

## **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>.*

#### **Dancing Through the Decades Series**

Thursday, November 19, 10:00am - 10:45am

Step into a time machine as we dance our way through hits of the 30's, 40's, 50's. This class can be done entirely from a chair. Registration required. Participants will receive zoom information via email immediately after registering. Presented by Vitality Ballet.

#### **German Art at Saint Louis Art Museum**

Monday, November 23, 7:00 - 8:00 p.m.

Learn about the special exhibition "Storm of Progress: German Art After 1800 from the Saint Louis Art Museum" with curatorial experts. Adults. Registration required to receive Zoom information via email immediately after registering. Presented by Saint Louis Art Museum.

### **Virtual Program Through St. Louis OASIS Lifelong Learning**

Access programs from the comfort of home using a phone, tablet or computer. *To register, call 314-862-4859, ext. 24*

#### **Stress Elimination (#4511)**

November 19 - 10:00am - Noon

How stressed are you? Driven, Dragging, Losing it, Hitting the wall, or Burned out. Discover your stress stage and stress less solutions. Become stress free!



Lunch Series for Seniors

## Lunch Series for Seniors with Temple Israel

### Virtual Senior Program: The Matzo Ball Diaries

Monday, November 23

1:00 pm on Zoom

#### RSVP at [www.ti-stl.org/SeniorLunch](http://www.ti-stl.org/SeniorLunch)

Join us on Zoom, The Matzo Ball Diaries, presented by the Jewish Women's Theatre in California. These funny and poignant stories about food and home have the power to nourish, heal and move us to action.

- After you register, you will be emailed the link to join on Zoom or the number to dial in to join by phone. If you are uncomfortable with Zoom, you can also find it at [www.unitedhebrew.org/Seniors](http://www.unitedhebrew.org/Seniors).
- Enjoy your lunch and learn a little!
- Questions? Call Martina Stern at 314-432-8050.

## Holiday Food for Thought

**Tuesday, November 24 at 3:30 pm**

Please join us via telephone to reminisce about our favorite foods for the holidays!

Genevieve Atkins and Amy Neuman want to hear about your holiday celebrations, favorite recipes and memories. After joining us for the discussion, we'll share a few delicious recipes.

To register, please call 314-991-2055.

To participate, call into the free conference line at 314-762-1375.



## November 15-30

## Crown Center Dining Program Menu

Call 314-991-2055 to make  
reservations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 Breaded Flounder Baked Potato Tomato Basil Soup <b>Meal Delivery</b>	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 <b>Meal Delivery</b>	20 Classic Tuna Sandwich Side Deli Salad Soup of the Day	21
22	23 BBQ Chicken Parslied New Potatoes Pears <b>Meal Delivery</b>	24 Grilled Vegetable Wrap Black Bean Soup Banana	25 Chicken Schnitzel Lentil Soup Mashed Potatoes <b>Meal Delivery</b>	26 Roasted Turkey Breast Stuffing Sweet Potato Casserole Green Beans <b>Happy Thanksgiving</b>	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 <b>Meal Delivery</b>					

### Meal Program Thanksgiving Week Reminder

- For the week of Nov 23-27, meals will be available for delivery/pickup on Monday (2 meals) and Wednesday (3 meals) due to the holiday.
- If you are not currently receiving meals from Crown Center's Catered Meal Program and would like to learn more, please call 314-991-2055.

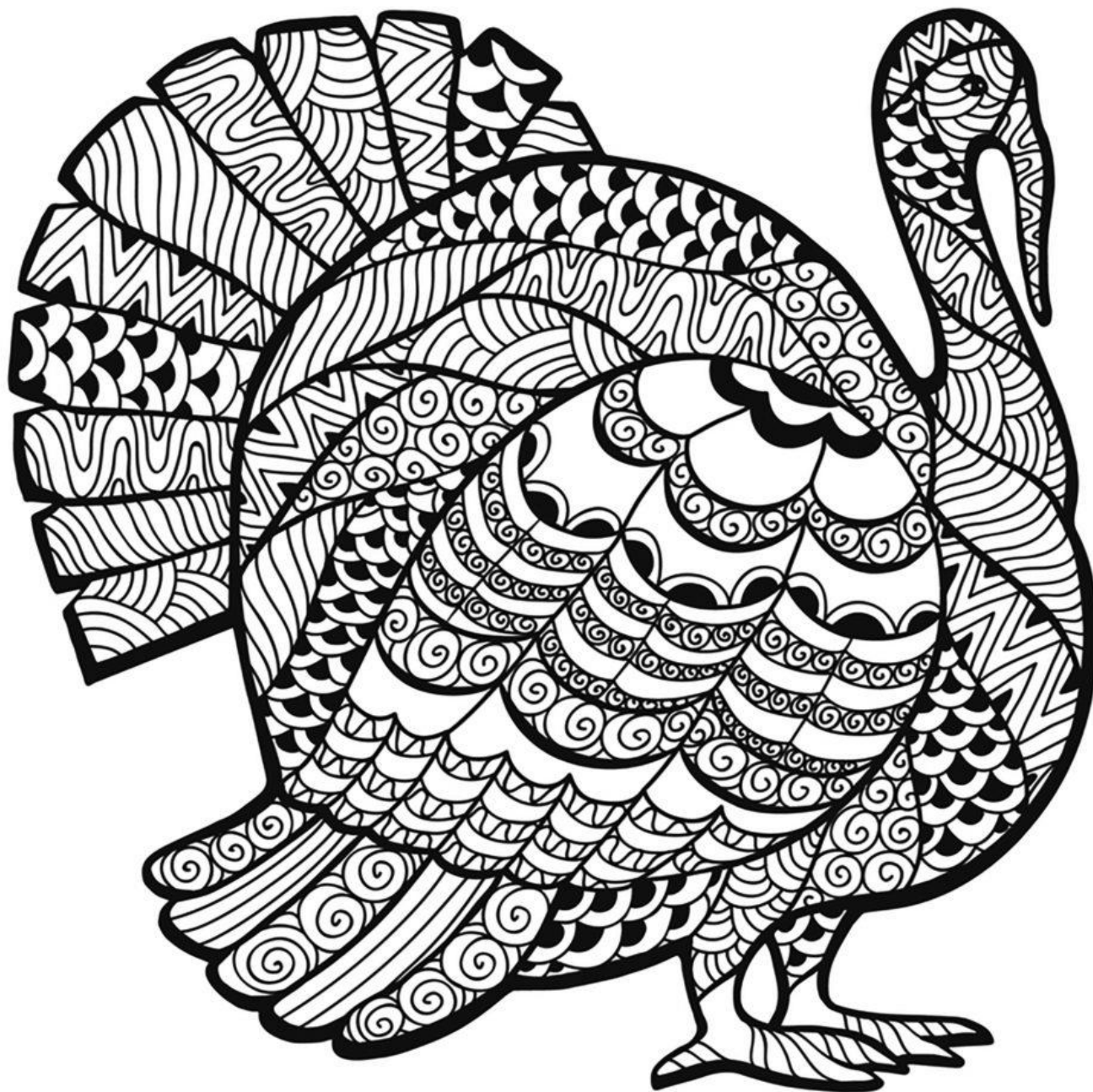
### Circle@Crown Cafe Dairy Meals and Delicious Appetizer Dips

The Circle@Crown Cafe is now offering Thursday night dairy dinners and appetizers to accompany any meal.

Please call 314-412-4350 to learn more about what is being offered.

## CALLING ALL COLORING FANS!

Show off your coloring skills by coloring in this beautiful bird. Enjoy this Zen drawing for a peaceful afternoon, and increase your concentration and focus.



**DURING THIS SEASON OF GRATITUDE, LET THOSE AROUND YOU KNOW THAT YOU ARE THANKFUL FOR THEM! CUT OUT THESE FOUR NOTES, WRITE ON THE BACK WHO YOU ARE THANKFUL FOR AND WHY AND SEND IT TO THEM TO MAKE THEIR DAY!**

