

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

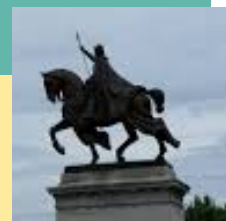
The St. Louis Art Museum

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.

\$2 Fee

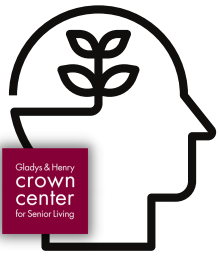
SL
AM

RSVP TO 991-2055

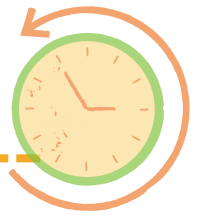


Tuesday
Jan 24
12:30pm

Tuesday
Jan 10
12:30pm



It's Always Time To Open Your Mind



Nature Documentary:

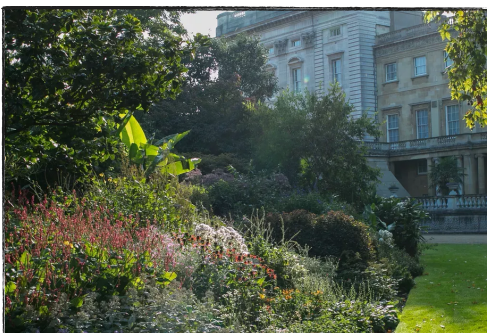


The Queen's Garden

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.

Monday, Jan 23
3:00pm
Fitness Center

Nine  **PBS**

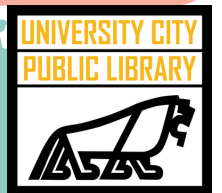


BOOK TALK: **MYSTERIES**



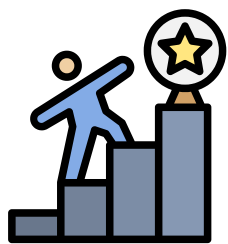
Come to January's Book Talk to share mystery books that you would recommend to others. Then enjoy browsing an exhibit of mysteries from UCity Library.

Wednesday, Jan 18
3:00pm
Weinberg Library



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



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

Selma
2014
January 13 at 2:00
Tallin Theater



Martin Luther King's epic march from Selma to Montgomery

Rocketman
2019
January 20 at 2:00
Tallin Theater



The musical story of how Elton John became a superstar

Little Women
2019
December 27 at 2:00
Tallin Theater



A "smart, sensitive retelling of a classic story"





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

MENU



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

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

Martin Luther King Jr.



ACTIVIST
AMERICAN
CHANGE
CIVIL RIGHTS
COURAGE

DREAM
EQUALITY
FREEDOM
HERO
JANUARY

JUSTICE
LIBERTY
NOBEL PEACE PRIZE
MINISTER
SPEECH



CRAYONSANDCRAVINGS.COM

8350 Delcrest Drive
St. Louis, MO 63124

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

crowncenterstl.org
314-991-2055