

# November Newsletter

## Looking Forward...

### **Matt Davis Concert**

**When?** Thursday, November 10 at 4:00pm

**Where?** Circle@Crown Cafe

**What?** Matt Davis entertained at Crown Center earlier this year with his charismatic singing and piano playing. Enjoy songs from the 40's to the 70's. RSVP to 991-2055.



### **Fall Community Gathering: Soup & Cider**

**When?** Wednesday, November 16 at 4:00pm

**Where?** Circle@Crown Cafe

**What?** Let's gather together to eat, drink, and listen to some background jazz music. See friends and meet new residents. Enjoy the coziness of a hot Fall soup and warm cider. **All residents welcome!** RSVP at 991-2055.



### **Thanksgiving Meal Delivery from Temple Israel**

**When?** Tuesday, November 22 between 1:00-3:00pm

**Where?** Circle@Crown Cafe

**What?** Enjoy a traditional Thanksgiving meal made by Temple Israel volunteers and individually boxed. This meal will be delivered to your door by Crown staff. You must be in your apartment to receive this special delivery. Register to receive a meal at 991-2055.





# Fall Excursions!



It's Time to Go Places



## TOWER GROVE PARK HISTORICAL TOUR

Take a walking/bus tour of the "center core" of Tower Grove Park which has many structures, sculptures, and buildings with historical significance. Participants have the option of taking the bus or walking this guided 1/2 mile area. Enjoy a pretzel from Gus' Pretzels as a snack!

\$2 Fee



TOWER GROVE  
— PARK —

TG Park  
Tuesday, Nov 8  
12:30pm

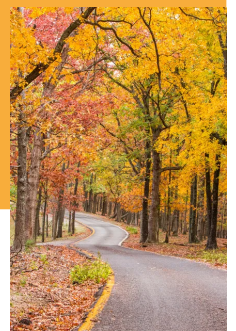


## Fall Foliage Bus Tour: Lone Elk Park & Wally's

Enjoy the Autumn tree-lined winding roads on a bus tour of Lone Elk Park in Valley Park. Weather permitting, participants can get off at certain points in the park and possibly spot some elk or bison. The bus will stop at the famous truckstop Wally's right off the highway to buy snacks or BBQ!

\$2 Fee

Lone Elk Park  
Tuesday, Nov 15  
12:30pm



## LUNCH & SHOPPING

McAlister's Deli &  
Heritage Plaza  
Tuesday, Nov 29  
12:30pm

Enjoy lunch on your own at McAlister's Deli and then some shopping from a variety of stores in the plaza. Get some steps in by walking, or let the bus take you to different stores.

\$1 Transportation Fee.



T.J. maxx  
Marshalls

DOLLAR TREE





# Keep on Growing

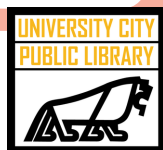
It's Time to Go Places in our Minds!

## BOOK TALK: MYSTERY!



Come to November's Book Talk to share Mystery books that you would recommend to others. Then enjoy browsing an exhibit of Mysteries from UCity Library.

**Wednesday, Nov 30**  
**3:00pm**  
**Weinberg Library**



## COLLAGE ART WITH MARY JO

Crown welcomes back local artist Mary Jo Clark who specializes in collage art. She will lead participants in creating their own collage.  
**\$2 SUPPLY FEE.**

**Thursday, Nov 17**  
**2:00pm**  
**Fitness Center**



## DOG TALES: The Science of our Favorite Companions



PBS Nature Documentary  
Dogs have long been dependable companions by our sides. Research into dog domestication and intelligence offers clues into the human-dog relationship.

**Monday, Nov 21**  
**3:00pm**  
**Fitness Center**



## Story Time



Listen to a complete short story, chosen by a resident, read aloud by Program Coordinator Kate Massot. Discussion following.

**Wednesday, Nov 9**  
**3:00pm**  
**Tallin Theater**

Gladys & Henry  
crown  
center  
for Senior Living



# AFTERNOON MATINEE MOVIES

November  
2:00pm Tallin Theater



**FRIDAY, 11/4**

## A Star is Born (2019)

Starring Bradley Cooper,  
Lady Gaga  
Romance, Music, Drama



**FRIDAY, 11/11**



## Unbroken (2015)

Starring Jack O'Connell  
Biography, Drama

**Special Veteran's  
Day Showing**

UNBROKEN



**FRIDAY, 11/18**

## Mission Impossible U: Rogue Nation (2015)

Starring Tom Cruise  
Action, Adventure





## MUSIC & MOVEMENT



### Mondays

2:30pm

**Fitness Center**

Led by Kirsten Meyerotto  
RPI Occupational Therapist



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## FLEXIBILITY & FITNESS



### Tuesdays

10:30am

**Kol Rinah Synagogue**

**special \$1 FEE**

Led by Kim Meyer  
RPI Physical Therapist



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## BETTER BALANCE

### Wednesdays & Fridays



1:00pm  
**Fitness Center**  
**\$2 FEE**

Led by Maurie Cofman  
Oasis Fitness Instructor



## NOVEMBER SHOPPING TRIPS

**Thursday,  
11/3**

**@ 12:30 pm**  
**Walmart**  
**Maplewood**

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**Thursday,  
11/10**

**@ 12:30 pm**  
**Aldi**

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**Thursday,  
11/17**

**@ 12:30 pm**  
**Schnucks**

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**RSVP 991-2055**

**\$1 FEE**



## MENU

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <b>31 Meal Delivery</b><br>Breaded Fish<br>Street Corn<br>Vegetable Soup<br>Fresh Fruit<br>Cornbread | <b>1</b><br>Impossible Sloppy Joe<br>Mashed Potatoes<br>Fresh Fruit<br>Biscuit   | <b>2</b><br>Chicken Schnitzel<br>Lentil Soup<br>Roasted Potatoes<br>Cinnamon Baked Apple     | <b>3 Meal Delivery</b><br>Veggie Lo Mein<br>Fresh Fruit<br>Fortune Cookie                               | <b>4</b><br>Tuna Salad Sandwich<br>Side Deli Salad<br>Soup<br>Fresh Fruit          |
| <b>7 Meal Delivery</b><br>Impossible Meat Tacos<br>Corn Salad<br>Beans<br>Mixed Fresh Fruit          | <b>8</b><br>Vegetable Pizza<br>Side Salad<br>Fresh Fruit<br>Cookie   | <b>9</b><br>Salisbury Steak<br>Mashed Potatoes<br>Green Beans<br>Fresh Fruit                 | <b>10 Meal Delivery</b><br>Fettuccini Alfredo<br>Broccoli<br>Soup<br>Fresh Fruit                        | <b>11</b><br>Egg Salad Sandwich<br>Garden Salad<br>Soup<br>Fresh Fruit             |
| <b>14 Meal Delivery</b><br>Hot Dog<br>Cole Slaw<br>Chili<br>Mixed Fruit                              | <b>15</b><br>Vegetable Lasagna<br>Broccoli<br>Green Beans<br>Soup of the Day<br>Fresh Fruit  | <b>16</b><br>Beef Stew<br>Fresh Fruit<br>Cornbread   | <b>17 Meal Delivery</b><br>Lemon-Garlic Salmon Pasta<br>Mushroom Barley Soup<br>Broccoli<br>Fresh Fruit | <b>18</b><br>Tuna Salad Sandwich<br>Side Deli Salad<br>Soup<br>Fresh Fruit         |
| <b>21 Meal Delivery</b><br>Spaghetti & Meat Sauce<br>Italian Salad<br>Green Beans<br>Fresh Fruit     | <b>22</b><br>Bagel & Lox Spread<br>Tomato, Cucumber,<br>Onion Salad<br>Blintz Souffle<br>Fresh Fruit   | <b>23 Meal Delivery</b><br>Meatloaf<br>Roasted Potatoes<br>Roasted Zucchini<br>Apple Cobbler | <b>24 CAFE CLOSED</b><br>Circle @ Crown Salad<br>Vegetable Soup<br>Roll<br>Fresh Fruit                  | <b>25 CAFE CLOSED</b><br>Egg Salad Sandwich<br>Garden Salad<br>Soup<br>Fresh Fruit |
| <b>28 Meal Delivery</b><br>Chicken and Noodles<br>Corn<br>Sweet Peas<br>Fresh Fruit                  | <b>29</b><br>Belgian Waffle<br>Hashbrown<br>Syrup<br>Fresh Fruit   | <b>30</b><br>Quiche<br>Mixed Vegetables<br>Side Salad<br>Fresh Fruit                         | <b>1 Meal Delivery</b><br>Greek Salad<br>Spanakopita<br>Baklava<br>Fresh Fruit                          | <b>2</b><br>Tuna Salad Sandwich<br>Side Deli Salad<br>Soup<br>Fresh Fruit          |
|  | Notes<br><br><p style="text-align: center;">* Crown Center will be closed on November 24 &amp; 25 for the<br/>Thanksgiving holiday; Meals will be delivered on Wednesday November<br/>23 *</p> |  |   |  |

# THANKSGIVING WORD SEARCH



Y C T G S V K L Q A U B H U M R Z X X Z C Y R  
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|            |           |          |                |           |
|------------|-----------|----------|----------------|-----------|
| Blessings  | Family    | Harvest  | Pumpkin Pie    | Tradition |
| Corn       | Feast     | Leaves   | Stuffing       | Turkey    |
| Cornucopia | Gather    | November | Sweet Potatoes |           |
| Cranberry  | Gratitude | Pilgrims | Thanksgiving   |           |

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Gladys & Henry  
**crown  
 center**  
 for Senior Living

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