

December Newsletter

CELEBRATING CHANUKAH AT CROWN CENTER

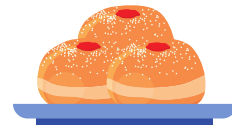


Chanukah Party

When? Monday, December 19 at 4:00pm

Where? Circle@Crown Cafe

What? **Everyone is welcome** to come and enjoy music, puzzles, jelly donuts, and cookie decorating to celebrate the first day of Chanukah. Invite friends and family and stay for candle lighting to cap off our time together. RSVP to 991-2055.



Shir Ami Concert

When? Wednesday, December 21 at 4:00pm

Where? Circle@Crown Cafe

What? Shir Ami, a troupe of six musicians, will sing and play guitar, mandolin, accordion and Middle Eastern drum. Tap your feet to the spirited songs of Yiddish and Jewish American songs while eating latkes (potato pancakes). **All are welcome, so invite friends and family to join in the fun!** RSVP at 991-2055.



Baking with Jon Hoffman: Latkes & Apple Rose Pastry

When? Tuesday, November 22 at 10:30am

Where? Culinary Studio in Weinberg Library

What? Professional Chef and owner of Papa Mark Catering will be demonstrating how to make potato latkes and apple rose pastry in the culinary studio. Jon has cooked and baked for Crown before. Enjoy the warm smells and tastes of the holiday. **All are welcome!** RSVP at 991-2055. Limited Seating. \$2 Fee



Open your Mind and...

Gladys & Henry
crown
center
for Senior Living

Crown
remembers

Go New Places



CENTRAL LIBRARY ART/ARCHITECTURE & HISTORICAL TOUR

Enjoy a guided tour of the beautiful Central Library downtown, built in 1912. Highlights include the ceiling of the Periodicals Room, modified from Michelangelo's ceiling in the Laurentian Library. *St. Louis Magazine* calls this library "one of St. Louis' grandest works of art." See how the library has also modernized rooms. Enjoy a snack at the Library Cafe. Scooter Accessible.

\$2 Fee



St. Louis Kaplan Feldman Holocaust Museum Guided Tour

Take a guided tour of the newly opened St. Louis Kaplan Feldman Holocaust Museum to learn about the Holocaust and the amazing stories of local concentration camp survivors. The museum empowers visitors to reject hatred, promote understanding, and inspire change. Scooter accessible. Special \$2 Fee

Discussion
Following

Tuesday
Dec 13
12:30pm

Thursday
Dec 29
12:30pm



'Tis the Season to...

wake up to new experiences



Nine  **PBS**

Nature Documentary:

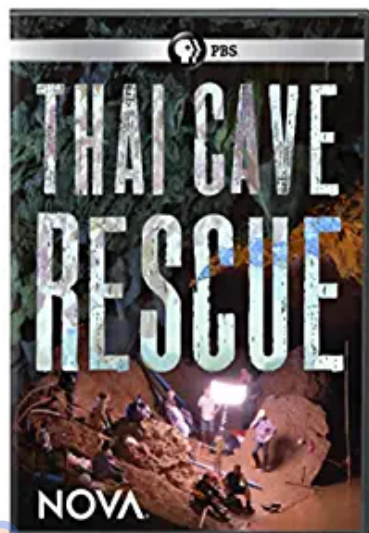
THAI CAVE RESCUE



PBS's *Thai Cave Rescue* documents the dramatic rescue of 12 boys and their soccer coach from the Tham Luang Cave in northern Thailand. Finally, the film reveals how an international team of rescuers was called upon to find the boys and ultimately bring them to safety. A stunning example of innovation, teamwork and human endurance in one of the most hostile environments on earth - a flooded cave.

Monday, Dec 12
3:00pm
Fitness Center

"We are not sure if this is a miracle, a science, or what. All the thirteen [boys] are now out of the cave."
Navy SEAL unit.



BOOK TALK: MEMOIR!

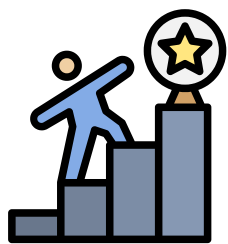
Come to December's Book Talk to share memoirs that you would recommend to others. Then enjoy browsing an exhibit of memoirs from UCity Library.

Wednesday, Dec 28
3:00pm
Weinberg Library



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

Tuesday, Dec 6
2:00pm
Tallin Theater



'Tis the Season to...



Try New Things!

RSVP to all programs
991-2055



IMPROV CLASS

Crown is fortunate to host an instructor from Project Present who will lead collaborative, creative improvisation sessions. Come to stretch yourself in acting scenarios or just come to check out this new, fun program! No acting experience necessary and all ideas are accepted.

No cost for this program.

**Thursdays, Dec 1 & 8
2:00pm
Fitness Center**

Art History & Painting with Oil Pastels

Crown welcomes back local artist Lisa Roth who will teach a short art history lesson on Marc Chagall and then lead participants in painting with oil pastels. Lisa is a retired art teacher who can walk you through the steps if you are new to painting.
\$2 SUPPLY FEE.

**Wednesday, Dec 14
1:00pm
Fitness Center**



Room with a Bloom: Make a Flower arrangement

Crown favorite Dave Reinol will be coming to Crown with holiday flowers from the Missouri Botanical Gardens for participants to make into beautiful floral arrangements to take home. \$2 FEE.



**Thursday, Dec 15
1:00pm
Fitness Center**

FRIDAY AFTERNOON MATINEE MOVIES

Glady's & Henry
crown
center
for Senior Living

Sully 2016

December 2 at 2:00
Tallin Theater



An
inspiring
true story
starring
Tom
Hanks

The Bucket List 2008

December 9 at 2:00
Tallin Theater



A comedy
drama
about
fulfilling
your
dreams

Mission Impossible: Fallout 2018

December 16 at 2:00
Tallin Theater



The most
recent &
highest
rated of
all the MI
movies

Little Women 2019

December 23 at 2:00
Tallin Theater



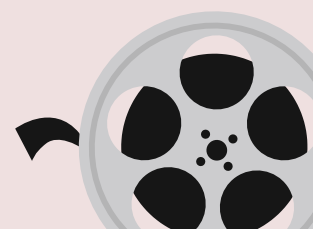
A "smart,
sensitive
retelling
of a
classic
story"

Men in Black 1997

December 30 at 2:00
Tallin Theater



5th Friday
Throwback!





CROWN WEEKLY PROGRAMS

December 2022



MUSIC & MOVEMENT



Mondays

2:30pm

Fitness Center

Led by Kirsten Meyerotto
RPI Occupational Therapist



FLEXIBILITY & FITNESS



Tuesdays,
Dec 6 & 13

10:30am

Kol Rinah Synagogue
special \$1 FEE



Led by Kim Meyer
RPI Physical Therapist

BETTER BALANCE

Wednesdays & Fridays

Dec 2 & 9



Led by Maurie Cofman
Oasis Fitness Instructor

1:00pm
Fitness Center
\$2 FEE



DECEMBER SHOPPING TRIPS

Thursday,
12/1
@ 12:30 pm
Schnucks

Thursday,
12/8
@ 12:30 pm
Aldi

DIFFERENT DAY!

Tuesday,
12/27
@ 12:30 pm
Global Foods

RSVP 991-2055

\$1 FEE



December 2022

MENU



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

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1 Meal Delivery Eggplant Parmesan Pasta Green Beans Fresh Fruit	2 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
5 Meal Delivery Breaded Fish Street Corn Vegetable Soup Fresh Fruit Cornbread	6 Impossible Sloppy Joe Mashed Potatoes Fresh Fruit Biscuit	7 Omelette Skillet Potatoes English Muffin Fresh Fruit	8 Meal Delivery Veggie Lo Mein Fresh Fruit Fortune Cookie	9 Egg Salad Sandwich Garden Salad Soup Fresh Fruit
12 Meal Delivery Hot Dog Cole Slaw Chili Mixed Fruit	13 Vegetable Lasagna Broccoli Green Beans Soup of the Day Fresh Fruit	14 Loaded Baked Potato Chili Green Beans Fresh Fruit	15 Meal Delivery Lemon-Garlic Salmon Pasta Mushroom Barley Soup Broccoli Fresh Fruit	16 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
19 Meal Delivery Impossible Meat Tacos Corn Salad Beans Mixed Fresh Fruit	20 Vegetable Pizza Side Salad Fresh Fruit Cookie	21 Quiche Mixed Vegetables Side Salad Fresh Fruit	22 Meal Delivery Fettuccini Alfredo Broccoli Soup Fresh Fruit	23 Egg Salad Sandwich Garden Salad Soup Fresh Fruit
26 Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit	27 Meal Delivery Bagel & Lox Spread Tomato, Cucumber, Onion Salad Blintz Souffle Fresh Fruit	28 Meatloaf Roasted Potatoes Roasted Zucchini Apple Cobbler	29 Meal Delivery Fish Tacos Coleslaw Corn Salsa Fresh Fruit	30 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
	<p>Notes</p> <p>* Crown Center will be closed on December 26 for the Christmas holiday; Meals will be delivered on Tuesday December 27 *</p>			



*December
national days
word search
printable
from Always
the Holidays*

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

NOBEL PRIZE DAY
DISABILITY DAY
CHRISTMAS
KWANZAA
HANUKKAH
HOLLY DAY
POINSETTIA DAY

SANTAS LIST DAY
TWIN DAY
PASTRY DAY
PIE DAY
FRUITCAKE DAY
BAKE COOKIES DAY
LLAMA DAY

TEA DAY
CUPCAKE DAY
APP DAY
CANDY CANE DAY
COCOA DAY
LARD DAY
EMO DAY

8350 Delcrest Drive
St. Louis, MO 63124

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

crowncenterstl.org
314-991-2055