

Oasis Tai Chi

for Arthritis & Fall Prevention



Wednesdays at 1:00 pm

Physical Therapist and Oasis instructor Jo Ann Roberts leads classes in Tai Chi 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. **RSVP \$2 per class**

OLDER ADULTS IN THE ST. LOUIS COMMUNITY are invited to Crown Center's programs and dining options.

CROWN CENTER PROGRAMS ARE OPEN TO ALL



CROWN CENTER: YOUR COMMUNITY CENTER

CROWN CENTER WELCOMES BACK The Shakshuka Band

Thursday, April 27
at 3:30 pm



Celebrate Yom Ha'atzmaut, Israeli Independence Day, with the upbeat tunes of the **Shakshuka** band. Enjoy popular and folk music from Israeli culture while sampling Israeli foods. All are welcome!

YOM HASHOAH

Holocaust Remembrance Day

Tuesday, April 18 at 3:30 pm

In commemoration of *Holocaust Remembrance Day*, view a Holocaust survivor story video created by the Kaplan-Feldman Holocaust Museum.

Botanical Gardens

Room with a Bloom

Thursday, April 20 at 1:00 pm

Dave Reindl, Missouri Botanical Garden volunteer, comes to share his gardening expertise, seasonal flowers and his warmth and wisdom. Learn about the flowers he brings and make a bouquet to take home. Don't forget about his prize drawing! **RSVP \$2**

April Programs

RPI Music & Movement Class



Mondays at 2:30 pm

Looking to get into shape and have fun at the same time? Music helps get your heart beating and your feet tapping! Led by RPI Occupational Therapist Kirsten Govreau, Music & Movement is upbeat and keeps you moving while working on your cardio and balance.

Improv Class

Tuesday, April 4 at 1:00 pm

Thursday, April 13 at 1:00 pm

Crown is fortunate to host an instructor from *Project Present* who leads collaborative, creative improvisation sessions. Stretch yourself while acting in scenarios and be prepared to laugh! No acting experience necessary and all ideas are accepted.

Short Story Reading

Wednesday, April 5 at 3:00 pm

Listen to a short story chosen by a participant read aloud and discussed. Listening devices available.



The Friday Movie Club

Enjoy an Matinee in the Crown Center Theater every **Friday at 2:00 pm** with snacks and drinks served.

Weekly movie selection is listed above. Listening devices available.

RSVP = RSVP required. RSVP to Crown Center at (314)991-2055.

Happy Passover!

April 6-13



<^
Passover
at Crown.

Writer's Workshop

Monday, April 10 at 1:00 pm

If you are curious about the writing experience but don't know how to start, and you want to play with words and new topics, check out our monthly Writer's Workshop. Experiment with writing techniques and discuss the writing experience. Writing will not be turned in and no obligation to share what you write. Notebooks and pens provided.

Trip to NCJW Resale Shop

Tuesday, April 11 at 12:30 pm

Take the Crown bus to the National Council of Jewish Women's Resale Shop on Lindbergh to take advantage of 25% off for seniors on Tuesdays. **RSVP \$1**



^ University City's Library Book Bike makes a stop at Crown Center.

Programs are located at Crown Center and are at no cost unless otherwise noted.

Art in April with Artist Marla Mayer

Wednesday, April 12 at 3:00 pm

Whether you are an experienced artist or a novice, all are welcome to participate in monthly art classes, led by Crown's artists in residence. If you need guidance and teaching, or just the supplies to run with it, Crown's classes are a great opportunity to exercise your creativity. **RSVP \$2**

Nature Documentary

Monday, April 17 at 3:00 pm

Learn amazing science stories of plants and animals by viewing a monthly nature documentary. Listening devices available. In April, enjoy the PBS Nature presentation: *H is for Hawk: A New Chapter*. Helen MacDonal, best-selling author, digs deeper into the world of these raptors by following a family in the wild and raising a goshawk of her own.

Yom Hashoah Program

Tuesday, April 18 at 3:30 pm

SEE AD

Library Exhibit & Book Talk

Wednesday, April 19 at 3:00 pm

This month's focus is books written by, or about, musicians or actors. Browse the University City Library exhibit of that genre displayed at Crown Center. Library books available for check out by all program attendees.



Botanical Gardens Room with a Bloom

Thursday, April 20 at 1:00 pm

SEE AD



< ^ Room with a Bloom programming

Monday, April 24 at 3:30 pm

CROWN CENTER 2023 SPEAKER SERIES

Demolition of the Tallin Building

Learn about the demolition process from Patty Ahrens, owner of Ahrens Construction Company, who will be conducting the demo of Crown Center's Tallin Building. Find out how the crew keeps it contained and makes it safe for the people and buildings in the area.

Trip to the St. Louis Arch Museum

Tuesday, April 25 at 12:30 pm

Take the Crown bus downtown to see the innovative Gateway Arch Museum renovated in 2018, featuring six themed interactive exhibit areas which celebrate America's pioneering spirit. Take a free self-guided tour and bring \$7 if you want to see the 35 minute documentary about the building of the Gateway Arch, or get a snack at the Cafe. Wheelchair accessible. **RSVP \$2**

Trip to St. Louis Arch Museum

Tuesday, April 25 at 12:30 pm

SEE AD

OT Student Presentation

Wednesday, April 26 at 3:30 pm

Washington University Occupational Therapy students lead a discussion on topics that can improve health and well-being.

Shakshuka Concert

Thursday, April 27 at 3:30 pm

SEE AD



IMPROV CLASS

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Thursday, April 13 at 1:00 pm

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Gladys & Henry
crowncenter
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
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Our Mission: Honor Jewish values and tradition; provide affordable, high-quality living and services to enable residents to flourish independently; and create inspiring programming to enable both residents and other community seniors to maintain an active and healthy lifestyle. **Our Vision:** A vibrant and engaged community in which all seniors thrive.

Call us (314) 991-2055 | Find us online www.crowncenterstl.org | Follow us on Facebook



OPEN TO THE PUBLIC MONDAY – THURSDAY FROM 8AM – 2PM.
PLEASE STOP IN TO SAMPLE THE DELICIOUS BREAKFAST AND LUNCH FARE.

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog Cole Slaw 3	Veggie & Cheese Pizza Side Salad 4	Meal Program Closed in Preparation of Passover 5		
<p>THE CROWN CENTER MEAL PROGRAM AND THE CIRCLE@CROWN CAFE WILL BE CLOSED FOR PASSOVER 4/6 – 4/13. IF YOU ARE INTERESTED IN A MEAL SERVICE DURING PASSOVER, PLEASE CONTACT CLIENT SERVICES AT (314)991-2055.</p>				Tuna Salad Side Salad 14
Spaghetti & Meat Sauce Green Beans 17	Bagel & Lox Spread Blintz Souffle 18	Impossible Meatloaf Roasted Potatoes & Zucchini 19	Vegetable Lo Mein Fortune Cookie 20	Egg Salad Side Salad 21
Chicken & Noodles Corn & Sweet Peas 24	Grilled Salmon Broccoli 25	Quiche Vegetables 26	Circle@Crown Salad Vegetable Soup 27	Tuna Salad Side Salad 28

For Meal Program information, call: (314)991-2055 | All meals include a fruit or vegetable and a dessert. **\$3 suggested donation per meal**



Menus are subject to change without notice. Funding for this program is provided by Aging Ahead, Jewish Federation of St. Louis, and Friends of Crown Center for Senior Living.