

## Passover Seder

PROGRAM

**Tuesday,  
April 9  
at 3:00 pm**

Community Room in  
Staenberg Commons

Share the traditions of Passover with your  
Crown community while partaking

in charoset, roasted egg,  
horseradish and parsley,  
gefilte fish, and matzo.

**Rabbi Scott Shafrin** of the Jewish  
Community Relations Council (JCRC)  
will lead this special Passover program.

**RSVP All are welcome!**

*Thanks to funding provided by the  
Gladys K. Crown Foundation.*



*Happy Passover*

April 22  
through  
April 30

## Ha-Shemesh Concert

**Wednesday, April 3 at 3:30 pm**

Community Room in Staenberg Commons

Crown welcomes back the band  
Ha-Shemesh (The Sun) which has  
performed throughout the Midwest  
since the mid-1970's. Their repertoire  
includes music of liturgy, songs of Israel, and  
Yiddish, Ladino and Yemenite melodies.  
Enjoy this band of accordion, flute, drums,  
and mandolin. **RSVP**



*Made possible by the Women's Auxiliary Foundation for Jewish  
Aged, a supporting foundation of Jewish Federation of St. Louis*

## Trip to the Sheldon for Coffee Concert featuring...



## *Sweetie* & THE TOOTHACHES

★ ST. LOUIS' PREMIER JUMP BLUES BAND! ★

**Wednesday, April 17 at 10:00 am**

Bus leaves at 9:00 am

Specializing in 1940s through 1960s R&B,  
blues and ballads, St. Louis' premier swing  
band **Sweetie and the Toothaches** will have  
you stomping your feet. **RSVP \$1**

*Funded by Meals on Wheels America.*

**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! *Made possible by generous funding from the Lopata Charitable Foundation.*

**Writer's Workshop: Telling Stories**

**Monday, April 1 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.

**NEW!**

**Fitness Fun** led by AW Physical Therapist Assistant Diane Haudrich

SEE AD

**Wednesdays at 1:30 pm**  
Community Room in Staenberg Commons

**Ha-Shemesh Concert**

SEE AD

**Wednesday, April 3 at 3:30 pm**  
Community Room in Staenberg Commons

**RSVP**

**Feel-Good Documentary Mission: Joy**

**Thursday, April 4 at 1:00 pm**  
Community Room in Staenberg Commons

An exploration of the remarkable friendship between Archbishop Desmond Tutu and His Holiness the Dalai Lama. Inspired by *New York Times* bestseller *The Book of Joy: Lasting Happiness in a Changing World*, this 2021 film showcases the exchange between these two Nobel Peace Prize winners that led to that book. **RSVP**



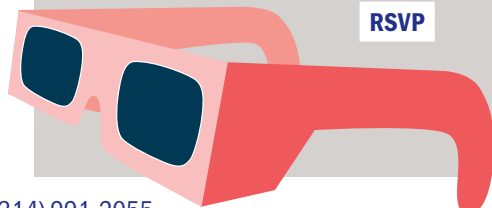
**Solar Eclipse Party**

**Monday April 8 at 1:30 pm**

**Patio and Community Room in Staenberg Commons**

Gather as a community to see this amazing phenomenon of the moon lining up perfectly between the sun and earth, blotting out the sunlight. Although St. Louis is not in the path of a total eclipse, we will experience partial darkness at 1:52pm and can observe the sun with ISO certified eclipse viewing glasses that each person in attendance will receive. Enjoy eclipse-themed refreshments.

**RSVP**



*Music Experiences*

led by Music Therapy St. Louis

**Friday, April 5 at 11:00 am:**  
Drum Circle

**Friday, April 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 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.*

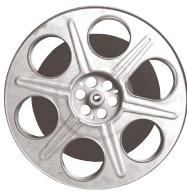


**The Friday Movie Club**

**Fridays at 2:00 pm**  
Community Room in Staenberg Commons

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

- 4/5: **Barbie** (2023)
- 4/12: **Oppenheimer** (2023)
- 4/19: **The Queen** (2006)
- 4/26: **Dune: Part I** (2021)



**Solar Eclipse Party**

SEE AD

**Monday, April 8 at 1:30 pm**  
Patio and Community Room in Staenberg Commons **RSVP**

**Passover Seder with Rabbi Scott Shafrin**

SEE AD

**Tuesday, April 9 at 3:00 pm** **RSVP**  
Community Room in Staenberg Commons

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.

## Cooking Personal Pizzas with Barb

Wednesday, April 10 at 3:00 pm  
Culinary Kitchen in the Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make single serving pizzas. In this class, participants will make their own personal pizza to take home. Gluten free option available. **RSVP \$2**

## Trip to the Jewish Film Festival to see Exodus 91

Thursday, April 11 at 3:30 pm  
Bus leaves at 2:45 pm

**B&B Theater Creve Coeur**

This hybrid documentary film follows Israeli diplomat, Asher Naim, on a seemingly insurmountable mission to bring 15,000 Ethiopian Jews to Israel. As Asher learns more about these African Jews, he finds himself between worlds and facing a crisis of faith in himself and his country. **RSVP \$2**  
*Funded by Meals on Wheels America.*

## Trip to The Sheldon for Sweetie & the Toothaches Coffee Concert

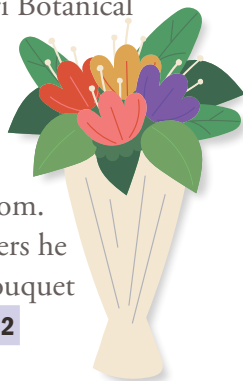
SEE AD

Wednesday, April 17 at 10:00 am  
Bus leaves at 9:00 am **RSVP \$1**

## Room with a Bloom

Thursday, April 18 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. **RSVP \$2**



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

Friday, April 19 at 10:30 am  
(Bus leaves at 9:45 am)

**Marie-Ange Nguci**, “one the most promising talents of her generation,” makes her SLSO debut with *Beethoven’s Second Piano Concerto*. John Storgårds conducts Nordic works, including *Jean Sibelius’s Seventh Symphony* tracing a powerfully sonic journey from darkness into light. **RSVP \$1**

s|s|o

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.*

## Nature Documentary

Our Great National Parks: World of Wonder

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

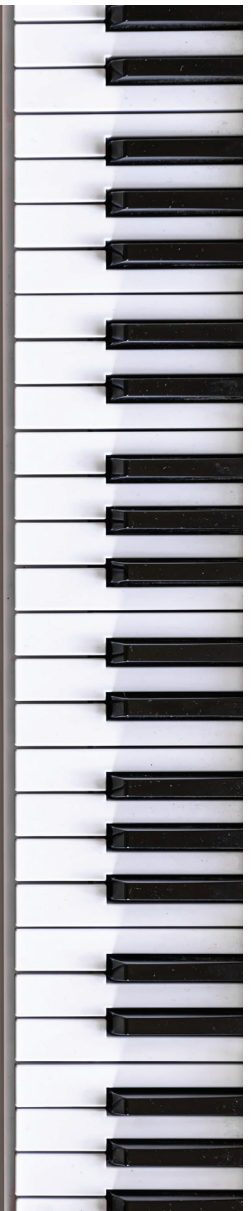
Narrated by former President Barack Obama, this stunning docuseries from 2022 highlights some of the planet’s most spectacular national parks. This first episode gives an overview of the untamed beauty ranging from Africa’s beaches, to Japan’s islands and Australia’s Great Barrier Reef.

## Repotting Extravaganza

Planting & Repotting Flowers Around Crown

Thursday, April 25 at 1:00 pm  
Patio

Come ready to plant some flowers in planters around Crown Center and bring your old or new houseplants that need repotting. We provide the soil, garden gloves and tools, and you bring your love of plants. **RSVP \$1**



**NEW!**

*AW*  
AW HEALTH CARE  
*healthy mind. healthy body.*

# Fitness FUN

**Wednesdays at 1:30 pm**  
**Community Room in Staenberg Commons**

Crown is thrilled to add another exercise opportunity to the calendar! This 30-minute exercise class, led by AW Healthcare PTA **Diane Haudrich**, focuses on strength and balance, all while seated in a chair if participants prefer. Be energized by background music as you work out with your friends.

*AW (Aging Well) Healthcare is a home health agency that serves the medical and personal needs of their patients who are of all cultures and nationalities.*

Gladys & Henry  
**crown  
center**  
for Senior Living

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**APRIL 2024**

|                        | <i>Monday</i> | <i>Tuesday</i>  | <i>Wednesday</i>                 | <i>Thursday</i>  | <i>Friday</i>                |
|------------------------|---------------|---|----------------------------------|--|------------------------------|
| Veggie Panini<br>Salad | I             | Impossible Beef Stew<br>Fruit<br><i>MEAL DELIVERY</i> 2 | BBQ<br>Coleslaw<br>3             | Southwest Wrap<br>Soup<br><i>MEAL DELIVERY</i> 4           | Tuna Casserole<br>Fruit<br>5 |
| Hot Dog<br>Fruit       | 8             | Vegetable Lasagna<br>Fruit<br><i>MEAL DELIVERY</i> 9    | Impossible Burger<br>Fruit<br>10 | Impossible Chili Mac<br>Fruit<br><i>MEAL DELIVERY</i> 11   | Baked Potato<br>Soup<br>12   |
| Roasted Fish<br>Soup   | 15            | Baked Ziti<br>Fruit<br><i>MEAL DELIVERY</i> 16          | Waffle<br>Fruit<br>17            | Veggie & Cheese Omelet<br>Fruit<br><i>MEAL DELIVERY</i> 18 | Tuna Casserole<br>Soup<br>19 |

**The Cafe will be closed during Passover, Tuesday, April 23 through Tuesday, April 30.**

If you are interested in a meal service during Passover week, please contact Client Services at 314-991-2055.

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.