delcrest Drive
St. Louis, MO 63124-2166

Monday, March 23 (6:00 pm)

Crown Center is honored to host the extraordinary musicians of the **Saint Louis Symphony**. The chamber concert will feature a string quartet playing the music of Beethoven.

This special event is open to the community but seating is limited.

Reservations are required.
Refreshments will be served.

Made possible by the Novack Family Music Fund and the Chused Cultural Arts Fund.



MARCH 2020

on the road

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



Trip to Friends of Music Concert

Sunday, March 1 (2:30 pm)

Enjoy this captivating free concert at Eliot Unitarian Chapel in Kirkwood featuring the Arianna String Quartet.

Trip to the St. Louis Art Museum

Thursday, March 5 (10:15 am)

Visit the St. Louis Art Museum for a tour of *Millet and Modern Art: From Van Gogh to Dalí*.

This groundbreaking exhibition examines, for the first time, the international legacy of French painter Jean-François Millet (1814–1875). Tickets are \$3 for friends of Crown Center.
Made possible by the Trio Foundation of St. Louis.

Trip to Lunch at Joey B's

Thursday, March 12 (10:45 am)

Trip to Global Market

Friday, March 13 (9:30 am)

In celebration of Women's History Month

Thursday, March 12
Crown Center Dining Room

Bring as your guest, a woman in your life who has brought you inspiration. We will share stories about these and other great women who inspire us.

RSVP to 314-991-2055, ext. 124

Your guest (60+) will dine for free.



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.

