



Purim Celebration Klezmer Concert

Sunday, March 24 at 2:00 pm

Community Room in Staenberg Commons



Enjoy the upbeat tunes and rhythms of a 3-piece Klezmer band, **Shtark Klezmer & More**.

Celebrate the story of Queen Esther saving the Jewish people from the evil plotting of Haman. Come ready to spin your grogger, tap or dance to the music, and enjoy refreshments and hamantaschen.

RSVP



Thanks to the Women's Auxiliary for Jewish Aged, a supporting foundation of Jewish Federation of St. Louis.

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

Friday, March 22 at 10:30 am

(Bus leaves at 9:30 am)

Enjoy the the majesty of Beethoven's *Fifth Piano Concerto*, known as the "Emperor." Israeli pianist **Tom Borrow** brings his "supremely incandescent" touch to the concerto.

Donuts and coffee will be served before the performance. **RSVP \$1**



St. Louis Symphony
Orchestra

Stéphane Denève : Music Director

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



Trip to the St. Louis Science Center and Planetarium

Thursday, March 7 at 11:30 am

Bus leaves at 11:30 am; ECLIPSE show at 12:45 pm

Enjoy a 45-minute show at the Planetarium that explores the motion of the Sun and Moon in our sky to guide our understanding of solar and lunar eclipses.

Learn how to be prepared to safely observe the upcoming solar eclipse on April 8, 2024, and receive a free pair of solar glasses for safe solar viewing. Attendees may also explore the Science Center's exhibits or enjoy the cafe. **RSVP \$2**

Made possible by the Jaffee Charitable Foundation.



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.

3/1: **Champions** (2023)

3/8: **Indiana Jones and the Dial of Destiny** (2023)

3/15: **Bohemian Rhapsody** (2018)

3/22: **Chevalier** (2023)

3/29: **Roman Holiday** (1953)
Fifth Friday Throwback

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!

Writer's Workshop:

Telling Stories

Monday, March 4 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 be looking at the **Smithsonian Storycorp** platform to explore and write about our personal experiences during the COVID pandemic lockdown. No obligation to share what you write.

Music Experiences

LED BY MUSIC THERAPY ST. LOUIS

Friday, March 8 at 11:00 am: Drum Circle

Friday, March 15 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 need to have a good singing voice or musical talent to enjoy this program! **RSVP**

Funding provided by the Sloofman/Payuk Fund.



Health & Wellness Doc: That Sugar Film

Wednesday, March 6 at 1:00pm

Art Studio in Staenberg Commons

As we examine the effects of eating right during National Nutrition month, explore the effects of sugar on your health. In this 2015 documentary, Damon Gameau embarks on an experiment to document the effects of a high sugar diet on a healthy body. **RSVP**

Trip to the St. Louis Science Center and Planetarium

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Music Experiences led by Music Therapy St. Louis

SEE
AD

Friday, March 8: Drum Circle

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Community Room in Staenberg Commons

Nature Documentary: Kiss the Ground

Monday, March 11 at 2:30 pm

Community Room in Staenberg Commons

In this 2020 documentary science experts and celebrity activists (like Woody Harrelson) share the ways in which the earth's soil may be the key to combating climate change and preserving the planet. Be inspired by steps taken in regenerative agriculture to save the earth's topsoil.

HAPPY PURIM



Sunday, March 24

This joyous Jewish holiday celebrates the bravery of Queen Esther in saving the Jewish people from the evil Haman's plot.

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 The Sheldon for Steve Neale & Ben Nordstrom musical duo “We’re Not Cool Coffee Concert”

SEE
AD

Wednesday, March 13 at 10:00 am
(Bus leaves at 9:00 am) **RSVP \$1**

Improv Class

Thursday, March 14 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.

Speaker Series: Staying Healthy As We Age

Tuesday, March 19 at 1:00 pm
Community Room in Staenberg Commons

March is National Nutrition Month, and Brooke Grubb, registered dietitian with Aging Ahead, will speak to us about micronutrients and health as we age. Topics will include supplements, vitamins and minerals, as well as how to maintain a healthy diet to include all of the important nutrients needed to promote health while aging. Trivia games and Prizes! **RSVP**



◀ Crown Center residents gathered together in red to share information about staying healthy during February's Heart Health Month.

▶ Crown welcomed Big Muddy Dance Company for an entertaining afternoon of enjoyment.



FOLLOW CROWN

We're excited to enhance our online presence at Crown Center!

If you haven't already, we invite you to connect with us on Facebook, Instagram, and LinkedIn. Simply search for "Crown Center for Senior Living" and hit the follow button to stay updated on all our latest news and events!



Baking Hamantaschen

Wednesday, March 20 at 3:00 pm
Culinary Kitchen in the Community Room

Crown favorite Barb Bressler returns to demonstrate how to make hamantaschen, the favorite Purim Holiday treat. In this class, participants will make their own batch of fruit-filled pastries to bake and take home. Gluten free available. **RSVP \$2**

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Celebrity Documentary: Audrey Hepburn

Monday, March 25 at 2:30 pm
Community Room in Staenberg Commons

An intimate portrait of the remarkable life and career of legendary Hollywood actress, humanitarian and fashion icon Audrey Hepburn. Get the inside scoop on her before you watch her Oscar winning performance in *Roman Holiday* on Friday, March 29.

RSVP

Art Workshop: Creating Stylized Trees

Wednesday, March 27 at 1:00 pm
Art Studio in Staenberg Commons

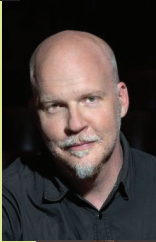
Crown favorite **MaryJo Clark** returns to guide participants in creating stylized trees using watercolor paint, markers and pencil drawing. Learn the techniques of stylization to create a tree that uniquely expresses you.

RSVP \$2



TRIP TO THE SHELDON FOR MUSICAL DUO FEATURING Steve Neale & Ben Nordstrom

Wednesday, March 13 at 10:00 am
(Bus leaves at 9:00)



Enjoy **Steve Neale** and
Ben Nordstrom who
take audiences on a trip
throughout the 70's, 80's
and 90's with their favorite



pop and rock tunes, with
some musical theatre
thrown in. **RSVP \$1**

*Funding provided by
Meals on Wheels America.*

Gladys & Henry
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center
for Senior Living

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Monday	Tuesday	Wednesday	Thursday	Friday
				Egg Salad Soup I
Impossible Tacos Fruit 4	Veggie & Cheese Pizza Salad 5 MEAL DELIVERY	Sloppy Joe Fruit 6	Shepherd's Pie Soup 7 MEAL DELIVERY	Tuna Casserole Soup 8
Spaghetti with Impossible Sauce Salad 11	Moroccan Stew Fruit 12 MEAL DELIVERY	Sweet & Sour Meatball Fruit 13	Southwest Wrap Soup 14 MEAL DELIVERY	Tuna Casserole Soup 15
Hot Dog Fruit 18	Vegetable Lasagna Soup 19 MEAL DELIVERY	Impossible Burger Soup 20	Tofu & Veggie Lo Mein Soup 21 MEAL DELIVERY	Egg Salad Soup Hamentaschen 22
Fish Taco Soup 25	Baked Ziti Fruit 26 MEAL DELIVERY	Waffle Impossible Sausage Fruit 27	Veggie & Cheese Omelet Fruit 28 MEAL DELIVERY	Tuna Casserole Soup 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.