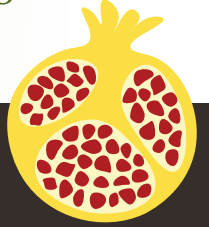


## Rosh Hashanah

CELEBRATION  
PROGRAMS



*Baking  
with Barb*

**Wednesday, September 20 at 3:00pm**  
**Culinary Kitchen in Staenberg Commons Community Room**

**Barbara Bressler** returns to Crown to lead participants in making their own individual apple tart in celebration of Rosh Hashanah. Barb brings many years of experience as cooking instructor and a fun, hands-on approach to this is the first baking class in the new culinary kitchen!

**RSVP \$2**

## ROSH HASHANAH CELEBRATION

**Thursday, September 7 at 3:00 pm**  
**Community Room in Staenberg Commons**

Celebrate Rosh Hashanah with gratitude and hope as we are led by Crown Executive Director **Nikki Goldstein** with thoughts about the past and coming year. Enjoy apples, honey and other refreshments. **RSVP**



## ROSH HASHANAH KLEZMER CONCERT

featuring by **Bill Long**  
& **Bethany Barr**

**Wednesday, September 13 at 3:30 pm** Community Room in Staenberg Commons

Celebrate Rosh Hashanah and the new year with Klezmer music. Crown welcomes back **Bill Long** on the piano and **Bethany Barr** on vocals. Tap your feet to upbeat Jewish and English Klezmer songs. Refreshments served. **RSVP**



## The Friday Movie Club

**Fridays at 2:00 pm**  
Community Room in Staenberg Commons

Enjoy a matinee every Friday with snacks and drinks served. Listening devices available.

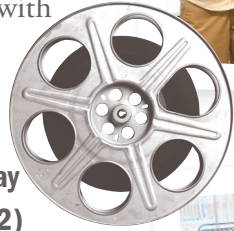
9/1 (2 pm): **Doubt (2008)**

9/8 (1 pm): **Avatar: The Way of Water (2022)**

9/15 (2 pm): **Race (2016)**

9/22 (2 pm): **The Book Thief (2013)**

9/29 (2 pm): **Alfred Hitchcock's Rebecca (1940)**



*Crown celebrated National Night Out on August 1 with a Caribbean celebration.*

## RPI Music & Movement Class



**Mondays at 2:30 pm**  
Community Room in Staenberg Commons

Looking to get in shape and have fun at the same time? Led by Occupational Therapist Kirsten Govreau, Music and Movement class is upbeat and keeps you moving while working on your cardio and balance. The class can be done entirely in your chair if you have mobility challenges. Music helps get your heart beating and your feet tapping!

## Documentary: The Light We Carry

**Tuesday, September 5 at 1:00 pm**  
Community Room in Staenberg Commons

Michelle Obama delves into the challenges and life lessons that shaped her second bestselling book in an illuminating conversation with Oprah Winfrey.

## Remember When TV Viewings

SEE AD

**Wednesdays at 1:00 pm**  
Community Room in Staenberg Commons

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



## Dealing with Pain & Stress Thursday, September 14 at 12:00 pm

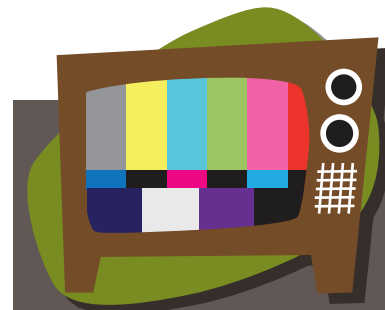
Community Room  
in Staenberg Commons

Are you overwhelmed by stress, anxiety and/or physical pain? Watch two 20-minute videos about meditation techniques to help you change your relationship and coping response to stress and pain. Bring your lunch or enjoy the snacks and drinks provided. And just relax!

## Short Story Reading and Discussion

**Thursday, September 6 at 3:00 pm**  
Crown Library

Listen to a complete short story, chosen by a resident, read aloud. Then discuss reactions, insights and applications to life. Listening devices used.



## Improv Class

**Thursdays, September 7  
and September 21 at 1:00 pm**  
Art Studio in Staenberg Commons

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.

## Remember When TV Viewings

Community Room in Staenberg Commons

**Every Wednesday at 1:00 pm** enjoy 2 episodes of your favorite TV shows from the past. Snacks and drinks served. Listening devices available.

9/6: **The Mary Tyler Moore Show**  
9/13 **MASH**  
9/20 **The Bob Newhart Show**  
9/27 **Cheers**

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

Consult the video screen upon entering the Staenberg Commons to learn each program's location.

## Rosh Hashanah Celebration Program

SEE  
AD

Thursday, September 7 at 3:00 pm  
Community Room in Staenberg Commons

## Lunch & Relax Dealing with Pain & Stress

SEE  
AD

Thursday, September 14 at 12:00 pm  
Community Room in Staenberg Commons

## Writer's Workshop: Telling Stories

Monday, September 11 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 continue working on writing stories, both fiction and nonfiction. Writing is not turned in and no obligation to share what you write. Notebooks and pens provided.

## Rosh Hashanah Klezmer Celebration: Bill Long & Bethany Barr

SEE  
AD

Wednesday, September 13 at 3:30 pm  
Community Room in Staenberg Commons

## Nature Documentary: My Octopus Teacher

Monday, September 18 at 3:00 pm  
Community Room in Staenberg Commons

In the documentary from 2020, a filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world. Plan to be amazed at the intelligence of this creature and by the bond that forms between her and a human.



## Art Workshop with Marla Mayer: Autumn Decorations

Tuesday, September 26 at 1:00 pm

Art Studio in Staenberg Commons

Crown favorite Marla Mayer returns to guide participants in creating Fall decorations. Artists will use mixed materials to create Autumn decor they can take home or lend to the Sukkah that will be put up on the patio in October. **RSVP \$2**

## Working with Plants: Repotting and Propagation

Tuesday, September 19 at 1:00 pm  
Community Room Patio and Greenhouse

Bring your droopy or struggling houseplants that need repotting, or your thriving houseplants that could be propagated and shared. Take this opportunity to learn more about plants as well as to share your knowledge with each other. Bring your own pots; soil and fertilizer provided. Check out the new Crown Greenhouse. **RSVP**

## U. City Library Book Bike Visit

Wednesday, September 20 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!

## Baking Apple Tarts with Barb

SEE  
AD

Wednesday, September 20 at 3:00 pm  
Culinary Kitchen in Staenberg Commons  
Community Room **RSVP \$2**

## Art Workshop with Marla Mayer: Creating Autumn Decorations

SEE  
AD

Tuesday, September 26 at 1:00 pm  
Art Studio in Staenberg Commons

**RSVP \$2**

## Book Talk & Library Exhibit:

Wednesday, September 27 at 3:00 pm  
Crown Library

Share your favorite authors and books from the chosen monthly genre with fellow literature lovers. September's theme will be death and dying. Come ready to share literature that addresses this theme in any genre: play, poetry, novel, short story, non-fiction.

*L'shana Tova*  
from our home to yours...  
...may your new year  
be as sweet as honey.

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



Call us (314) 991-2055 :: Find us online [www.crowncenterstl.org](http://www.crowncenterstl.org) :: Follow us on Facebook 

SEPTEMBER 2023

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
The Circle@Crown Cafe, Crown Center Office and Meal Program are closed on <b>Monday, September 4</b> in observance of Labor Day and on <b>Monday, September 25</b> in observance of Yom Kippur. Monday meals on 9/4, 9/18 and 9/25 meals will be delivered on Tuesday as indicated below.					<b>Tuna Salad Sandwich Soup</b>  I
<b>Impossible Meat Tacos</b> <b>Fruit</b>  4 <i>MEAL DELIVERY</i>	<b>Veggie &amp; Cheese Pizza</b> <b>Salad</b>  5 <i>MEAL DELIVERY</i>	<b>Tuna Casserole</b> <b>Soup</b>  6	<b>Fettuccine Alfredo</b> <b>Soup</b>  7 <i>MEAL DELIVERY</i>	<b>Egg Salad Sandwich</b> <b>Soup</b>  8	
<b>Spaghetti &amp; Meat Sauce</b> <b>Salad</b>  11 <i>MEAL DELIVERY</i>	<b>Bagel &amp; Lox Spread</b> <b>Fruit</b>  12	<b>Sweet &amp; Sour Meatballs</b> <b>Fruit</b>  13	<b>Southwest Wrap</b> <b>Soup</b>  14 <i>MEAL DELIVERY</i>	<b>Baked Chicken</b> <b>Soup</b>  15	
<b>Hot Dog</b> <b>Cole Slaw</b>  18	<b>Vegetable Lasagna</b> <b>Fresh Fruit</b>  19 <i>MEAL DELIVERY</i>	<b>Stuffed Peppers</b> <b>Soup</b>  20	<b>Veggie &amp; Cheese Omelet</b> <b>Fresh Fruit</b>  21 <i>MEAL DELIVERY</i>	<b>Tuna Salad</b> <b>Soup</b>  22	
<b>Fish Taco</b> <b>Soup</b>  25 <i>MEAL DELIVERY</i>	<b>Loaded Baked Potato</b> <b>Chili</b>  26	<b>Waffle</b> <b>Hash browns</b>  27	<b>Chicken &amp; Veggie Lo Mein</b> <b>Soup</b>  28 <i>MEAL DELIVERY</i>	<b>Egg Salad Sandwich</b> <b>Soup</b>  29	

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.