



## CROWN CENTER 2023 Speaker Series

Wednesday, May 3  
at 3:30 pm in the  
Circle@Crown Cafe



Dick Weiss and Sally Altman

Come to hear **Sally Altman**, Crown Center Board President, and her husband **Dick Weiss**, retired Post-Dispatch editor, speak on the topic: “What do people mean when they say systemic racism?”

Through their involvement with the River City Journalism Fund and the nonprofit group they started called **Before Ferguson/Beyond Ferguson**, they seek to shine a light on what racial inequality means in St. Louis.

### What do people mean when they say systemic racism?

## Trip to the Botanical Gardens Chihuly Exhibit

Tuesday, May 16 at 12:30 pm

Take the Crown bus to the newly renovated Missouri Botanical Gardens to see and smell the Spring flowers and to marvel at the Chihuly glass sculptures exhibited throughout the gardens. **RSVP \$3**



## Contemporary Art Museum Workshop: Stamping Clay Tiles

Monday, May 8 at 1:00 pm in the Crown Center Fitness Center

Crown is fortunate to begin a new partnership with The Contemporary Art Museum. CAM staff will lead participants in the workshop “The Stars in my Streets” which involves sculpting black clay tiles and then stamping them with objects that look akin to daily life. **RSVP \$2**



## May Programs

### RPI Music & Movement Class



**Mondays at 2:30 pm**  
in the Fitness Center

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

### Writer's Workshop

**Monday, May 1 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 The Green Center

**Tuesday, May 2 at 12:30 pm**

Take the Crown bus to visit The Green Center, a natural oasis in the heart of the St. Louis metropolitan region, located in University City, just a mile from Crown Center. Enjoy exploring the Green Center's outdoor spaces on your own and checking out the nature-related art exhibits by talented local artists. **RSVP \$1**

### Speaker Series:

Crown Board President  
Sally Altman & Dick Weiss  
speak on Systemic Racism  
**Wednesday, May 3 at 3:30 pm**

SEE  
AD

## Nature Documentary

### *A Gardener of Versailles*

**Monday, May 15**  
**at 3:00 pm**  
in the Fitness Center

For decades the head gardener of the most famous 2000 acres on earth has toiled and tilled the soil and produced enchantment. It's an ecological paradise from the past that is rigorously kept alive in the present.



### Oasis Tai Chi Class

**Wednesdays at 1:00 pm**  
in the Fitness Center

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**

### Improv Class

**Thursdays, May 4 & 18 at 1:00 pm**  
in the Crown Library

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.

### The Friday Movie Club

Enjoy a matinee every **Friday at 2:00 pm** with snacks and drinks served. Listening devices available.

**May 5 at 2:00 pm**

*The Fabelmans* (2023)

**May 12 at 2:00 pm**

*The Woman King* (2022)

**May 19 at 2:00 pm**

*Saving Mr. Banks* (2013)

**May 26 at 2:00 pm**

*Mary Poppins* (1964)

**May 26-27**

Shavuot celebrates the giving of the Torah to the Jewish people.

*Chag Sameach!*

**Wishing you a Happy Shavuot!**

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

**Contemporary Art  
Museum Workshop:  
Stamping Clay Tiles**  
Monday, May 8 at 1:00 pm

SEE  
AD

**Trip to Olivette Diner**  
Tuesday, May 9 at 12:30pm

Take the Crown bus to eat a true diner meal with your Crown friends and neighbors. Bring your own money to enjoy an affordable burger or a diner breakfast that is served all day. **RSVP \$1**

**Short Story Reading**  
Wednesday, May 10 at 3:30 pm  
in the Crown Library

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

**Nature Documentary**  
Monday, May 15 at 3:00 pm  
*A Gardener of Versailles.*

SEE  
AD

**Library Exhibit & Book  
Talk: Plays & Poetry**  
Wednesday, May 17 at 3:00 pm  
in the Crown Library

Share your favorite authors from a chosen genre with fellow book lovers. Browse the University City Library exhibit of that genre displayed in the Crown Library. Library books available for check out by all program attendees.

**Trip to Botanical  
Gardens Chihuly  
Exhibit**

SEE  
AD

Tuesday, May 16 at 12:30 pm

*Crown residents celebrated  
the holiday of Passover  
with friends and neighbors.*

## Eimear Arkins Concert & Happy Hour

Wednesday, May 24 at 4:00 pm  
in the Circle@Crown Cafe



Accomplished Irish singer Eimear Arkins comes to Crown for the first time to share her beautiful voice and violin playing. Enjoy an appetizer and mocktail while you are transported to the green hills of Ireland. All are welcome! **RSVP**

**Generation Singers  
A cappella Choir Concert**

Saturday, May 20 at 3:00 pm  
in the Circle@Crown Cafe

Enjoy this special weekend music event by the Generation Singers who were previously members of the St. Louis Children's Choir. Enjoy the musical richness of a 10 person mixed voices choir who will sing a variety of songs A cappella.

**U. City Library Book  
Bike Visit**

Wednesday, May 17 at 2:00 pm

Come monthly to check out books from the U. City Library's book bike. The book bike carries new materials (books, audiobooks, DVDs) and is set up in the Crown Library. Participants are also able to get library cards or put items on reserve.

**Rabbi Smason Discussion  
Series: Living Your  
Best Life: Ways to  
Jewish Wisdom**

Monday, May 22 at 12:00 pm

SEE  
AD

**Picnic and Trip to Forest  
Park Pavilion and Nature  
Playscape**

Tuesday, May 23 at 12:30 pm  
Bring a picnic lunch to eat at tables next to the Forest Park World's Fair Pavilion. Enjoy the view of the park from under the Pavilion and explore the new Nature Playscape paths. Drinks, snacks and desserts provided. Wheelchair accessible. Restrooms on site. **RSVP \$1**

**Eimear Arkins Concert  
and Happy Hour**

Wednesday, May 24 at 4:00 pm

SEE  
AD



## Rabbi Smason Discussion Series

# Living Your Best Life: Ways to Jewish Wisdom

**Monday, May 22 at 12:00 pm  
in the Crown Library**

Come to learn and ponder how to live your life to the fullest from a themed monthly discussion led by retired rabbi of Nusach Hari, Rabbi Ze'ev Smason.

May's discussion theme will be "Seek the Ultimate Happiness".

All faiths welcome!



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

8350 Delcrest Drive  
St. Louis, MO 63124-2166

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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](http://www.crowncenterstl.org)

Follow us on Facebook



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>MEAL DELIVERY</i> Impossible Meat Tacos Corn & Bean Salad I	Veggie & Cheese Pizza Side Salad 2	Tuna Casserole Lentil Soup 3	<i>MEAL DELIVERY</i> Fettuccini Alfredo Broccoli 4	Egg Salad Sandwich Side Salad 5
<i>MEAL DELIVERY</i> Chicken & Noodles Sweet Peas & Corn 8	Grilled Salmon Broccoli 9	Stuffed Peppers Carrots 10	<i>MEAL DELIVERY</i> Circle @ Crown Salad Vegetable Soup 11	Tuna Salad Sandwich Side Salad 12
<i>MEAL DELIVERY</i> Spaghetti & Meat Sauce Green Beans 15	Bagel & Lox Spread Blintz Souffle 16	Sweet & Sour Meatballs Rice 17	<i>MEAL DELIVERY</i> Southwest Wrap Corn Salad 18	Egg Salad Sandwich Side Salad 19
<i>MEAL DELIVERY</i> Fish Tacos Street Corn 22	Loaded Baked Potato Chili 23	Impossible Meatloaf Roasted Zucchini 24	<i>MEAL DELIVERY</i> Vegetable Lo Mein Fortune Cookie 25	Tuna Salad Sandwich Side Salad 26
Hot Dog Cole Slaw 29	<i>MEAL DELIVERY</i> Vegetable Lasagna Broccoli 30	Belgian Waffle Hash Brown 31	Circle@Crown Cafe, Crown's Meal program and Crown Center's office will be closed May 29 in observance of Memorial Day. Meals will be delivered on Tuesday, May 30.	

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.