

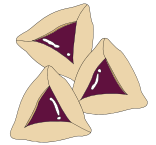
March Newsletter

Purim Celebration with Rabbi Ze'ev Smason

When? Tuesday, March 7 at 3:00pm

Where? Circle@Crown Cafe

What? Come celebrate the story of Queen Esther saving the Jewish people from the evil plotting of Haman. Led by Rabbi Ze'ev Smason, learn about the holiday and sing songs to celebrate life. Come in costume if you want! Refreshments and hamantaschen served. RSVP 991-2055.



Ethan Leinwand Plays Ragtime Piano Happy Hour

When? Wednesday, March 15 at 4:00pm

Where? Circle@Crown Cafe

What? Ethan returns to Crown to entertain (he previously accompanied Miss Jubilee) playing ragtime tunes on the piano. His unique repertoire stretches from ragtime to boogie-woogie. We are fortunate to have such a talented pianist return to Crown. Enjoy soda and popcorn. RSVP to 991-2055.



Opera Theater of St Louis presentation on Mozart's *Cosi fan Tutte*

When? Wednesday, March 22 at 4:00pm

Where? Circle@Crown Cafe

What? Set to some of Mozart's most beautiful music, *Cosi fan Tutte* is both romantic comedy and social satire. Experience a presentation by the Opera Theater of St. Louis, providing background information about Mozart and the librettist, as well as excerpts from the opera *Cosi fan Tutte*. No cost. RSVP 991-2055.



PASSOVER IS APRIL 6-13 **Passover Celebration with Rabbi Josef Davidson**
Thursday, March 30 at 3:30pm in the Cafe

TAKE A TRIP TO...

Be Inspired

The St. Louis Jewish Film Festival presents:



I AM HERE

View this 75 minute documentary from South Africa at the Marcus Des Peres Cinema as part of the St. Louis Jewish Film Festival. *I Am Here* is a life-affirming celebration of 98-year-old Ella Blumenthal and her story of survival during the Holocaust. She shares uplifting stories as well as her recollections depicted through dynamic 2D animation.

Ella is not your average grandmother; her vivacious personality and energy is truly inspiring. Scooter Accessible. Special \$3 Fee for Crown Residents

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Special \$3 Fee for Crown Residents

Be Rejuvenated

THE JEWEL BOX

RESCHEDULED!

IN FOREST PARK

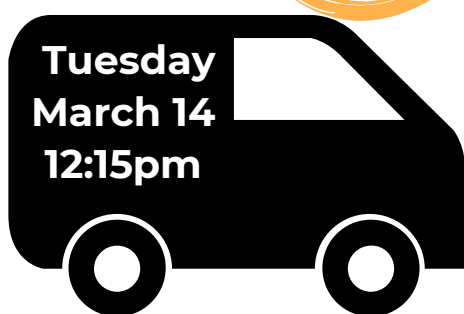


Tired of the winter cold, wind and dreariness? Take a short trip to a little tropical haven in Forest Park, The Jewel Box greenhouse. Have some quiet moments looking at tropical trees, foliage plants, flowers, and a new water feature and fountain. Enjoy a snack and drink provided. \$2 Fee



RSVP TO 991-2055

Tuesday
March 14
12:15pm



Tuesday
March 21
12:30pm





BAKING, BOOKS & BUGS

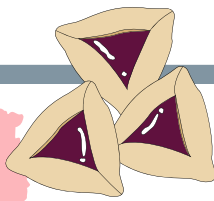


Baking Hamantaschen with Barbara Bressler



Celebrate Purim with the smells and tastes of fresh baked hamantaschen with Crown favorite Barbara Bressler who will showcase her expertise in making hamantaschen in the culinary studio. Enjoy eating the baked treats while they are warm and take home the recipe.

\$2 Fee.



Thursday, March 9
3:30pm
Culinary Studio

BOOK TALK:

Favorite Female Writers

In celebration of women's history month, come to March's Book Talk to share your favorite female writers that you would recommend to others. Then enjoy browsing an exhibit of female writers from UCity Library.

Wednesday, March 8
3:00pm
Weinberg Library

WOMEN'S HISTORY MONTH

NATURE DOCUMENTARY:

LEARNING TO SEE: THE WORLD OF INSECTS



Winner of 3 Film Festival awards, this documentary explores the world of insects in South America's rich Amazon forests. Follow the photographer as he discovers some of the world's most exotic insects.

Wednesday
March 1
3:00pm
Fitness Center

RSVP to all programs 991-2055

Elizabeth Gilbert



IMPROV CLASS

Crown is fortunate to host an instructor from Project Present who leads collaborative, creative improvisation sessions. Stretch yourself while acting in scenarios or just come to laugh! No acting experience necessary and all ideas accepted.
No cost for this program.

Thursdays, March 2 & 16

1:00pm

Weinberg Library

**Short Story
Reading**

Thursday, March 23

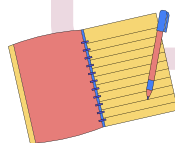
3:30pm

Weinberg Library



Writer's Workshop

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 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. No cost.



Monday, March 6

1:00pm

Fitness Center

LINE DRAWING AND WATERCOLOR PART 2

Artist MaryJo Clark continues teaching contour line drawing with watercolor application-- a follow up from her 2/21 class. MaryJo is a retired teacher who can guide you through every step.
\$2 SUPPLY FEE.



Wednesday

March 1

3:00pm

Fitness Center



And the Oscar Goes To...

Gladys & Henry
crown
center
for Senior Living

WATCHING OSCAR WINNING MOVIES
TOGETHER IN MARCH

March 3, 2pm (TT):
*Black Panther:
Wakanda Forever*

March 10, 2pm (TT):
The Artist



**Nominated
for 5 Oscars
2023**



**Best Picture,
Best Writing
Best Leading Role
2012**

March 17, 2pm (TT):
Avatar

March 24, 2pm (TT):
The Darkest Hour



**Best Picture,
Best Directing,
Best Visual
Effects 2010**



**Best Picture,
Best Leading
Role 2018**

March 31, 2pm (TT):
Casablanca

**Best Picture, Best Writing
Best Director 1944**



CROWN CENTER WEEKLY PROGRAMS

March 2023

MARCH SHOPPING TRIPS

RSVP
991-2055
\$1 FEE

**Thursday,
3/2
@ 2:30 pm
Schnucks**

**Thursday,
3/9
@ 12:30 pm
Aldi**

**Thursday,
3/16
@ 2:30 pm
Schnucks**

**Thursday,
3/23
@ 12:30 pm
Kirkwood Walmart**

*Different
day!
New store!*

**Tuesday,
3/28
@ 12:30 pm
Asian Market on
Olive Street**

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.



March 2023



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

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
27 Meal Delivery Chicken and Noodles Corn Sweet Peas Fresh Fruit	28 Grilled Salmon Broccoli Cauliflower Medley Minestrone Soup	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 Lemon-Garlic Salmon Pasta Mushroom Barley Soup Peas 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 Omelet Skillet potatoes Mixed vegetables Fresh fruit English muffin	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	29 Quiche Mixed vegetables Fresh fruit Whole wheat roll	30 Meal Delivery Impossible Chili Loaded Baked Potato Mixed Vegetables Fresh Fruit Dinner roll	31 Egg salad Sandwich Garden Salad Soup Fresh Fruit
Notes				

8350 Delcrest Drive
 St. Louis, MO 63124

crowncenterstl.org
 314-991-2055

Spring Word Search

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



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
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