

Crown's Phone-In Pre-Purim Celebration Monday, February 15, 3:30 P.M.



Kings, queens, plots, palace intrigue, good guys, and villains; the Jewish holiday of Purim has it all! It's the holiday that commemorates the vanquishing of evil as told in the biblical Book of Esther.

This year, prepare for Purim with **Rabbi Ze'ev Smason** of Congregation Nusach Hari B'nai Zion, when he leads an engaging discussion about this joyous holiday. Friends and family are welcome.

- RSVP by calling 314-991-2055.
- It's easy to attend – just call Crown's free conference line at 314-762-1375.



Virtual B'nai Amoona Concert – Music from Cantor Sharon Nathanson (& Friends!) Sunday, February 21, 7-8:00 pm



Congregation B'nai Amoona is offering virtual complimentary concert. It will offer a mix of music for an enjoyable hour.

Call B'nai Amoona to register at 314-576-9990. They will provide virtual link information.

Save the Date The Impact of the Pandemic on our Community's Mental Health

Tuesday, March 16, 2021
7:00 PM - 8:00 PM

This special program is a panel including:

- **Florence Schachter**, MSW, Crown Center for Senior Living
- Dr. Miriam Shapiro, Atlanta Comprehensive Neuropsychology
- Dr. George Grossberg, Professor, SLU School of Medicine



To register, and get Zoom information please go to www.baisabe.com/copingwithcovid

Make a Difference for Heart Month

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Try these simple self-care ideas, such as:

- Lighten up. Learning to manage stress.
- Giving yourself time to move more.
- Preparing healthier meals.
- Getting quality sleep.



These acts can benefit your heart.

Crown Center is pleased to share these virtual community programs.

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: Stretching and Deep Breathing

Tuesday, February 16 – 3:00-4:00 pm

Presented by Fit and Food Connection.
Practice breathing techniques and gentle stretching to relieve stress.

Eat Smart, Live Strong

Monday, March 1 - 10:00 – 11:00 am

Eat Smart, Live Strong is a program geared towards older adults 60+. It promotes 2 key healthy behaviors: increasing fruit & vegetable consumption to 3 1/2 cups per day, and participation in at least 30 minutes of physical activity most days of the week.





The Great Divide: Race in Our Region Healthcare

Wednesday, March 10 at 12:00 pm

Additional Topics: April 14-Environmental Justice & May 12-Court Systems

Join the interfaith community for four conversations on ways systemic racism permeates our city and region. We will learn background from topic experts, hear stories of people directly impacted and learn two ways we can take action.

Registration is required: www.jcrcstl.org/news/greatdivide.html

Each Zoom session begins at noon and will last an hour.
All are welcome to stay for 30 minutes after for Q&A and discussion.

Brain Games

	1				3		
	7		8	9	5		
		5	7		6	9	2
				2		3	6
			5		6		
3	6			4			
8	9	6			1	4	
		2		7	4		8
		7					6

Sudoku: played on a grid of 9 x 9 spaces. Within the rows & columns are 9 “squares” (made up of 3 x 3 spaces).

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

	2				8	4	7	
				6		3		
					5		1	
	5	9	2			4		
3	1		6		4		7	8
		8			1	2	5	
	8		3					
	3			9				
2	7	4					9	

Shape Your Future



BRAIN GAMES

WORD SCRAMBLE

Can you unscramble the healthy fruits, vegetables and activities listed below?



OLBTFLAO _____

KINHGI SOBTO _____

BRAKDOSTEA _____

AKYKA _____

TRAWE OETBTL _____

LAPTUNEOCA _____

CIROBLOC _____

MOTTOA _____

LEPAP _____

RCTARO _____



Remember, fill half your plate with fruits and veggies
and get 60 minutes of physical activity every day!

