

NEW!

Music Experiences

LED BY MUSIC THERAPY ST. LOUIS

Friday, January 12 at 11:00 am: Drum Circle **Friday, January 26 at 11:00 am:** Choir Singing
Community Room in Staenberg Commons

Do you enjoy music and wish you had more opportunities to be musical? **Anna Drexelius of Music Therapy St. Louis** will share her music expertise as she leads participants in various musical experiences including playing the drums and singing songs. You do not have to have a good singing voice or musical talent to enjoy this program! Spaces limited. **RSVP**



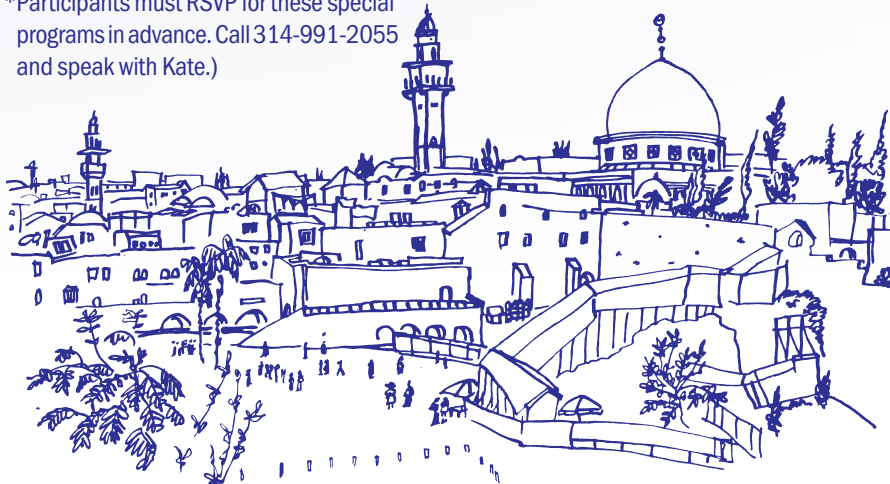
ISRAEL

The Foundations of the State,
the Palestinian-Israeli Conflict,
and the Possibilities Ahead

Thursdays, January 4 and January 18 at 1:00 pm
Community Room in Staenberg Commons

Rabbi Scott Shafrin of the St. Louis Jewish Community Relations Council will teach a series of classes to educate participants on the historical and cultural context of Israel/Palestine current events. Understanding the basics of Israel's history can give us incredible insights into Israeli society today, especially in light of the current situation in Israel. **RSVP***

*Participants must RSVP for these special programs in advance. Call 314-991-2055 and speak with Kate.)



Keeping the Dream Alive

A Martin Luther King, Jr.
Celebration Program

**Tuesday,
January 16
at 1:00 pm**

**Community Room in
Staenberg Commons**



Immerse yourself in the historic moment as we show the most inspiring part of Dr. King's "I Have a Dream" speech. Then learn from an interview clip of King's speechwriter the fascinating story behind the powerful words that shaped a movement. Discover how a community in South Carolina came together after years of challenge and resistance to embrace Dr. Martin Luther King, Jr. Day. Stay to share reflections and stories and enjoy refreshments. **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.

Forever Fitness Exercise Class led by Leigh Cohen

Mondays at 1:30 pm (No class 1/1/24)
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, **all while seated in a chair**. Background music also helps get your heart beating and your feet tapping!

Music Documentary: What Happened, Miss Simone?

Tuesday, January 2 at 1:00 pm
Community Room in Staenberg Commons

Using never-before-heard recordings, rare archival footage and her best-known songs, this is the story of legendary singer and activist Nina Simone. Nominated for an Oscar for Best Documentary, this film from 2015 explores her civil rights activism and her move to Liberia following the turbulence of the 1960s.

Lunch & Relax Meditation & Mindfulness

Wednesday, January 3 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!

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



CROWN CENTER 2024 Speaker Series

Have you ever wondered how professionals create the magic that happens on stage?


Wednesday, January 10 at 3:00 pm Community Room in Staenberg Commons

Page 2 Stage Repertory Theatre Presentation

The Repertory Theatre of St. Louis "Page 2 Stage" volunteers and staff will facilitate a discussion about the creation of a season of productions, from play selection to the moment it comes to life on stage. Learn about the different aspects of theatre while interacting with props, set models, lighting fixtures and more! **RSVP**



Israel: The Foundations of the State of Israel, the Palestinian-Israeli Conflict, and Possibilities Ahead **SEE AD**
Thursdays, January 4 and January 18 at 1:00 pm
Community Room in Staenberg Commons



STERLING *and* DENISE LLOYD CONCERT

Thursday, January 25 at 3:30 pm

Community Room in
Staenberg Commons

Enjoy the upbeat Motown songs of Crown favorites **Sterling and Denise Lloyd** as they return to entertain. A guaranteed good time!

RSVP

Book Lover Brainstorming Session

Thursday, January 4 at 3:00 pm
Weinberg Library

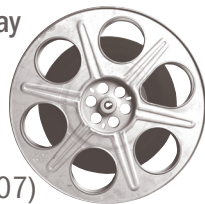
Do you love to read but wish you had opportunities to talk about books? Would you like to get back to reading again in 2024 and need some fresh book ideas? Meet with fellow book lovers to brainstorm about possible literary groups at Crown. No commitment, just brainstorming!

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.

- 1/5: **The Prestige** (2007)
- 1/12: **Elvis** (2022) and **Elvis Birthday Party!**
- 1/19: **Boycott** (2002)
- 1/26: **Central Intelligence** (2016)



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, January 8 at 3:00pm
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.

Music Experiences led by Music Therapy

St. Louis **RSVP**

Friday, January 12: Drum Circle

Friday, January 26: Choir Singing
Community Room in Staenberg Commons

Martin Luther King, Jr. Celebration Program: Keeping the Dream Alive

Tuesday, January 16 at 1:00 pm **RSVP**
Community Room in Staenberg Commons

SEE
AD

Trip to The Contemporary Art Museum: Exhibit Tour & Art Workshop

Wednesday, January 24 at 1:00 pm
(Bus leaves at 12:30pm)

Take a trip to **The Contemporary Art Museum** to tour their current exhibit featuring paper tissue art. Then participate in an art workshop using paper tissue on site at the museum. **RSVP \$2**

Cooking With Barb

Wednesday, January 17 at 3:00 pm
Culinary Kitchen in the Community Room

Crown favorite **Barb Bressler** returns to demonstrate one of many uses for glass jars. In this class, participants will make a delicious meal in a jar to take home and enjoy. Making meals in advance is a great time saver and convenient to have on hand when you don't want to or are not able to cook. **RSVP \$2**



Speaker Series: Page 2 Stage Repertory Theatre Presentation

Wednesday, January 10 at 3:00 pm
Community Room in Staenberg Commons

Improv Class

Thursdays, January 11 and
January 25 at 1:00 pm
Art Studio in Staenberg Commons

Crown will 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.

SEE
AD

Cooking with Barb

Wednesday, January 17
at 3:00 pm **RSVP \$2**
Culinary Kitchen in the Community Room

Nature Documentary: Our Great National Parks: World of Wonder (2022)

Monday, January 22 at 2:30 pm
Community Room in Staenberg Commons

Narrated by former **President Barack Obama**, this stunning docuseries highlights some of the planet's most spectacular national parks. This first episode gives an overview of the untamed beauty ranging from Africa's beaches, to Japan's islands and Australia's Great Barrier Reef.

SEE
AD

Sterling and Denise Lloyd Concert

Thursday, January 25 at 3:30 pm
Community Room in Staenberg Commons

Inspirational Documentary: Live to 100: Secrets of the Blue Zones

Monday, January 29 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 Episode 3 (2023) of this wildly popular Netflix series. You don't have to have watched the previous episodes to enjoy it!

SEE
AD

Big Muddy Dance Company Performance

Wednesday, January 31 at 1:30 pm
Community Room in Staenberg Commons

RSVP

SEE
AD

Big Muddy Dance Company at Crown

Wednesday, January 31 at 1:30 pm
Community Room
in Staenberg Commons

Enjoy a live performance of high quality ballet and dance entertainment from the Big Muddy Dance Company whose mission is to “invigorate life through dance.” **RSVP**



Gladys & Henry
crown center
for Senior Living

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St. Louis, MO 63124-2166

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JANUARY 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Impossible Meat Sauce Salad New Year's Day	I	Moroccan Stew Hummus & Pita MEAL DELIVERY 2	Sweet & Sour Meatballs Fruit 3	Southwest Wrap Soup MEAL DELIVERY 4	Tuna Casserole Soup 5
Hot Dog Salad	8	Vegetable Lasagna Soup MEAL DELIVERY 9	Impossible Burger Soup 10	Tofu & Veggie Lo Mein Soup MEAL DELIVERY 11	Egg Salad Soup 12
Fish Taco Soup Martin Luther King Jr. Day	15	Baked Ziti Fruit MEAL DELIVERY 16	Waffle Impossible Sausage 17	Veggie & Cheese Omelet Skillet Potatoes MEAL DELIVERY 18	Tuna Casserole Soup 19
Chicken & Noodles Fruit	22	Grilled Salmon Soup MEAL DELIVERY 23	Impossible Meatloaf Roasted potatoes 24	Fettuccine Alfredo Soup MEAL DELIVERY 25	Egg Salad Soup 26
Impossible Meat Tacos Salad	29	Veggie & Cheese Pizza Salad MEAL DELIVERY 30	Sloppy Joe Fruit 31	<p>The suggested donation per meal is now \$5. Circle@Crown Cafe and Meal Program are closed January 1 for New Year's Day and January 15 for Martin Luther King Jr. Day.</p>	

For Meal Program information, call: (314)991-2055

All meals include a fruit or vegetable and a dessert.

\$5 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.