

February Newsletter

Clarinet & Piano Duo Mardi Gras Happy Hour

When? Wednesday, February 8 at 4:00pm

Where? Circle@Crown Cafe

What? Enjoy mock Hurricanes and red beans and rice with a happy hour vibe in the Cafe as highly skilled Scott Alberici plays his clarinet and Jan Ammerman accompanies him on piano. A variety of music will be played including jazz renditions and tunes from multiple decades. RSVP to 991-2055.



Deborah Sharn Concert

When? Wednesday, February 22 at 4:00pm

Where? Circle@Crown Cafe

What? Deborah Sharn returns to Crown with a wide range of music from multiple genres including Broadway tunes, jazz, and contemporary songs. With her background in acting and radio, she will keep our audience entertained and engaged. RSVP to 991-2055.

BROADWAY



Speaker Series: Alan Spector on *Nicknames: What & Why*

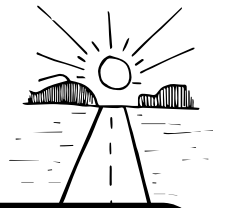
When? Tuesday, February 28 at 3:00pm

Where? Circle@Crown Cafe

What? Acclaimed author and speaker Alan Spector, (husband of Crown board member Ann Spector), will talk about how and why we give and get nicknames. Learn about the nicknames of sports, entertainment, and political celebrities. You might even leave the program with a new nickname! RSVP at 991-2055.



Wanna Get Away?



Tour of Chocolate Chocolate Chocolate Factory

Enjoy a guided tour of the Chocolate Chocolate Chocolate Factory on 5025 Pattison Ave. As you are led onto the factory floor, you'll see, hear, and smell the chocolate being made. Watch as candy makers hand make chocolates in front of your eyes. Enjoy free samples and the opportunity to shop for more at the candy kitchen. Scooter Accessible.

\$2 Fee



CHOCOLATE CHOCOLATE
CHOCOLATE
COMPANY
- Since 1981 -



THE JEWEL BOX

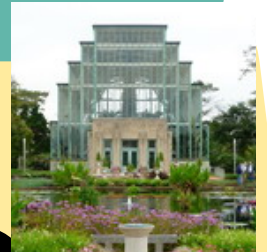
IN FOREST PARK



Tired of the winter cold, wind and dreariness? Take a short trip to a little tropical haven in Forest Park, The Jewel Box greenhouse. Have some quiet moments looking at tropical trees, foliage plants, flowers, and a new water feature and fountain. Enjoy a snack and drink provided. \$2 Fee



RSVP TO 991-2055



Tuesday
Feb 7
12:30pm

Tuesday
Feb 14
12:30pm





CROWN READS & WRITES



Gladys & Henry
crown
center
for Senior Living

NEW

Writer's Workshop

Do you have thoughts, opinions, and memories that you would like to explore and express more fully but don't know how? Are you curious about the writing experience but don't know how to start? Learn writing techniques to experiment with, built-in time to write, and discussion of the writing experience. Writing will not be turned in and no obligation to share what you write. No cost.

**Monday, Feb 6
1:00pm
Fitness Center**



Find Your Story

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

BOOK TALK:

African American Writers

Come to February's Book Talk to share African American writers that you would recommend to others. Then enjoy browsing an exhibit of African American writers from UCity Library.



**Wednesday, Feb 15
3:00pm
Weinberg Library**

**CROWN
LIBRARY**



Crown resident librarian Rise Gilliom keeps the Weinberg Library in tip-top shape. Check out book displays that change monthly, or fill out a book request.

**Thursday, Feb 23
3:00pm
Tallin Theater**

Get Your Creative Juices Flowing

RSVP to all programs
991-2055



IMPROV CLASS

Crown is fortunate to host an instructor from Project Present who leads 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, Feb 2 & 9
1:00pm
Weinberg Library**



Room with a Bloom

Dave Reinol comes to share seasonal Missouri Botanical Flowers as well as his warmth and wisdom. Learn about the flowers he brings and make a bouquet to take home. Don't forget about his prize drawing.

\$2 SUPPLY FEE.

**Thursday, Feb 16
1:00pm
Fitness Center**



LINE DRAWING AND WATERCOLOR

Artist MaryJo Clark returns to Crown to teach contour line drawing with watercolor application. Is it your first time painting with watercolor? MaryJo is a retired teacher who can guide you through every step. \$2 SUPPLY FEE.

**Tuesday
February 21
2:30pm
Fitness Center**



Starring Colin Firth

The King's Speech

2010

February 3 at 2:00

Tallin Theater



How
England's
King George
overcomes
his speech
impediment

Starring Mark Wahlberg

Invincible

2006

February 10 at 2:00

Tallin Theater



Uplifting
story of
how Vince
Papale
fulfilled his
dream to
play in NFL

Starring Cynthia Erivo

Harriet

2019

February 17 at 2:00

Tallin Theater



The story
of iconic
freedom
fighter
Harriet
Tubman

Starring Leonardo DiCaprio

Inception

2010

February 24 at 2:00

Tallin Theater



A visually
stunning
Sci-Fi
thriller
with 4
Oscar
wins



CROWN CENTER WEEKLY PROGRAMS

February 2023

FEBRUARY SHOPPING TRIPS

**Thursday,
2/2
@2:30pm
Schnucks**

**Thursday,
2/9
@2:30pm
Aldi**

**Thursday,
2/16
@2:30pm
Schnucks**

**Thursday,
2/23
@12:30pm
Global Foods**

Earlier
time!!

**RSVP 991-2055
\$1 FEE**

Music & Movement

**Mondays 2:30pm
Fitness Center
Led by RPI Therapist
Kirsten Meyerotto**



Beginning Tai Chi

For Arthritis For Fall Prevention

**Wednesdays
1:00pm
Fitness Center
\$2 per class**



Retired Physical Therapist and dynamic Oasis instructor Jo Ann Roberts leads classes in exercises that have been proven to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength and coordination. A great way to be healthy in mind, body, and spirit.

February 2023

MENU



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

Monday	Tuesday	Wednesday	Thursday	Friday
30 Meal Delivery Impossible meat tacos Corn and bean salad Fresh fruit	31 Veggie and Cheese Pizza Side salad Fresh fruit Cookie	1 Impossible Salisbury Steak Mashed Potatoes Green Beans Fresh Fruit	2 Meal Delivery Fettuccini Alfredo Broccoli Soup Fresh Fruit	3 Egg Salad Sandwich Garden Salad Soup Fresh Fruit
6 Meal Delivery Spaghetti & Meat Sauce Italian Salad Green Beans Fresh Fruit	7 Bagel & Lox Spread Tomato, Cucumber Salad Blintz Souffle Fresh Fruit	8 Impossible Meatloaf Roasted Potatoes Roasted Zucchini Fresh Fruit	9 Meal Delivery Fish Tacos Cole Slaw Corn salad Fresh Fruit	10 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
13 Meal Delivery Impossible Chili Dog Cole slaw Fresh Fruit	14 Vegetable Lasagna Broccoli Soup of the Day Fresh Fruit	15 Sweet and Sour Meatballs Rice Fresh Fruit	16 Meal Delivery Belgian Waffle Hash Brown Fresh Fruit	17 Egg Salad Sandwich Garden Salad Soup Fresh Fruit
20 Meal Delivery Breaded Fish Street Corn Vegetable Soup Fresh Fruit Cornbread	21 Impossible Sloppy Joe Mixed vegetables Fresh Fruit	22 Veggie and Cheese Omelette Skillet Potatoes English Muffin Fresh fruit	23 Meal Delivery Vegetable Lo Mein Vegetable Soup Fresh Fruit Fortune cookie	24 Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit
27 Meal Delivery Chicken and Noodles Corn Sweet Peas Fresh Fruit	28 Grilled Salmon Broccoli Cauliflower Medley Minestrone Soup	1 Quiche Mixed vegetables Fresh fruit Whole wheat roll		
	Notes			

Valentine's Day Word Search

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



- | | | |
|---------|---------|-------------|
| • Gift | • Candy | • Kisses |
| • Hugs | • Cupid | • Flowers |
| • Love | • Heart | • Chocolate |
| • Arrow | • Sweet | • Valentine |



8350 Delcrest Drive
St. Louis, MO 63124

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

crowncenterstl.org
314-991-2055