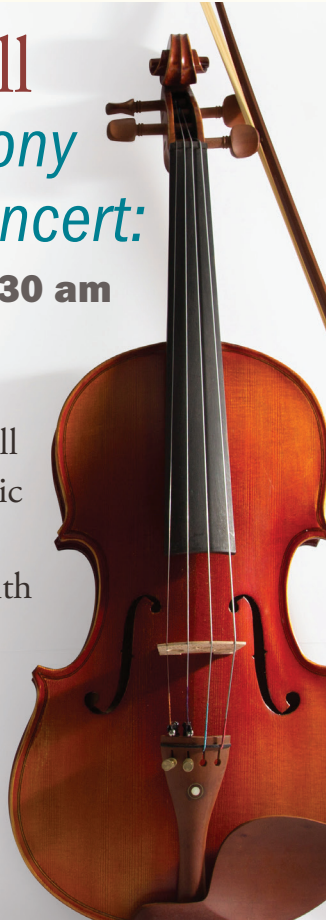


Trip to the Touhill for St. Louis Symphony Orchestra Coffee Concert:

Friday, November 17 at 10:30 am
(Bus leaves at 9:45)

Joyous and rollicking folk music combines with lyrical beauty. Randall Goosby, the talk of the classical music world, makes his SLSO debut with Korngold's lyrical Viola Concerto with music by **Dvořák** and **Kapralova**.

Enjoy this very special symphony experience at The Touhill at University of St. Louis (UMSL). There is no charge for this special concert. **RSVP \$1**



SIGN UP TODAY for the *next* Trip to the Touhill for the SLSO Coffee Concert on **Friday, December 1** featuring Beethoven's Second Symphony.

Baking With Barb

**Wednesday, November 8
at 3:00pm**

**Culinary Kitchen in
Staenberg Commons Community Room**

Barbara Bressler returns to Crown to lead participants in making individual mini chocolate cakes with chocolate ganache decorated for Thanksgiving. Barb brings many years of experience as cooking instructor at Dierberg's and a fun, hands-on approach to baking. **RSVP \$2**



Acoustik Element

Wednesday, November 15 at 3:30pm
Community Room in Staenberg Commons

"A Latin Vibe" best describes the instrumental group **Acoustik Element**. Revolving their sound around the nylon-string guitar, they are best known for reinventing popular songs by artists such as The Beatles, Santana, and The Eagles, while also staying true to Latin standards. **RSVP**



PLEASE NOTE:

Parking at Crown is a challenge due to ongoing construction.

**CURRENTLY, ONLY
RESIDENTS ARE
PERMITTED TO PARK
ON OUR LOT.**

If you are planning to come to Crown Center, please allow extra time to find a street spot. **Thank you for your flexibility.**

The Friday Movie Club

Fridays at 2:00 pm

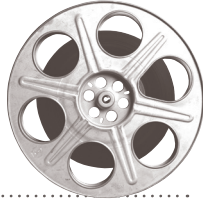
Community Room in Staenberg Commons

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

11/3: **Air** (2023)

11/10: **Newsies** (2017)

11/17: **Arrival** (2016)



Forever Fitness Exercise Class

SEE
AD

led by Leigh Cohen

Mondays at 1:30 pm

Community Room in Staenberg Commons

Lunch & Relax

Meditation & Mindfulness

Wednesday, November 1 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!

Writer's Workshop: Telling Stories

Monday, November 6 at 3:00 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.

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



CROWN CENTER 2023 Speaker Series

Wednesday, November 29
at 3:30 pm

Community Room in
Staenberg Commons



Coping with Change

Past Crown board member and experienced counselor, coach and owner of Lifework Transitions in St. Louis, **Syliva Nissenboim** shares her wisdom about how to handle changes in life.



Art Workshop with MaryJo Clark: Autumn Leaf Printing

Thursday, November 30 at 1:00 pm
Art Studio in Staenberg Commons

Crown favorite **MaryJo Clark** returns to guide participants in creating Autumn Leaf Prints using a variety of collected leaves and making overlapping prints to mimic the look of fallen leaves. Paint will be applied to the veined side of the leaf and then it will be pressed onto a paper surface. **RSVP \$2**

Baking Chocolate Cake with Barb

SEE
AD

Wednesday, November 8 at 3:00 pm

Culinary Kitchen in Staenberg Commons

Community Room **RSVP \$2**

Improv Class

Thursday, November 9 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.

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.

Trip to Sophia M. Sachs

Butterfly House

Thursday, November 9 at 2:00 pm

The Butterfly House, a division of the Missouri Botanical Gardens, is a not-for-profit organization established to increase awareness of the natural habitat in which butterflies thrive. Take the Crown bus to go explore the tropical conservatory, a carefully controlled environment, which houses nearly 2,000 tropical butterflies in free flight or walk through the outdoor butterfly garden which serves as host plants for caterpillars and nectar sources for butterflies. Discounted entrance fee and bus fare. **RSVP \$2**



Trip to the Touhill for SLSO Coffee Concert: Dvořák & Korngold

Friday, November 17 at 10:30 am
(Bus leaves at 9:45) **RSVP \$1**

Inspirational Documentary:

Live to 100: Secrets of the Blue Zones

Monday, November 20 at 2:30 pm
Community Room in Staenberg Commons

Travel around the world with author Dan Buettner in Episode 1 of the 2023 documentary "Live to 100" and discover five unique communities where people live extraordinarily long and vibrant lives.

Speaker Series:

Coping with Change

Wednesday, November 29 at 3:30 pm
Community Room in Staenberg Commons

SEE
AD

Short Story Reading and Discussion

Thursday, November 30 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.

Art Workshop with

MaryJo Clark: Autumn Leaf Printing

Thursday, November 30 at 1:00 pm
Art Studio in Staenberg Commons

RSVP \$2

SEE
AD

Nature Documentary: Dancing with the Birds

Monday, November 13 at 2:30 pm
Community Room in Staenberg Commons

Narrated by Stephen Fry, this 2019 documentary explores all the extraordinary ways birds of paradise flaunt their colors and feathers in courtship rituals, such as dancing and creating elaborate bowers with just the right decorations.

U. City Library Book Bike Visit

Wednesday, November 15 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!

SEE
AD

Acoustik Element Concert

Wednesday, November 15 at 3:30 pm
Community Room in Staenberg Commons

RSVP \$2

Book Talk: 20th Century War

Thursday, November 16 at 3:00 pm
Crown Library

Share your favorite authors and books from the chosen monthly genre with fellow literature lovers. November's theme will be the wars of the 20th century. Come ready to share literature that addresses this theme in any genre: play, poetry, novel, short story, non-fiction.

SEE
AD

FOREVER FITNESS



Gladys & Henry
crowncenter
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
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Permit No 820

Mondays at 1:30 pm

Community Room in Staenberg Commons

Looking to get in shape and have fun at the same time? This new exercise class, led by experienced instructor **Leigh Cohen**, focuses on strength, stability, balance and flexibility. The class can be done entirely in your chair if you have mobility challenges. Background music also helps get your heart beating and your feet tapping!

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

NOVEMBER 2023

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Note that meal delivery days are now Tuesday and Thursday moving forward.		Tuna Casserole Soup	Fettuccine Alfredo Soup	Egg Salad Soup
			1	2	3
	Spaghetti & Meat Sauce Salad	Bagel & Lox Spread Fruit	Sweet & Sour Meatballs Fruit	Southwest Wrap Soup	Egg Salad Soup
	6	7	8	9	10
	Hot dog Fruit	Vegetable Lasagna Soup	Impossible Burger Fruit	Veggie & Cheese Omelet Skillet potatoes	Egg Salad Soup
	13	14	15	16	17
	Fish Taco Soup	Loaded baked potato Chili	Waffle Impossible Sausage	In observance of Thanksgiving, the cafe and the meal delivery services will be closed on Thursday and Friday.	
	20	21	22		
	Chicken & Noodles Fruit	Grilled Salmon Soup	Impossible Meatloaf Fruit	Shepherd's Pie Soup	
	27	28	29	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.