

Celebrate Shavuot The Mitzvah of Pulling an All Nighter

Thursday, May 13 at 11:00 am
Conference Call

Enjoy a special program to celebrate the holiday of Shavuot, which commemorates the giving of the Torah to the Jewish people on Mt. Sinai. Join **Rabbi Amy Feder**, from Congregation Temple Israel, to examine the unusual and entertaining customs of Shavuot, from all night learning to eating cheesecake and much, much more.

Everyone is welcome!



RSVP by calling 314-991-2055.

It's easy to attend – just call Crown's free conference line at 314-762-1375.



RPI-Introduction to Movement Join us on Zoom Mondays, May 3 & 17 at 2:30 pm



Looking to get into shape? Intro to Movement is upbeat and fun – you move the entire time while working on your cardio and balance. Exercise from the comfort of your own home.

On Zoom:

Provide email when you RSVP and we will send you Zoom link.

If you want to join by phone, here are the details:

Meeting ID: 853 7326 0991

Passcode: 627908

Or Call: 1(312) 626-6799

Please register by calling 314-991-2055 for this free class.




May, 2021

Crown Center Dining Program Menu

**Call 314-991-2055 to make
reservations**

Menus are subject to change without notice.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Spaghetti & Meat Sauce Italian Salad Sautéed Green Beans Meal Delivery	4 Loaded Baked Potato Vegetarian Chili Tossed Salad	5 Herbed Grilled Salmon Sweet Carrots Potato Soup	6 Chicken Paprikash Split Pea Soup Roasted Vegetables Meal Delivery	7 Tuna Salad Sandwich Side Deli Salad Soup du Jour	8
9	10 Homemade Sloppy Joes Sweet Corn Roasted New Potatoes Meal Delivery	11 Vegetable Lasagna Soup De Jour Broccoli & Cheese Salad	12 Hearty Beef Stew Sesame Green Beans Homemade Corn Bread	13 Lemon-Garlic Salmon Mushroom Barley Soup Italian Vegetables Meal Delivery	14 Egg Salad Sandwich Deli Salad Soup du Jour Fresh Seasonal Fruit	15
16	17 Seasoned Breaded Fish Baked Potato Vegetable Soup Italian Green Beans *Closed for Shavuot	18 Circle@Crown Salad Soup du Jour Pita Bread w/ Hummus Fresh Seasonal Fruit *Closed for Shavuot	19 Savory Meatloaf Creamy Mashed Potatoes Glazed Carrots Meal Delivery	20 Chicken Florentine Sautéed Green Beans Roasted Peppers Fresh Seasonal Fruit	21 Tuna Salad Sandwich Side Deli Salad Soup du Jour Fresh Seasonal Fruit	22
23	24 Tangy BBQ Chicken Lemon Thyme Rice Sweet Corn Meal Delivery	25 Southwest Wrap Black Bean Soup Fresh Banana	26 Chicken Schnitzel Lentil Soup Mashed Potatoes Baked Cinnamon Apple	27 Grilled Teriyaki Salmon Minestrone Soup Steamed Broccoli Meal Delivery	28 Classic Egg Salad Sandwich Side Deli Salad	29
30	31 Beef Burger on Bun Lettuce & Tomato Country Potato Salad *Closed - Memorial Day	June 1 Meal Delivery				

* The Crown Center meal program will be closed on May 17th and 18th for Shavuot.

The meal for Monday, May 17th will be delivered with Thursday, May 13th meals.

The meal for Tuesday, May 18th will be delivered with the meals on Wednesday, May 19th.

* The Crown Center meal program will be closed Memorial Day, Monday, May 31st. The meal for Monday, May 31st will be delivered on Tuesday, June 1st.