



**Friends of Crown Center** - we hope you are staying well. Know that although we are not yet able to safely offer in-person programming, we certainly miss you and have been thinking of you. Once we can safely get together again, you'll be hearing from us. In the meantime, stay well and know we will get through this together. – **The Crown Center Community**

**Crown Center is pleased to share these virtual community programs, all of which can be accessed through your computer or your phone!** *Registration required for all events. Registrants will receive a program invitation after completing registration.*

### **Virtual Program: DOROT University Without Walls**

Experience the joys and benefits of community and lifelong learning – all over the phone and from the comfort of home! Call 1-877-819-9147 or visit [www.dorotusa.org/our-programs/at-home/university-without-walls](http://www.dorotusa.org/our-programs/at-home/university-without-walls) to see what classes are now being offered.

### **Virtual Programs at the St. Louis County Library**

*These FREE programs are accessed through Zoom and a computer is necessary to participate.* To register, call 314-994-3300 or go to <https://www.slcl.org/events>

10 Warning Signs of Alzheimer's

September 8 - 11:00a.m. to 12:00p.m.

Presented by the Alzheimer's Association. Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

Resources for At-Home Learning

September 9 - 7:00 p.m. to 8:00 p.m.

Discover databases, digital courses, and websites that enable you and your family to learn from the comfort of your own home. Registration required. Participants will receive Zoom information via email immediately after registering.

Listen Up STL LIVE

September 14 – 7:00p.m. to 8:00p.m.

Enjoy an evening of local music with some throwback-sounding blues, jazz, country and Prohibition era tunes from the Ragged Blade Band.  
All ages. Registration required. Participants will receive zoom information via email immediately after registering.

### **Looking for support?**

If you find that you need to talk to someone as the pandemic continues, know that Jewish Family Services is continuing to offer mental health support and can be reached at 314-812-9300 or 314-993-1000 between the hours of 8:30 am and 8 pm, Monday-Friday.

## FIVE FUN FACTS ABOUT LABOR DAY!

Here are some fun and interesting facts about Labor Day that might help you out in the next game of Trivial Pursuit! These facts were compiled from [10 Interesting Facts about Labor Day](#) and a Forbes article, [10 Labor Facts](#).

1. The first U.S. Labor Day was celebrated on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union. The Labor Day parade of about 10,000 workers took unpaid leave and marched from City Hall past Union Square uptown to 42nd street and ended in Wendel's Elm Park at 92nd Street and 9th Avenue for a concert, speeches, and a picnic.
2. Oregon was the first to declare Labor Day an official holiday in 1887.
3. Labor Day is considered the 'unofficial NFL season kickoff.' 99.44 percent of the time, the NFL plays its first official season game the Thursday after Labor Day.
4. What are we celebrating? The contributions and achievements of the 155 million men and women who are in the U.S. workforce.
5. On June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.



**Circle@Crown Cafe continues to be open for curbside pickup!**

Monday - Thursday, 8am - 2pm

Menu: <https://crowncenterstl.org/cafe/>

Place your order today @ 314-412-4350

## Enjoy Crown Center's Meal Program!

If you live near Crown and would like to begin getting meals from us, even if you never have in the past, **this is a great time to take advantage of our meal program and receive delicious, nutritious, affordable meals, delivered to your door.**

Curbside pickup is available for those who don't live in the immediate area. Call us at 314-991-2055 to learn more about receiving meals and if you qualify for home delivery. **You can view our monthly menu on the next page!**

**For those receiving home delivered meals, please note the change on the attached menu.** There will be no delivery on Monday 9/21. Instead, you will receive 2 meals on Tuesday 9/22 and 2 meals on Thursday 9/24. Please contact us at 314-991-2055 if you need meals for Monday 9/21 and Monday, 9/28.



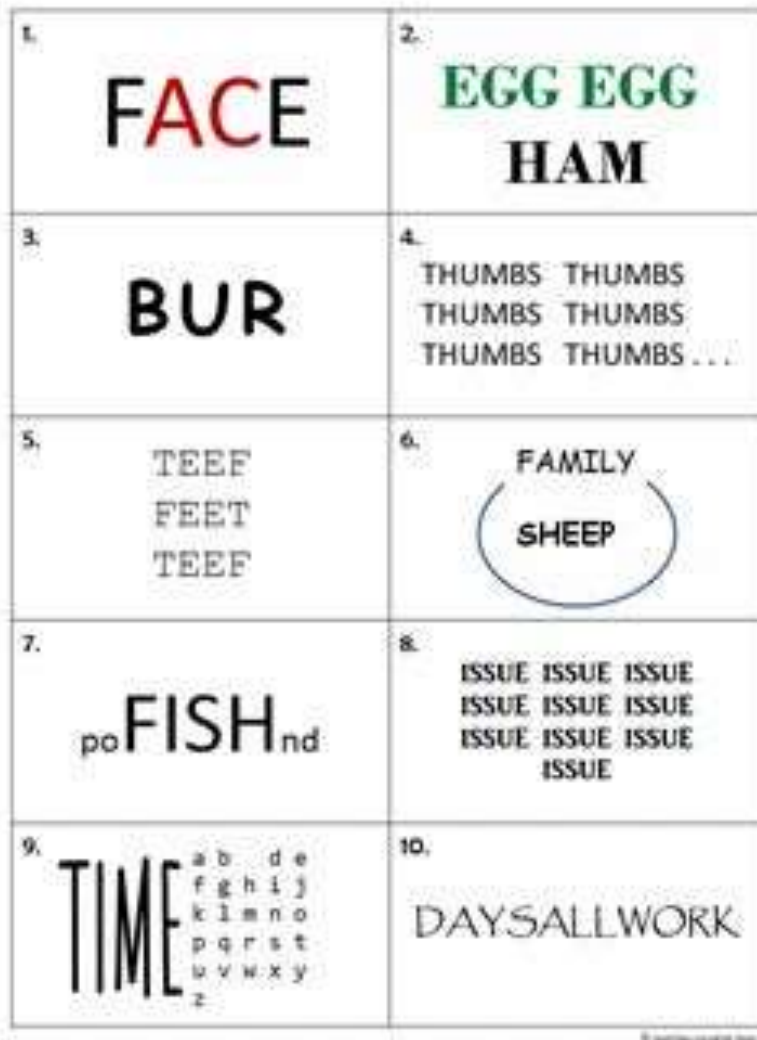
# September 2020

## Crown Center Dining Program Menu

Call 314-991-2055 to make reservations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Personal Pizza Hearts of Palm Salad Fresh Seasonal Fruit	2 Salisbury Steak Mashed Potatoes Green Beans	3 Tuscan Lemon Chicken & Rice Pilaf Soup du Jour Dilled Carrots	4 Classic Tuna Sandwich Side Deli Salad Soup du Jour	5
6	7 Spaghetti Bolognese Italian Salad Sesame Green Beans	8 Loaded Baked Potato Vegetarian Chili Garden Fresh Salad	9 Chicken Paprikash Spilt Pea Soup Roasted Vegetables	10 Teriyaki Grilled Salmon Baked Potato Soup Broccoli and Cauliflower	11 Classic Tuna Sandwich Side Deli Salad Soup of the Day	12
13	14 Sweet & Sour Meatballs Braised Cabbage Garden Dinner Salad	15 Cheesy Veggie Lasagna Side Broccoli Salad Soup of the day	16 Beef Stew Green Beans Cornbread	17 Lemon Garlic Salmon Angel Hair Pasta w/ Pesto	18 Egg Salad Sandwich Side Deli Salad Soup of the Day	19 <b>Happy Rosh Hashanah Jewish New Year</b>
20 <b>Happy Rosh Hashanah Jewish New Year</b>	21 <b>Crown Center's Meal Program closed. Meal delivery on 9/22</b>	22 Garden Fresh Chef Salad Soup of the Day House Made Hummus & Pita	23 Meatloaf Mashed Potatoes Carrots Peach Cobbler	24 Shake and Bake Chicken Zucchini & Diced Tomatoes Parslied New Potatoes	25 Classic Tuna Sandwich Side Deli Salad Soup of the Day	26
27	28 <b>Crown Center's Meal Program closed in observance of Yom Kippur. Meal delivery on 9/29</b>	29 Grilled Vegetable Wrap Black Bean Soup Banana	30 Chicken Schnitzel Lentil Soup Mashed Potatoes Cinnamon Baked Apple			

Rebus puzzles can help stretch your mind and stimulate creativity. Can you figure out what these word puzzles mean? If you need some help, answers are printed below!



Answers: 1. Red in the Face 2. Green Eggs and Ham 3. Backrub 4. All Thumbs 5. Two left feet  
 6. Black Sheep of the Family 7. Big Fish in a Small Pond 8. Tennis Shoes (10 issues)  
 9. Long Time, No See 10. All in a Day's Work