

Get Involved this Winter

HAPPY CHANUKAH!



Thursday, December 10 at 2:00 pm

Cantor Sharon & Barbara Hoffman

Join us to celebrate Chanukah! Cantor Sharon Nathanson and story teller, Barbara Hoffman, from Congregation B'nai Amoona, share music and tales of Chanukah. Call in to be uplifted through story, song, and community. To register, please call 314-991-2055.

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



Refresh Your Routine!



Wednesday, December 16 at 3:00 pm

It's time to stretch! Push through the winter blues and keep your heart going strong. Kim and Kirsten, RPI therapists, will provide indoor exercises and tips to stay healthy. Learn fun ways to stay in shape.

To register, please call 314-991-2055.

To participate, join Zoom Meeting

<https://us02web.zoom.us/j/4978982636>

- Meeting ID: 497 898 2636
- Or Call: 1(312) 626-6799



Crown Center is pleased to share these virtual community programs.

Registration required for events. Registrants receive invitation after completing registration.

Virtual Programs, 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, www.stloasis.org*

Aging in Place While Aging with Grace (#4514)

December 8 – 10:00 am-Noon

This class teaches modifications within the home to achieve healthier, safer, and easier living while promoting aging in place. A registered and licensed Occupational Therapist provides information about various methods for home modification.

Connection: Increasing Social Engagement (#4518)

December 16 – 10:00 -11:30 am

This interactive session, explores ways to grow your social network, build social capital and prevent isolation in today's society. Learn about the value of social engagement despite current barriers.

Winter Music

St. Louis Symphony Orchestra

Mondays & Thursdays in December, starting Dec. 7 • Where slsostories.org • Free • *More info* 314-534-1700; slsostories.org

"Songs of the Holidays." The recorded performances highlight musicians from SLSO, St. Louis Symphony Chorus & In Unison Chorus. Performances include secular tunes and sacred music from a variety of backgrounds.

The International Women's Brass Concerts

Go to www.myiwbc.org/holiday-brass To view, click on the arrow on video screen.
For more information call 314-966-8671. December 1-31, Access all day

Free one-hour virtual Holiday Brass Concerts. Presented by the Baltimore Holiday Brass Ensemble. This began with Susan Slaughter, retired principal trumpet of the St. Louis Symphony.

Virtual 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>.

Listen Up STL LIVE, December 7 – 7:00 pm-8:00 pm

Enjoy an evening of music with a smooth jazz and soulful feel from Chad Evans. All ages.

December 2020

Crown Center Dining Program Menu

Call 314-991-2055 to make
reservations

Funding for program provided by Aging Ahead,
Jewish Federation of St. Louis and Friends of Crown
Center

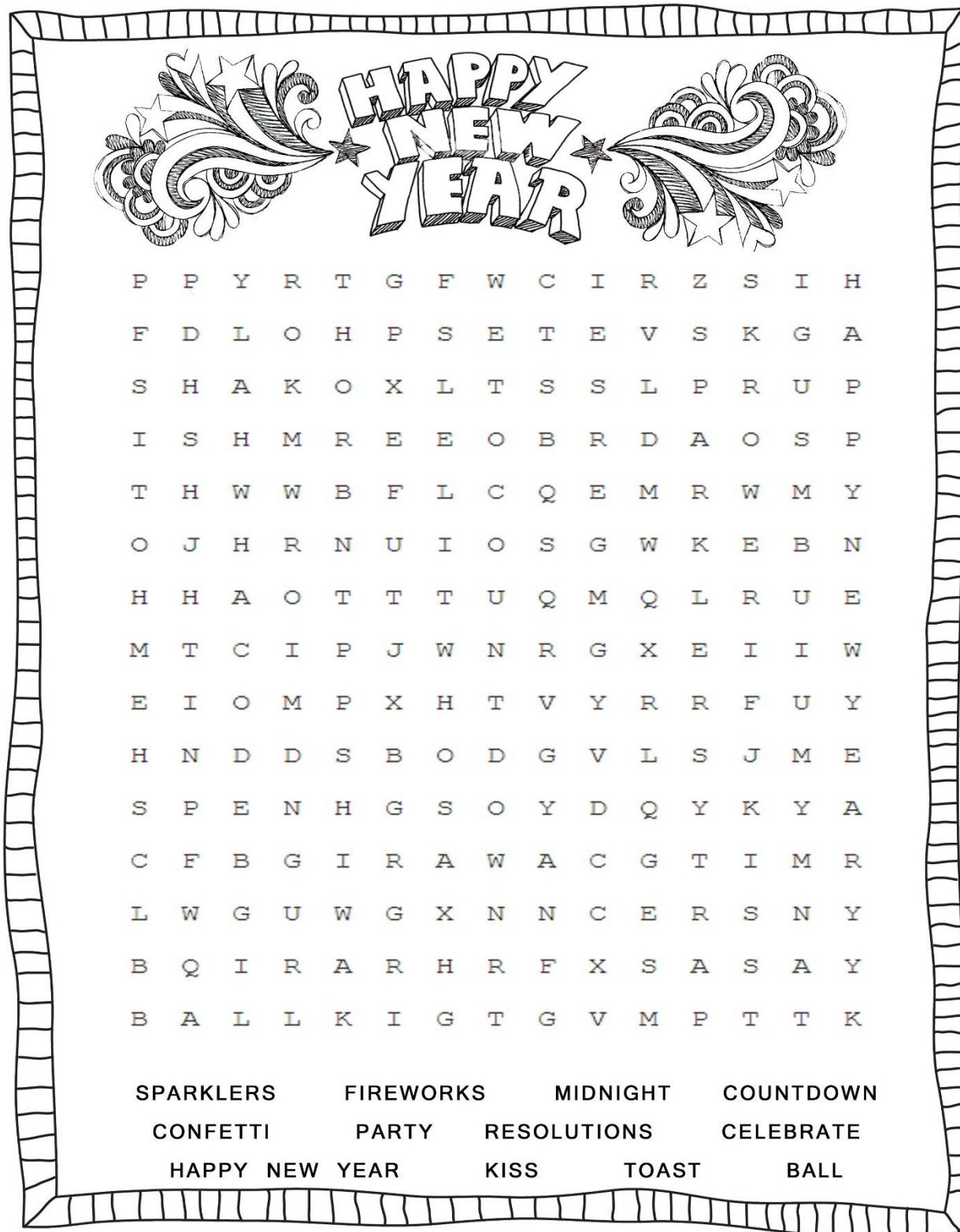
Menus are subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nov 30	1	2	3	4	5
	Beef Tips over Noodles Peas and Mushrooms Mixed Fresh Fruit Meal Delivery	Personal Vegetable Pizza Garden Salad Fresh Seasonal Fruit	Salisbury Steak Mashed Potatoes Green Beans	Chicken Tuscany Rustic Vegetable Chowder Sugar Snap Peas Meal Delivery	Classic Tuna Sandwich Side Deli Salad Soup of the day	
6	7	8	9	10	11	12
	Spaghetti and Bolognese Italian Salad Green Beans Meal Delivery	Loaded Baked Potato Vegetarian Chili Garden Salad	Herbed Grilled Salmon Potato Soup Broccoli & Cauliflower Medley	Chicken Paprikash Potato Latkes Roasted Vegetables Chanukah	Egg Salad Sandwich Garden Salad Soup of the day	*Special Chanukah dessert included in December 10th Chanukah Dinner
13	14	15	16	17	18	19
	Sweet & Sour Meatball's Braised Cabbage Dinner Salad Mixed Fresh Fruit Meal Delivery	Vegetable Lasagna Broccoli and Cheese Salad Soup of the Day	Provençal Salmon Mushroom Barley Soup Roasted Zucchini & Tomatoes	Beef Stew Green Beans Peaches Meal Delivery	Classic Tuna Sandwich Side Deli Salad Soup of the day	
20	21	22	23	24	25	26
Note that meal delivery this week will occur on Monday & Wednesday.	Breaded Cod Baked Potato Street Corn Minestrone Soup Meal Delivery	Chef Salad Soup of the Day Fresh Fruit	Meatloaf Mashed Potatoes Carrots Peach Cobbler Meal Delivery	Italiano Chicken Steamed Broccoli Fresh Seasonal Fruit	Egg Salad Sandwich Soup de Jour Side Carrot Craisin Salad	
27	28	29	30	31		
Note that meal delivery this week will occur on Monday & Wednesday.	BBQ Chicken Sweet Corn Pears Meal Delivery	Grilled Vegetable Wrap Black Bean Soup Banana	Chicken Schnitzel Lentil Soup Mashed Potatoes Cinnamon Baked Apple Meal Delivery	Grilled Salmon with Lemon Capel Soup Du Jour Broccoli	HAPPY NEW YEAR!	



Circle@Crown Cafe

- 314-412-4350
- <https://crowncenterstl.org/cafe/>
- Ask about Thursday Dairy Dinner and Shabbat Dips.



**HAPPY
NEW
YEAR**

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

SPARKLERS FIREWORKS MIDNIGHT COUNTDOWN
 CONFETTI PARTY RESOLUTIONS CELEBRATE
 HAPPY NEW YEAR KISS TOAST BALL