

## Crown Center is pleased to share these virtual community programs.

*Registration required for all events.*

*Registrants will receive a program invitation after completing registration.*

### **Virtual Program: Starting Points** - The Perfect Apology: What Ingredients Matter Most?"

September 24 at 7:00 pm - Rabbi Smason from Nusach Hari B'nai Zion will offer his popular "Starting Points" program - a 45-minute discussion/presentation of relevant, contemporary topics. Join by video at: <https://zoom.us/j/295822730> \*For audio through your telephone: Dial-in number: 314-325-8791.

### **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>.*

Virtual Program: Explore Food History  
September 22 - 7:00 p.m. to 8:00 p.m.

Learn how to find, interpret, and create recipes from history. Whether you're learning about a historical period or hunting down great-grandma's chicken salad recipe, there's a resource for you. Registration required. Participants will receive Zoom information via email immediately after registering.

Virtual Program: More Than The Vote: Stories of Suffrage  
September 25 - 1:00 p.m. to 2:00 p.m.

Challenge the many misconceptions and myths, exploring some lesser-known facts about women's suffrage and the 19th Amendment. Presented by Elizabeth Eikmann, PhD candidate in American Studies at Saint Louis University. Adults. Registration required. Participants will receive zoom information via email immediately after registering.

Virtual Program: Understanding and Responding to Dementia Related Behavior  
September 29 - 11:00 a.m. to 12:00 p.m. *Presented by the Alzheimer's Association.*

Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.



## Trivia Time

On September 14, Crown Center held a Trivia Game on their phone conference line. Here were just some of the questions. How many can you answer?

1. What did the U.S. Postal Service add in 1963 that is part of every address today?
2. Which actress whose career spanned from the 30's to the 80's, has won the most Academy Awards?
3. What color is the "M" in the McDonalds logo?
4. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967? What is the name of that war?
5. Which product did Proctor and Gamble launch in 1966 that revolutionized baby care?
6. Which Pennsylvania nuclear generating plant suffered a partial meltdown in 1979?
7. Who became US Vice President when Spiro Agnew resigned?
8. What musical genre peaked with the 1977 release of the film *Saturday Night Fever*?

Answers will be provided in our next newsletter!

## Happy New Year to All Who Celebrate!

The Jewish High Holidays are upon us! Rosh Hashanah is the Jewish New Year (or literally "the Head of the Year") that is celebrated by sounding the shofar (a cleaned-out ram's horn), attending synagogue services and enjoying festive meals. Eating symbolic foods is also a tradition, such as apples dipped in honey, hoping to evoke a sweet new year. It is customary to wish others a "Shanah Tova" or "Good Year" so "Shanah Tova" to all our Crown Center Friends!



Fall starts on September 22<sup>nd</sup>. You can get ready for all of the fall fun with this word search!  
How many words can you find?



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | A | I | L | H | A | L | L | O | W | E | E | N | A | V |
| M | P | A | E | P | X | X | T | U | Q | Y | G | Z | H | D |
| G | P | H | J | S | U | A | R | H | N | S | A | V | Q | U |
| L | L | H | V | D | L | M | P | T | C | R | I | Y | X | H |
| E | E | W | I | C | C | F | P | F | M | U | K | M | H | A |
| A | S | C | K | A | T | O | L | K | B | Z | W | X | C | Y |
| V | Z | U | C | D | D | T | R | N | I | V | F | M | Y | B |
| F | H | X | A | I | S | R | O | N | W | N | T | Y | O | F |
| S | T | W | I | K | D | X | P | I | N | S | S | M | C | B |
| M | S | W | E | A | T | E | R | S | P | C | H | J | Z | T |
| B | T | C | C | W | S | D | R | O | F | W | T | L | L | V |
| N | J | H | L | P | S | G | Z | P | A | T | R | U | T | Z |
| J | R | T | H | A | N | K | S | G | I | V | I | N | G | E |
| V | H | Y | Q | H | L | C | M | N | T | I | M | X | U | C |
| V | Z | V | Z | X | U | U | D | I | Y | P | I | C | N | N |

|           |          |              |
|-----------|----------|--------------|
| SWEATERS  | PUMPKINS | CIDER        |
| HAY       | CORN     | LEAVES       |
| HALLOWEEN | APPLES   | THANKSGIVING |

Exercise is vital for people of all ages for maintaining health, preventing injuries, and lowering risks of heart diseases. Having exercise routines readily available will help give you a jump start towards better health.

## Stretching Exercises for Seniors\*



### Upper Back Stretch

1. Begin seated with relaxed shoulders.
2. Extend arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.
3. Hold for 10 seconds and release.

### Chest Stretch

1. Begin seated with relaxed shoulders.
2. Pull extended arms back while grabbing one hand, keeping both hands down near the buttocks.
3. Pull your shoulders back and hold for 10 seconds and release.



### Sit and Reach Stretch

1. Sit at the edge of a chair and extend your legs forward with your knees slightly bent.
2. Keep your heels on the floor and toes pointed toward the ceiling.
3. Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing.
4. Hold for 10 seconds then return to resting position.

## Neck Stretch

1. Begin seated and slowly tilt your head to your right shoulder.
2. Hold this position and extend your left arm to the side and downward at waist level.
3. Release, then repeat on the left side. Repeat twice on each side.

## Inner Thigh Stretch

1. Begin standing with your feet slightly wider than hip-width apart and toes pointing slightly outward.
2. Slowly lean to your left side by bending your left knee while keeping your right leg straight.
3. Keep your left knee from passing your toes.
4. Hold for 10 seconds then return to resting position and repeat on the right.



Shoulder Circles



Hand Stretches

## Shoulder Circles

1. Begin seated and place fingertips on your shoulders.
2. Circle your shoulders 15 times forwards, then 15 times backwards.

## Hand Stretches

1. Begin seated with hands reached out in front of you, palms facing down.
2. Open both hands to spread your fingers apart, then close your hands. Repeat 10 times.

\*these exercises were provided by <https://www.evelo.com/exercises-for-seniors/>

## Book Recommendations from Resident Librarian Donna Carey

### NONFICTION/BIOGRAPHY

Robert Kennedy and the Death of American Idealism by Joseph A. Palermo

Always A Reckoning and Other Poems by Jimmy Carter

The Day the World Came to Town, 9/11 in Gander Newfoundland by Jim Defede

### THRILLER/MYSTERY

Hush -- by James Patterson and Candice Fox

Top cop, devoted sister, and now Inmate 3329: even prison bars won't stop Harriet Blue from seeking justice for the murder of her brother. Prison is a dangerous place for a former cop so, following a fight for her life and a prison-wide lockdown, she sees Deputy Police Commissioner Joe Woods, the man who put her inside. He offers Harriet a deal: find his family that has disappeared in exchange for her freedom.

Board Stiff -- by Elaine Viets

Husband and wife PI team Helen Hawthorne and Phil Sagemont are about to find out murder is no day at the beach. There's a dark cloud over Sunny Jim's Stand-Up Paddleboard Rental business on Florida's Riggs Beach -- especially after one of his clients is killed in a tragic mishap. Sunny Jim is sure it was no accident, and he hires Helen and Phil to find the murderer.

Which Big Giver Stole the Chopped Liver? A Ruby, the Rabbi's Wife Mystery by Sharon Kahn

Essie Sue Margolis is at it again. This time she has roped Ruby Rothman, whose late husband Stu was the Temple Rita rabbi, into helping Essie Sue with plans for the reunion from Hell for the Big Givers to Temple Rita in Eternal, Texas. To save money, Essie Sue has made a chopped liver mold in the shape of Texas. Imagine her shock when the mold disappears from the hors d'oeuvres table and replaced by a body on ice.

## FICTION

And Again -- by Jessica Chiarella

This is an exciting literary debut about second chances to start life afresh. Terminally ill patients -- have been given genetically perfect bodies that are exact replicas of their old selves -- without imperfections. As each tries to enter their previous lives and relationships, they are faced with the question: how much of your identity rests not just in your mind, but in your heart and in your body?

Body Not Recovered - A Vietnam War/Protest Movement Novel by Alan Spector

On June 17, 1966, the author's high school classmate, M. J. Savoy, was killed in a military plane crash into the South China Sea off the coast of Vietnam. The search for M. J. and his crewmates was unsuccessful, and each has since been listed as Killed in Action/Body Not Recovered. What if M.J. did not really die in that crash? What if it were staged for some reason? Body Not Recovered is inspired by and dedicated to M. J. Savoy.

