

s|so @CROWN

Wednesday, February 14 at 3:00 pm

Enjoy the sweeping sounds of a **St. Louis Symphony String Quartet** concert at Crown Center. Led by Concertmaster Erin Shreiber, this lively, fun program will include music from Elgar's *Salut d'amour*, Piazzolla's *Libertango*, and Gershwin's *Someone to Watch Over Me*.

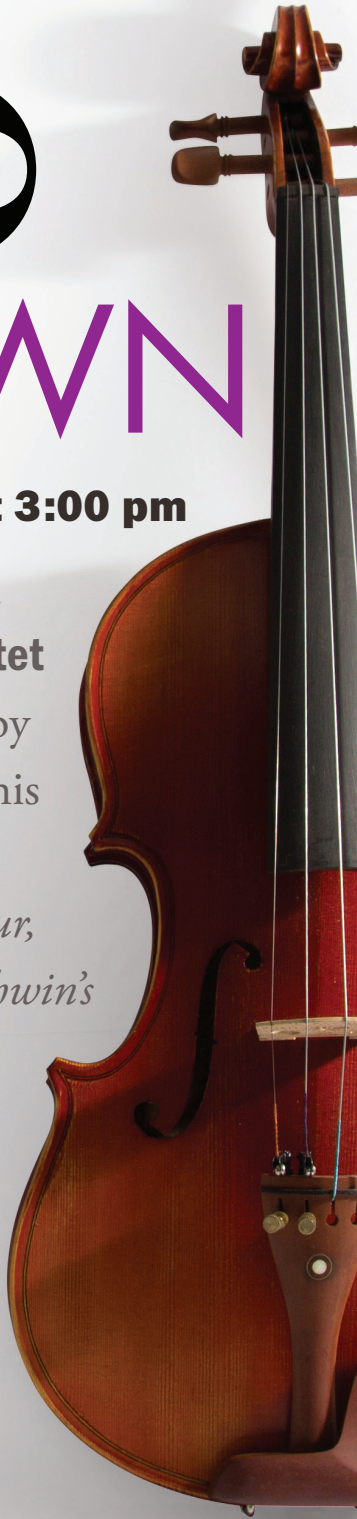
Refreshments served following the performance. **RSVP**

s|so

**St. Louis Symphony
Orchestra**

Stéphane Denève : Music Director

*With support from the Neal Novack
Music Fund and the Silk Foundation.*



Deborah Sharn Concert

Tuesday, February 27 at 4:00 pm

Community Room in Staenberg Commons

Deborah Sharn returns to Crown with a wide range of music from multiple genres including Broadway tunes, jazz, and contemporary songs. With her background in acting and radio, she will keep our audience entertained and engaged. **RSVP**

*Program supported by the Trio
Foundation of St. Louis.*

Missouri Botanical Gardens Room with a Bloom

**Thursday, February 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**



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

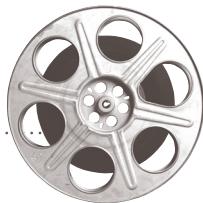
Enjoy a matinee every Friday with snacks and drinks served. Listening devices available.

2/2: **Night at the Museum** (2006)

2/9: **Get On Up: The James Brown Story** (2014)

2/16: **Lincoln** (2012)

2/23: **Maestro** (2023)



Forever Fitness Exercise Class

led by Leigh Cohen

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, all while seated in a chair if participants prefer. Background music also helps get your heart beating and your feet tapping!

Israel:

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

Thursdays, February 1 and
February 22 at 1:00 pm

Community Room in Staenberg Commons

Music Experiences

led by instructors from
Music Therapy St. Louis

Friday, February 2: Drum Circle

Friday, February 16: Choir Singing

Community Room in Staenberg Commons

Writer's Workshop

Monday, February 5 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. No obligation to share what you write.

Improv Class

Thursday, February 8 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.

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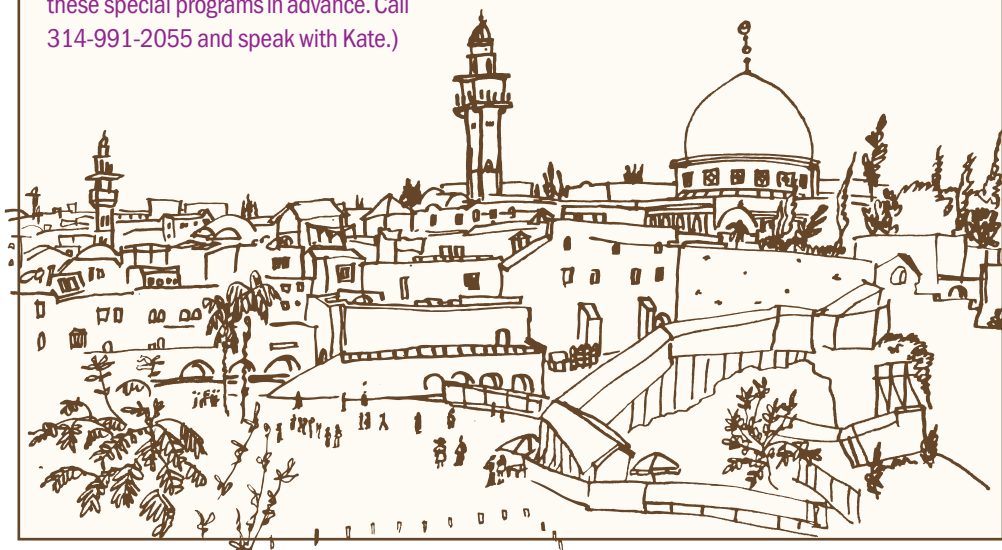
The Foundations of the State,
the Palestinian-Israeli Conflict,
and the Possibilities Ahead

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. *With support from the JCA Charitable Foundation*

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



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.

St. Louis Symphony String Quartet Concert

SEE
AD

Wednesday, February 14 at 3:00 pm
Community Room in Staenberg Commons

Presidents' Day Documentary: America's Book of Secrets: The White House

Monday, February 19 at 2:30 pm
Community Room in Staenberg Commons

An inside look at the secret protocols, elite security, and hidden history of the world's most public private residences of America's presidents. What is the most secret room in the White House and what makes it so powerful? Learn the answer in this 45-minute documentary. **RSVP**

Trip to the St. Louis Art Museum: *Matisse and the Sea* Special Exhibit

Tuesday, February 20
Bus leaves at 11:45 am

Enjoy a self-guided tour of the new *Matisse and the Sea* exhibit which examines the significance of the sea across Modernist artist Henri Matisse's career. Influenced by his time on the Mediterranean in the South of France, Matisse created a wide range of works in many media, including paintings, sculptures, prints, ceramics, and textiles. Enjoy a snack or lunch at the Café, or visit other free exhibits. *With Support from the Guy B. Jaffe & Judy Schwartz Jaffe Charitable Foundation.* **RSVP \$2**

Music Experiences

LED BY MUSIC THERAPY ST. LOUIS

Friday, February 2 at 11:00 am: Drum Circle
Friday, February 16 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 shares her music expertise as she leads participants in various musical experiences. Play the drums or sing songs as part of this music series at Crown. You do not have to have a good singing voice or musical talent to enjoy this program! Space is limited.

RSVP Funding provided by the Sloofman/Payuk Fund.

Baking Rice Crispy Lollipops

Wednesday, February 21 at 3:00 pm
Culinary Kitchen in the Community Room

Crown favorite Barb Bressler returns to demonstrate how to take your rice crispy treats to the next level. In this class, participants will create different shapes of rice crispy lollipops dipped in chocolate and sprinkles. Gluten free available. **RSVP \$2**

Nature Documentary: Dolphins

Monday, February 26 at 2:30 pm
Community Room in Staenberg Commons

This Netflix immersive series from 2022 follows the world's most magnificent creatures, capturing never-before-seen moments from the heart-warming to the outrageous. In only 45 minutes, learn how dolphins use their intelligence to form complex undersea societies.

Deborah Sharn Concert **RSVP**

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Tuesday, February 27 at 4:00 pm
Community Room in Staenberg Commons

Color Blocking Art Workshop **RSVP \$2**

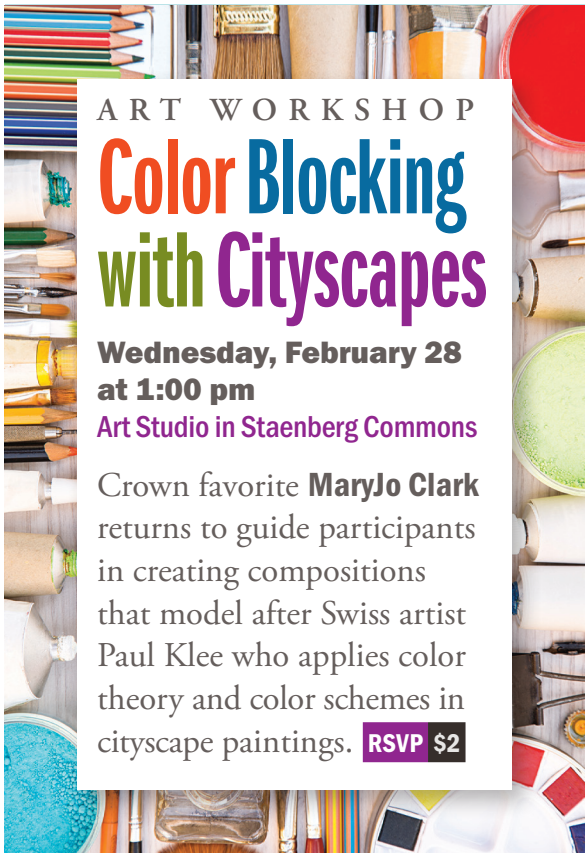
SEE
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Wednesday, February 28 at 1:00 pm
Art Studio in Staenberg Commons

Trip to Gingham's Homestyle Restaurant in St. Charles

Wednesday, February 29
Bus leaves at 11:15 am

Take a trip to St. Charles to have a hearty homestyle breakfast or lunch with Crown friends. Menus available at the office. **RSVP \$1**



ART WORKSHOP

Color Blocking with Cityscapes

Wednesday, February 28 at 1:00 pm

Art Studio in Staenberg Commons

Crown favorite **MaryJo Clark** returns to guide participants in creating compositions that model after Swiss artist Paul Klee who applies color theory and color schemes in cityscape paintings. **RSVP \$2**

Gladys & Henry

crown center

for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
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FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			Shepherd's Pie Soup MEAL DELIVERY 1	Tuna Casserole Soup 2
Spaghetti & Impossible Meat Sauce Salad 5	Moroccan Stew Fruit MEAL DELIVERY 6	Sweet & Sour Meatballs Fruit 7	Southwest Wrap Soup MEAL DELIVERY 8	Egg Salad Soup 9
Hot Dog Soup 12	Vegetable Lasagna Soup MEAL DELIVERY 13	Impossible Burger Soup 14	Tofu & Veggie Lo Mein Soup MEAL DELIVERY 15	Tuna Casserole Fruit 16
Fish Taco Soup 19	Baked Ziti Fruit MEAL DELIVERY 20	Waffle Impossible Sausage 21	Veggie & Cheese Omelet Skillet potatoes MEAL DELIVERY 22	Egg salad Soup 23
Chicken & Noodles Fruit 26	Grilled Salmon Soup MEAL DELIVERY 27	Impossible Meatloaf Fruit 28	Fettuccine Alfredo Soup MEAL DELIVERY 29	

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.