

Ha-Shemesh Concert

Wednesday, June 7 at 4:00 pm in the Circle@Crown Cafe

Crown welcomes back the band Ha-Shemesh (The Sun) which has performed throughout St. Louis, Kansas City and Illinois since the mid-1970s. Their repertoire includes music of liturgy, songs of Israel, and Yiddish, Ladino and Yemenite melodies. Enjoy this band of flute, drums, accordion, and mandolin. **RSVP**



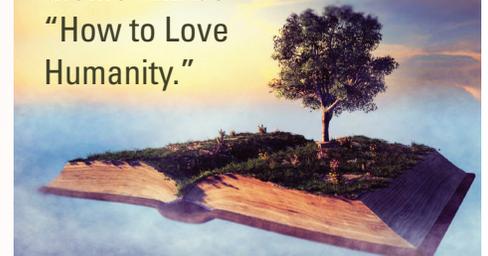
Rabbi Smason Discussion Series

Living Your Best Life:
Ways to Jewish Wisdom

Monday, June 26 at 12:00 pm
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. All faiths welcome!

June's discussion theme will be "How to Love Humanity."



First Day of Summer Kick-Off ICE CREAM SOCIAL

Wednesday, June 21 at 3:30 pm (Location to be determined)

Celebrate the beginning of summer at an exciting time for Crown Center as we move into the new Staenberg Commons. Enjoy ice cream and mingling with Crown friends and neighbors as we look forward to warm days, sunshine, and a brand new building where we can meet together.



▲ Residents and friends of Crown celebrate Yom HaAztmaut to the sounds of the Shakshuka Band.

The Friday Movie Club

Enjoy a matinee every **Friday at 2:00 pm** in the **Art Studio in Staenberg Commons**. Snacks and drinks served. Listening devices available.

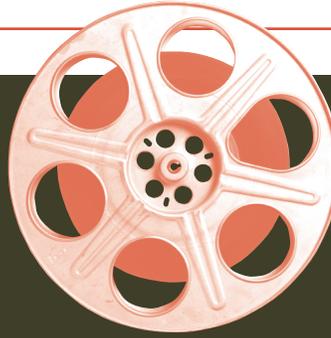
June 2 *80 for Brady* (2023)

June 9 *Brooklyn* (2016)

June 16 *42* (2013)

June 23 *Man on Wire* (2008)

June 30 *Rear Window* (1954)



Writer's Workshop: Telling Stories

Monday, June 12 at 1:00 pm

Art Studio in Staenberg Commons

If you are curious about the writing experience and want to play with words and techniques, come check out our monthly Writer's Workshop. This month we will begin working on writing stories, both fiction and nonfiction, so come with a story you have been wanting to write. Writing is not turned in and no obligation to share what you write. Notebooks and pens provided.

Nature Documentary: BBC's Planet Earth II "Islands"

SEE
AD

Monday, June 12 at 3:00 pm

Art Studio in Staenberg Commons

Art Class with MaryJo Clark: Designing Around a Circle

SEE
AD

Wednesday, June 14 at 3:00 pm

Art Studio in Staenberg Commons

Professional artist, retired Art teacher, and Crown favorite MaryJo Clark will guide participants in creating designs using circles as the main element. Artists will have the option of using markers or watercolor as well as patterned papers or wall-paper scraps to create mixed media artwork. Participants can also bring their own materials if they choose. **RSVP \$2**

RPI Music & Movement Class



Mondays at 2:30 pm

Location to be determined

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!

Ha-Shemesh Concert

SEE
AD

Wednesday, June 7 at 4:00 pm

Circle@Crown Cafe

Improv Class

Thursday, June 8 at 1:00 pm

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 accepted.

Nature Documentary

BBC's Planet Earth II

Monday, June 12 at 3:00 pm

Art Studio in

Staenberg Commons

Learn about the fascinating and unique wildlife that live on remote islands all over the world, ranging from the Komodo dragon to various birds and penguins that manage to survive in extreme weather conditions. Enjoy the amazing and award-winning cinematography and narration by Sir David Attenborough in the first one hour episode in the Planet Earth II series.



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

Missouri Botanical Gardens Room with a Bloom

Thursday, June 15 at 1:00 pm

Art Studio in Staenberg Commons
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 the prize drawing! **RSVP \$2**



U. City Library Book Bike

Wednesday, June 21 at 2:00 pm

Crown Library

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. Don't forget to ask about free books to take with you!

First Day of Summer Kick-Off Ice Cream Social

Wednesday, June 21 at 3:30 pm

Location to be determined

SEE AD

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

Monday, June 26 at 12:00 pm

Crown Library

SEE AD

^ Crown welcomed Wash U OT Students for Chair Yoga.

v Contemporary Art Museum presents a clay tile workshop at Crown.



JUNETEENTH FREEDOM DAY CELEBRATION CONCERT

Monday, June 19 at 3:30 pm in the Circle@Crown Cafe

Juneteenth, officially Juneteenth Independence Day, also called Emancipation Day, is a federal holiday commemorating the emancipation of enslaved African-Americans in the United States. Enjoy the upbeat tunes of Crown favorite **Sterling Lloyd and Denise** as they help us celebrate this holiday. Refreshments served.

Book Talk & Library Exhibit: Spirituality

Wednesday, June 28 at 3:00 pm

Crown Library

Share your favorite authors and books from the chosen monthly genre with fellow literature lovers. June's genre will be Spirituality and the U. City Library Exhibit of that genre will also be displayed to browse and check out in the Crown Library.

Designing around a Circle

Gladys & Henry
crown center
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
US POSTAGE
PAID
St Louis Mo
Permit No 820

Wednesday, June 14 at 3:00 pm
Art Studio in Staenberg Commons

Professional artist, retired Art teacher, and Crown favorite **MaryJo Clark** will guide participants in creating designs using circles as the main element. Artists will have the option of using markers or watercolor as well as patterned papers or wallpaper scraps to create mixed media artwork. Participants can also bring their own materials if they choose. **RSVP \$2**

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



JUNE 2023

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				Veggie & Cheese Omelet Skillet Potatoes 1	Egg Salad Sandwich Side Salad 2
<i>MEAL DELIVERY</i>	Impossible Meat Tacos Corn and Bean Salad 5	Veggie & Cheese Pizza Side Salad 6	Tuna Casserole Lentil Soup 7	<i>MEAL DELIVERY</i> Fettuccini Alfredo Broccoli 8	Tuna Salad Sandwich Side Salad 9
<i>MEAL DELIVERY</i>	Chicken & Noodles Sweet Peas & Corn 12	Grilled Salmon Broccoli 13	Stuffed Peppers Carrots 14	<i>MEAL DELIVERY</i> Circle @ Crown Salad Vegetable Soup 15	Egg Salad Sandwich Side Salad 16
<i>MEAL DELIVERY</i>	Spaghetti & Meat Sauce Green Beans 19	Bagel & Lox Spread Blintz Souffle 20	Sweet & Sour Meatballs Rice 21	<i>MEAL DELIVERY</i> Southwest Wrap 22	Tuna Salad Sandwich Side Salad 23
<i>MEAL DELIVERY</i>	Hot Dog Cole Slaw 26	Vegetable Lasagna Broccoli 27	Impossible Meatloaf Roasted Zucchini 28	<i>MEAL DELIVERY</i> Belgian Waffle Hash Brown 29	Egg Salad Sandwich Side Salad 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.