

May Newsletter

Looking Forward...

Yom Ha'Atzmaut Celebration with Klezmer Music

When? Thursday, May 5 at 4:00 pm

Where? Circle@Crown Cafe



What? Bill Long and Bethany Barr will play piano and sing songs in Yiddish and English with a rousing rendition of the Hatikvah, the Israeli National Anthem. Yom Ha' Atzmaut, literally "Day of Independence" commemorates the National Day of Israel when Israel declared independence in May 1948. Come and celebrate with Klezmer music. RSVP to 314-991-2055.

Jim McClaren Plays Americana Music on Guitar and Harmonica

When? Tuesday, May 17 at 4:00 pm

Where? Circle@Crown Cafe



What? Jim McClaren played for 23 years in the Souldard Blues Band, featured on harmonica, before he went on to play in the Baker-McClaren band and the St. Louis Social Club. Jim performed at the opening of the National Blues Museum in St. Louis in 2016. Come and enjoy his amazing talent and the rousing tunes of American roots music styles. RSVP to 314-991-2055.

COCA Art Class + MO Botanical Gardens Room with a Bloom

When? COCA Art Class Tuesday, May 24 at 3:00pm

MoBot Gardens Room with a Bloom Thursday, May 26 at 1:00pm

Where? Tallin Fitness Center



What? Spend some time being creative with our beloved COCA artist-in-residence Maria Ojascastro. Maria will show participants how to transform ordinary flower vases into colorful "sea glass" works of art. Residents can take home their vase and then bring it to the Botanical Gardens Room with a Bloom, where Dave Reinol will help us create beautiful flower arrangements using the plants in bloom at the Gardens to fill our vases. Cost for COCA: \$2 Cost for Room w/Bloom: \$2 RSVP to 991-2055

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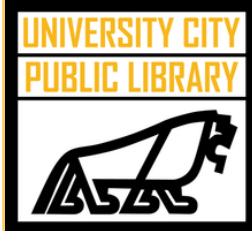
SCHOOL OF CROWN

Opportunities to Learn in May

Gladys & Henry
crown
center
for Senior Living



LISTENING DEVICES
AVAILABLE



UCity Library Visit: True Crime Exhibit

Are you looking for new reading options? Our Resident Librarian David Bowser will bring a sampling of the latest and greatest in true crime genre.

Thursday, May 19

2:30pm

Weinberg Library



Short Story Reading

A short story winner on the O. Henry Award list will be read aloud by Program Coordinator Kate Massot. Personal responses and discussion following.

Thursday, May 12

1:00pm

Fitness Center RSVP

991-2055

Nature Docu Film

The Loneliest Whale: The Search for 52

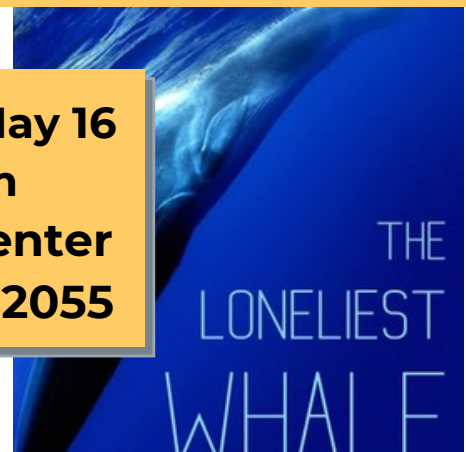
A cinematic quest to find the "52 Hertz Whale," which scientists believe has spent its entire life in solitude calling out at a frequency that is different from any other whale.

Monday, May 16

3:00pm

Fitness Center

RSVP 991-2055





Crown Loves Nature



HAPPY MOTHER'S DAY!

Houseplant Extravaganza

Would you enjoy new plant life in your home? Bring a flower pot and a willingness to learn how to care for a plant. We will learn how to propagate plants, so feel free to bring a houseplant to "share." Soil provided.

**Monday, May 9 FC
1:00pm RSVP 991-2055**

Bus Trip to Local Park

May is the perfect time to get out and enjoy the beauty of nature in St. Louis.

McDonnell Park in St. Ann is full of diverse trees and scenic views with a paved path into the woods. We will enjoy a snack together at the Pavillion.

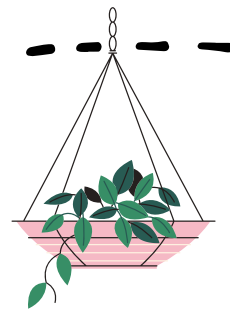
**Wednesday, May 18
1:00-2:30pm
RSVP 991-2055**

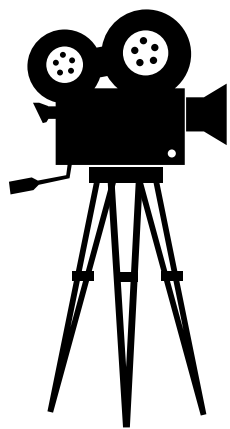


BEAUTIFUL!



How Lovely the Silence of Growing Things





Every Friday at 2pm Tallin Theater

Gladys & Henry
crown
center
for Senior Living

A Movie for Every Mood



RSVP to 991-2055



MAY 6

SPIDER-MAN: NO WAY HOME (2021)



Audience says:

"Packed with **action**, **emotion**, and **surprises**."
(rottentomatoes)

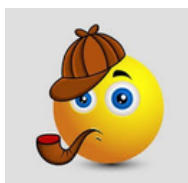
Audience says:

"**Magical.**" "**Heartfelt**"
"Singing and dancing it's
way into our hearts."
(rottentomatoes)



MAY 13

LA LA LAND (2017)



MAY 20

KNIVES OUT (2020)

Audience says:

"It just **grabs your attention**...
you hold your breath
throughout the course of
events... A **murder-mystery at
its best**" (rottentomatoes)

MAY 27

JUST MERCY (2019)



Audience says:

"**Courtroom drama**, **corruption** and
confrontation followed by justice...it **jerked
some tears** in the end. Good drama."
(rottentomatoes)





CROWN ONGOING PROGRAMS

May 2022

Blood Pressure Checks



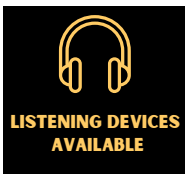
AW HEALTH CARE
healthy mind. healthy body.



Thursday, May 5
Thursday, May 19
@ 9:30--10:30am
Weinberg Library

DIGITAL SYMPHONY CONCERTS CONTINUE

Wednesday, May 11 @ 4:00
Wednesday, May 25 @ 4:00
TALLIN FITNESS CENTER
Viewed on large screen



s|s|o
St. Louis Symphony Orchestra

New Crown on the Road
Fitness Class 6-week
Session Begins May 10 at
Kol Rinah Synagogue



APRIL GROCERY SHOPPING TRIPS

Tuesday, 5/3
@1:00pm
Aldi

Tuesday, 5/10
@1:00pm
Walmart

Tuesday, 5/17
@1:00pm
Schnucks

Tuesday, 5/24
@1:00pm
Aldi

Tuesday, 5/31
@1:00pm
Schnucks

RSVP
314-991-2055

May 2022

MENU



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meal Delivery Spaghetti & meat sauce Italian Salad Green Beans Fresh Fruit	3 Bagel & Lox Spread Tomato, Cucumber, Onion Salad Blintz Souffle Fresh Fruit	4 Chicken Paprikash Buttered Noodles Roasted Vegetables Split Pea Soup Fresh Fruit	5 Meal Delivery Circle @ Crown Salad Vegetable Soup Roll Fresh Fruit	6 Egg salad Sandwich Garden Salad Soup Fresh Fruit
9 Meal Delivery Hot Dog Cole Slaw Chili Mixed Fruit	10 Vegetable Lasagna Broccoli Green Beans Soup of the Day Fresh Fruit	11 Beef Stew Fresh Fruit Cornbread	12 Meal Delivery Lemon-Garlic Salmon Pasta Mushroom Barley Soup Broccoli Fresh Fruit	13 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
16 Meal Delivery Breaded Fish Street Corn Vegetable Soup Fresh Fruit Cornbread	17 Impossible Sloppy Joe Mashed Potatoes Fresh Fruit	18 Meatloaf Roasted Potatoes Roasted Zucchini Apple Cobbler	19 Meal Delivery Chicken Florentine Rice & Bean Medley Green Beans & Roasted Peppers Fresh Fruit	20 Egg salad Sandwich Garden Salad Soup Fresh Fruit
23 Meal Delivery Chicken and Noodles Corn Sweet Peas Fresh Fruit	24 Grilled Salmon Broccoli Cauliflower Medley Minestrone Soup	25 Chicken Schnitzel Lentil Soup Roasted Potatoes Cinnamon Baked Apple	26 Meal Delivery Falafel Lettuce, Tomato, Onion Salad Hummus Fresh Fruit	27 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
30 Impossible Meat Tacos Corn Salad Beans Mixed Fresh Fruit	31 Meal Delivery Vegetable Pizza Side Salad Fresh Fruit Cookie	1 Salisbury Steak Mashed Potatoes Green Beans Fresh Fruit	2 Meal Delivery Veggie Lo Mein Fresh Fruit Fortune Cookie	3 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
<p>Notes</p> <p>Crown Center will be closed on 30 May 2022 in observance of Memorial Day; Meals will be delivered on Tuesday May 31st</p>				

Name: _____

Date: _____

Nature

Y W W V C I M O G O B F A F T L I G H T N I N G
 G X R K W O O S J P D R F L S B J U L R E T A W
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sea	bushes	erosion	mushrooms	fungi	bog	stream
coral reef	fish	shark	suburban	city	wilderness	swamp
marsh	mountains	nature	rainforest	forest	desert	zebra
lake	pond	river	animals	hurricane	water	ocean
sand	beach	leaves	colourful	spring	fall	winter
summer	snowman	snowball	snowflake	tornado	flood	blizzard
hail	plants	lightning	thunder	storm	vegetables	sleet
snow	rain	fruit	weather	clouds	trees	flower

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crowncenterstl.org
314-991-2055