

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 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>.

Practical Tips to Improve Posture, Balance and Decrease Fall Risk

November 2 - 10:00am to 11:00am

This presentation is all about staying JustUpright. We will discuss practical targeted exercises to effectively improve posture and standing balance that can easily be incorporated in one's daily life. This presentation is based on years of clinical experience backed up with the latest research/evidence cited throughout the presentation. Presented by Ginalyn Ruder, Just UpRight Therapy Services.

Listen Up STL LIVE

November 2 - 7:00pm to 8:00pm

Enjoy an evening of local music with wistful folkiness, greasy honky tonk, and elements of jazz from Devon Cahill. All ages. Registration required. Participants will receive Zoom information via email immediately after registering.

Videos from TED Talks

These short educational and inspirational online talks will help you remember all of the benefits that come with age! Several talks to choose from – watch one or watch them all, any time you'd like. No registration required. View on your computer by Googling *Talks to Make You Feel Good* or follow this link on your computer:

https://www.ted.com/playlists/227/talks_to_make_you_feel_good_ab

Topics include:

- How to Live Passionately, No Matter Your Age
- Older People are Happier
- Life's Third Act
- How to Live to be 100+
- Let's End Ageism

“Have You? Me Too!”

Monday, October 26th – 11:00am

Please join in with our residents via telephone to talk with each other about common, funny experiences that we all have shared! This lighthearted, fun discussion will allow you the chance to catch up with friends old and new and see how we are all more alike than different.

To register, please call 314-991-2055. To participate, call into the free conference line at 314- 762-1375.



Stay Active This Fall!

The cooler weather is a great time to stay fit and healthy! We encourage you come by to discover the Centennial Trail located right behind Crown Center.

Enjoy the beautiful leaves, exercise with a friend and breathe in the crisp air. You'll be so glad you did!



While we certainly miss gathering with you and our residents for our regularly scheduled programming, we have been fortunate to find other ways for the residents to connect while staying safe! Here are just a few!

- ❖ Delivery of goody bags for the High Holidays
- ❖ Programs over our conference line including Trivia, “Get To Know Your Neighbors” and “Have You? Me Too!” – a program to highlight common experiences that tie us all together.
- ❖ Three outdoor, socially-distanced musical performances including the St. Louis Symphony On-The-Go, Elston Taylor and the J Money Trio and Bryan Foggs.
- ❖ Fall craft projects





November, 2020

Crown Center Dining Program Menu

Call 314-991-2055 to make reservations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Spaghetti Bolognese Italian Green Beans Italian Salad Meal Delivery	3 Loaded Baked Potato Hearty Vegetarian Chili Fresh Fruit	4 Herbed Grilled Salmon Baked Potato Soup Broccoli/Cauliflower Medley	5 Chicken Paprikash Split Pea Soup Roasted Vegetables Meal Delivery	6 Classic Tuna Sandwich Side Deli Salad Mushroom Barley	7
8	9 Sweet & Sour Meatballs Braised Cabbage Mixed Fruit Meal Delivery	10 Cheesy Veggie Lasagna Broccoli & Cheese Salad Vegetable Soup	11 Lemon-Garlic Salmon Pesto Pasta Roasted Zucchini & Tomato	12 Hearty Beef Stew Green Beans Almondine Peaches Meal Delivery	13 Egg Salad Sandwich Garden Salad Broccoli Cheese Soup	14
15	16 Breaded Flounder Baked Potato Tomato Basil Soup Meal Delivery	17 Chef Salad Soup of the day Hummus Fresh Seasonal Fruit	18 Meatloaf Mashed Potatoes Carrots Peach Cobbler	19 Tuscan Chicken Green Beans & Roasted Peppers Meal Delivery	20 Classic Tuna Sandwich Side Deli Salad Soup of the Day	21
22	23 BBQ Chicken Parslied New Potatoes Pears Meal Delivery	24 Grilled Vegetable Wrap Black Bean Soup Banana	25 Chicken Schnitzel Lentil Soup Mashed Potatoes Meal Delivery	26 Roasted Turkey Breast Stuffing Sweet Potato Casserole Green Beans Happy Thanksgiving	27 Egg Salad Sandwich Soup of the Day Side Carrot Salad	28
29	30 Beef Tips & Mushrooms over Noodles Peas and Corn Mixed Fresh Fruit Meal Delivery					



We are blessed in Missouri to have such beautiful fall colors to enjoy this time of year. Use this coloring sheet to create your own colorful fall design!

