

CHANUKAH CELEBRATION with Baking Demo & Music

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

Celebrate the first night of Chanukah together with a jelly donut baking demo by **Barbara Bressler** and a musical sing-along with **Michael Lyss** and **Carol Kaplan-Lyss**. Enjoy the smells and tastes of freshly baked donuts, sing Chanukah songs and play dreidels and word games, ending with a candle lighting. **RSVP**



FOREVER FITNESS



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!

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

featuring Beethoven's Second Symphony

Friday, December 1 at 10:30 am (Bus leaves at 9:45)

David Danzmayr returns with a program that thrills and sings. Principal Oboe **Jelena Dirks** revels in the songful world of *Vaughan Williams' Oboe Concerto*. Danzmayr brings a sense of risk to *Beethoven's Second Symphony* and joy to *Jessie Montgomery's Strum*. **RSVP \$1**

Funding provided by The Women's Auxiliary Foundation for Jewish Aged, a Supporting Foundation of Jewish Federation of St. Louis.

PLEASE NOTE...

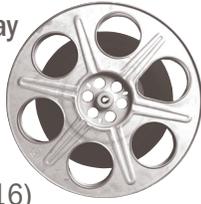
Parking at Crown is a challenge due to ongoing construction. Currently, only residents are permitted to park on our lot. If you are planning to come to Crown Center, please allow extra time to find a street spot. Thank you for your flexibility.

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.



12/1: **The Founder** (2016)

12/8: **Big George Foreman** (2023)

12/15: **Ender's Game** (2013)

12/22: **Pride and Prejudice** (2005)

12/29: **Some Like It Hot** (1959)

Trip to the Touhill for St. Louis Symphony Orchestra Coffee Concert: Beethoven's Second Symphony

SEE AD

Friday, December 1 at 10:30 am

(Bus leaves at 9:45)

Forever Fitness Exercise Class

SEE AD

led by Leigh Cohen

Mondays at 1:30 pm

Community Room in Staenberg Commons

Inspirational Documentary:

Live to 100: Secrets of the Blue Zones (Episode 2)

Monday, December 4 at 2:30 pm

Community Room in Staenberg Commons

Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives. Watch this wildly popular Netflix series. You don't have to have watched the first episode to enjoy the second!



Meditation & Mindfulness

Wednesday, December 6 at 12:00 pm

Community Room in Staenberg Commons

Are you overwhelmed by stress or anxiety, or just need some guidance in quieting your thoughts? Watch two 20-minute videos about meditation techniques to help you respond to life's ups and downs with mindfulness. Bring your lunch or enjoy the snacks and drinks provided. And just relax!

Improv Class

Thursday, December 7 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.

Chanukah Celebration with Baking Demo & Music

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Thursday, December 7 at 3:00 pm

Community Room in Staenberg Commons

Trip to The New Jewish Theater



Saturday, December 16 at 2:00 pm

(Bus leaves at 1:15 pm)

Attend a performance of *Into the Woods* at The New Jewish Theater on the campus of the Jewish Community Center. Stephen Sondheim's beloved musical revisits favorite fairy tale characters as they work to make their wishes come true. This Tony-Award winning musical adventure is at turns delightful and haunting, but always enchanting. Enjoy this very special theater experience. Space is limited. **RSVP \$1**

Funding provided by the Sloofman/Pyuk Fund.



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.

Writer's Workshop: Telling Stories

Monday, December 11 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. Notebooks and pens provided.

Short Story Reading and Discussion

Wednesday, December 13 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.

Trip to The New Jewish Theater Performance Into the Woods

Saturday, December 16 at 2:00 pm
(Bus leaves at 1:15) **RSVP**

SEE
AD



Nature Documentary: The Hidden Lives of Pets: Intelligence (2022)

Monday, December 18 at 2:30 pm
Community Room in Staenberg Commons

A base jumping border collie, a bopping cockapoo, and racing rats show that animal intelligence can get a big boost in the right enriched environment. Enjoy this 30 minute video from 2023 highlighting animal intelligence, and you'll never look the same way at pets.

Book Talk: Theme of Utopias & Dystopias

Wednesday, December 20 at 3:00 pm
Crown Library

Share your favorite authors and books from the chosen monthly genre with fellow literature lovers. December's theme will be writing about utopias and dystopias. Come ready to share literature that addresses this theme in plays, poetry, novels, short stories, and non-fiction.

Botanical Gardens Room with a Bloom

Thursday, December 21 at 1:00 pm
Art Studio in Staenberg Commons

SEE
AD



Celebrity Documentary: Call Me Kate

Wednesday, December 27 at 1:00 pm
Community Room in Staenberg Commons

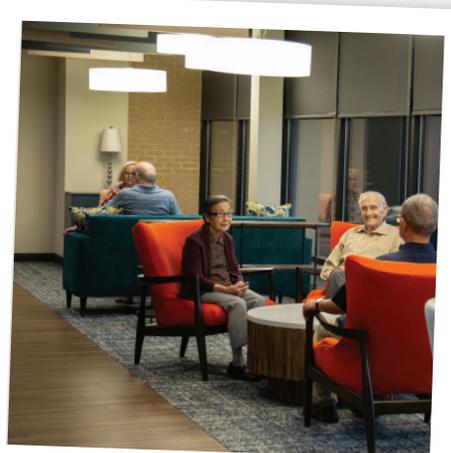
Through newly uncovered audio and video footage, the inner life of intensely private screen legend Katharine Hepburn emerges in this 2022 documentary.

Tom Winter Roving Violin Concert with Tea & Biscuits

Thursday,
December 28
at 3:00 pm

Community Room in
Staenberg Commons

Enjoy a relaxing musical experience with Violinist **Tom Winter**, who returns to Crown playing violin and singing as he strolls through the crowd. Enjoy hot tea and biscuits. **RSVP**



Missouri Botanical Gardens Room with a Bloom

**Thursday, December 21
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**



Gladys & Henry
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for Senior Living

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

DECEMBER 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 .					Egg Salad Soup I
Impossible Meat Tacos Salad 4	MEAL DELIVERY	Veggie & Cheese Pizza Salad 5	Tuna Casserole Soup 6	Fettuccine Alfredo Soup MEAL DELIVERY 7	Egg Salad Soup 8
Spaghetti & Meat Sauce Salad II	MEAL DELIVERY	Bagel & Lox Spread Fruit I2	Sweet & Sour Meatballs Fruit I3	Southwest Wrap Soup MEAL DELIVERY I4	Egg Salad Soup I5
Hot Dog Fruit I8	MEAL DELIVERY	Vegetable Lasagna Soup I9	Impossible Burger Soup 20	Veggie & Cheese Omelet Skillet Potatoes MEAL DELIVERY 2I	Egg Salad Soup 22
Fish Taco Soup Cafe Closed 25	MEAL DELIVERY	Loaded Baked Potato Chili 26	Waffle Impossible sausage 27	Veggie Lo Mein Soup MEAL DELIVERY 28	Egg Salad Soup 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.