

# January Newsletter

CELEBRATING 2023

## Elston Taylor & J Monet Trio New Year Concert

**When?** Tuesday, January 3 at 4:00pm

**Where?** Circle@Crown Cafe

**What?** Crown favorite Elston Taylor and company will play upbeat tunes ranging from Motown to contemporary to the old favorites. Come celebrate the new year with your Crown friends while enjoying snacks, dips and punch. Don't forget your dancing shoes! RSVP to 991-2055.



## Martin Luther King, Jr. Program: Keeping the Dream Alive

**When?** Tuesday, January 17 at 2:30pm

**Where?** Circle@Crown Cafe

**What?** Celebrate **Martin Luther King, Jr. Day (Jan 16)** by watching excerpts of his most famous speeches. Honor his legacy by remembering his amazing accomplishments and leadership, share memories of his influence, and enjoy refreshments together. RSVP at 991-2055.



## Cozy Concert: Afternoon Tea & Tom Winter on the Violin

**When?** Wednesday, January 25 at 3:45pm

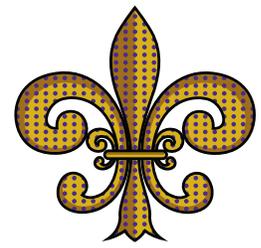
**Where?** Circle@Crown Cafe

**What?** Combat the winter blues by enjoying hot tea and cookies while listening to Tom Winter work his magic on his violin. Known as the strolling, singing violinist, Tom will keep everyone entertained as we take our afternoon tea. Come early to choose your favorite tea flavor! RSVP at 991-2055.



# Be Inspired By...

## St. Louis treasures



RESCHEDULED  
FROM  
DECEMBER!



### 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



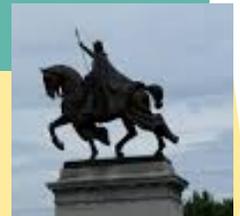
### Docent led Tour

## The St. Louis Art Museum

Take a docent led tour of the St. Louis Art Museum with special attention to the Impressionist Artists in Taylor Hall. Check out the improvements made to the museum and shop at the gift store. Scooter accessible.

SL  
AM

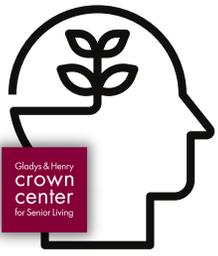
\$2 Fee



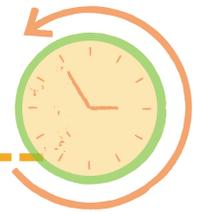
RSVP TO 991-2055

Tuesday  
Jan 24  
12:30pm

Tuesday  
Jan 10  
12:30pm



# It's Always Time To Open Your Mind



Nature Documentary:



## The Queen's Garden

With permission from Her Majesty the Queen, this PBS documentary reveals a year in Buckingham Palace Gardens, exploring the history and biodiversity of this remarkable, hidden royal treasure in the center of London. This film uncovers a wonderland with a five-century history, an urban oasis of wildlife where the Queen has lived with her family, and a "living museum" where almost every plant (and many of the animals!) have a royal story to tell.

## BOOK TALK: MYSTERIES



Come to January's Book Talk to share mystery books that you would recommend to others. Then enjoy browsing an exhibit of mysteries from UCity Library.

Wednesday, Jan 18  
3:00pm  
Weinberg Library



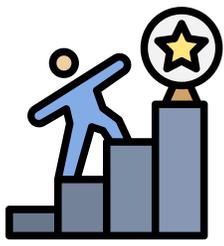
Monday, Jan 23  
3:00pm  
Fitness Center



## Story Time

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

Thursday, Jan 12  
3:00pm  
Tallin Theater



# It's Always Time To Try New Things!

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, Jan 5 & 19**  
**1:00pm**  
**Cafe**



## ORIGAMI

Crown welcomes Green Center artist Linda Packard to teach participants how to create animals and objects from folding paper. Learn this ancient Japanese art of paper sculpting and take home your creations.

**\$2 SUPPLY FEE.**

**Wednesday, Jan 11**  
**2:30pm**  
**Fitness Center**

## Beginning Tai Chi For Arthritis For Fall Prevention



Retired Physical Therapist and dynamic Oasis instructor Jo Ann Roberts will lead the class in exercises that have been proven to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength and coordination. Fulfill those new year resolutions to be healthy in mind, body, and spirit.

**Wednesdays**  
**Beginning Jan 4**  
**1:00pm**  
**Fitness Center**

**Give the class a try in  
January for FREE!**



**FRIDAY AFTERNOON MATINEE MOVIES**

**Maverick**

2022

January 6 at 2:00

Tallin Theater



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If you liked the original, you will love this remake!

**Selma**

2014

January 13 at 2:00

Tallin Theater



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Martin Luther King's epic march from Selma to Montgomery

**Rocketman**

2019

January 20 at 2:00

Tallin Theater



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The musical story of how Elton John became a superstar

**Little Women**

2019

December 27 at 2:00

Tallin Theater



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A "smart, sensitive retelling of a classic story"

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# CROWN CENTER BUS TRIPS

January 2023



## JANUARY SHOPPING TRIPS

**Thursday,  
1/5**

**@ 2:30 pm  
Schnucks**

Note  
later  
time!!

**Tuesday,  
1/12  
@ 12:30 pm  
Aldi**

**Tuesday,  
1/19  
@ 2:30 pm  
Schnucks**

Note  
later  
time!!

**RSVP 991-2055**

**\$1 FEE**

**Tuesday,  
1/26  
@ 12:30 pm  
Kirkwood  
Walmart**

**Bus Passes  
Now Available For  
Purchase in the  
Office**

**10 passes  
for \$7  
What a bargain!**



# January 2023

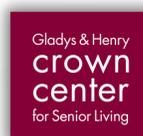


Funding for program provided by Aging Ahead, Jewish Federation of St. Louis and Friends of Crown Center

## MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Breaded Fish Street Corn Vegetable Soup Fresh Fruit Cornbread	<b>3</b> Meal Delivery Impossible sloppy joe Mixed vegetables Fresh fruit	<b>4</b> Veggie and cheese omelet Skillet potatoes Mixed vegetables Fresh fruit English muffin	<b>5</b> Meal Delivery Chicken Lo Mein Vegetable soup Fresh Fruit Fortune cookie	<b>6</b> Tuna Salad Sandwich Side Deli Salad Soup of the Day Fresh Fruit Cookie
<b>9</b> Meal Delivery Impossible chili dog Cole slaw Fresh Fruit	<b>10</b> Vegetable Lasagna Broccoli Soup of the Day Fresh Fruit	<b>11</b> Beef Stew Fresh Fruit Cornbread	<b>12</b> Meal Delivery Lemon-Garlic Salmon Pasta Mushroom Barley Soup Peas Fresh Fruit	<b>13</b> Egg salad Sandwich Side Deli Salad Soup of the Day Fresh Fruit Pudding Cup
<b>16</b> Spaghetti & meat sauce Italian Salad Green Beans Fresh Fruit	<b>17</b> Meal Delivery Bagel & Lox Spread Tomato, Cucumber, Onion Salad Blintz Souffle Fresh Fruit	<b>18</b> Impossible Meatloaf Roasted Potatoes Roasted Zucchini Fresh Fruit	<b>19</b> Meal Delivery Fish Tacos Cole Slaw Corn salad Fresh Fruit	<b>20</b> Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit Cookie
<b>23</b> Meal Delivery Chicken and Noodles Corn Sweet Peas Fresh Fruit	<b>24</b> Grilled Salmon Broccoli Cauliflower Medley Minestrone Soup	<b>25</b> Quiche Mixed vegetables Fresh fruit Whole wheat roll	<b>26</b> Meal Delivery Impossible Chili Loaded Baked Potato Mixed Vegetables Fresh Fruit Dinner roll	<b>27</b> Egg salad Sandwich Garden Salad Soup of the Day Fresh Fruit Pudding Cup
<b>30</b> Meal Delivery Impossible meat tacos Corn and bean salad Fresh fruit	<b>31</b> Veggie and Cheese Pizza Side salad Fresh fruit Cookie	<b>1</b>	<b>2</b>	<b>3</b>
Notes  <p style="text-align: center;"><b>Please note meals will be delivered 1/3 and 1/17 to accommodate observance of New Year's and MLK Day.</b></p>				

8350 Delcrest Drive  
 St. Louis, MO 63124



[crowncenterstl.org](http://crowncenterstl.org)  
 314-991-2055

# Martin Luther King Jr.



ACTIVIST  
AMERICAN  
CHANGE  
CIVIL RIGHTS  
COURAGE

DREAM  
EQUALITY  
FREEDOM  
HERO  
JANUARY

JUSTICE  
LIBERTY  
NOBEL PEACE PRIZE  
MINISTER  
SPEECH



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Glady's & Henry  
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