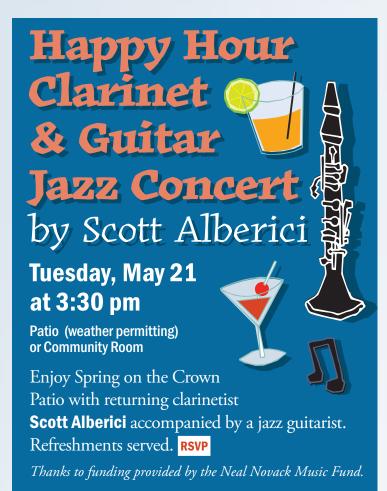


Crown Connection

MAY 2024





Trip to the Kaplan Feldman Holocaust Museum

Tuesday, May 7 at 12:30 pm

Bus leaves at 12:00 pm

Commemorate Yom Hashoah, Holocaust Memorial Day, (observed on 5/6) by taking a trip to the Kaplan Holocaust Museum and Learning Center to remember the stories and the lives of those lost in the Holocaust. Participants have option of self-guided experience at the Museum or a docent-led guided tour. RSVP \$2

Funded by Gladys K. Crown Foundation



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

AD

SEE

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

Celebrity Documentary: Bombshell: The Hedy Lamarr Story (2017)

Wednesday, May 1 at 2:15 pm **Community Room in Staenberg Commons**

This 2017 documentary explores the life of Austrian Jewish actress Hedy Lamarr. Behind the glamour and sex appeal, though, was an inquisitive and talented inventor who created a radio system that is now considered the basis of Bluetooth technology. RSVP

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 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.

CROWN CENTER 2024 speaker series

Thursday, May 16 at 1:00 pm

Community Room in Staenberg Commons

Tools for Relaxation



May is Mental Health Awareness month-- the perfect time to reflect on how to relax and take care of ourselves in this ever-changing and stressful world. Sylvia Nissenboim, LCSW, coach and owner of Lifework Transitions and past Crown board member, will offer relaxation techniques to utilize during stressful times. RSVP

Opera Theatre of Saint Louis

The Barber of Seville

Tuesday, May 28 at 3:00 pm **Community Room in Staenberg Commons**

Experience the world of high notes, hijinks and escapades with this comedic masterpiece where Figaro employs his favorite role of matchmaker. Hear an Opera Theatre of Saint Louis docent talk about and play excerpts from *The Barber* of Seville by Gioachino Rossini. RSVP



SEE

AD

The Friday Movie Club

Community Room in Staenberg Commons

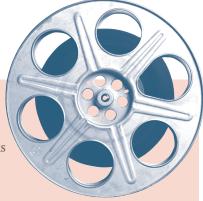
Enjoy a matinee **Fridays at 2:00 pm** with snacks and drinks served. Listening devices available.

5/3: Wonka (2023)

5/10: The Lord of the Rings (2001)

5/17: **Meet the Parents** (2000)

5/24: **Greyhound** (2020)



5th Friday Throwback!

5/31: **The Odd Couple** (1968)

Trip to the Kaplan Feldman Holocaust Museum

Tuesday, May 7 at 12:30 pm Bus leaves at 12:00 pm RSVP \$2

Baking with Barb

Wednesday, May 8 at 3:00 pm **Culinary Kitchen in the Community Room**

Crown favorite Barb Bressler returns to demonstrate her baking skills and lead participants in making their own quality baked treat. RSVP \$2

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.

Inspirational Documentary: Oprah & Viola

Thursday, May 9 at 1:00 pm Community Room in Staenberg Commons

Oprah Winfrey and Oscar-winning actor Viola Davis discuss the new memoir, *Finding Me*. In this 2022 Documentary, Viola reveals how "giving up hope that the past could be different" has brought her peace, forgiveness and a sense of self, enabling her to become the celebrated actress she is today.

Music Experiences led by Music Therapy St. Louis

Friday, May 10: Drum Circle

Friday, May 17 : 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! Funding provided by the Sloofman/Payuk Fund.

Writer's Workshop:

Telling Stories

Manday May 13 of

Monday, May 13 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. No obligation to share what you write.



Wednesdays at 1:30 pm

Community Room in Staenberg Commons

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.

Yom Ha'Atzmaut Celebration

Tuesday, May 14 at 3:30 pm RSVP Community Room in Staenberg Commons

Speaker Series for Mental Health Awareness Month:

Tools for Relaxation

Thursday, May 16 at 1:00 pm RSVP
Community Room in Staenberg Commons

Nature Documentary: Hiding in Color

Monday, May 20 at 2:30 pm Community Room in Staenberg Commons

Narrated by Sir David Attenborough, this stunning 2021 docuseries highlights the ways animals use color to survive. This 50-minute episode "Hiding in Color" shows how animals use their colors to hide from hunters or trick their prey.

Happy Hour Clarinet & Guitar Jazz Concert

SEE

by Scott Alberici

Tuesday, May 21 at 3:30 pm RSVP Patio (weather permitting) or Community Room

Opera Theatre of Saint Louis presents The Barber of Seville



Tuesday, May 28 at 3:00 pm RSVP Community Room in Staenberg Commons

Art Workshop:

SEE

AD

SEE

AD

Creating Stylized Trees

Wednesday, May 29 at 2:00 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.

(Make-up class from March) RSVP \$2

Trip to The Missouri Botanical Garden



Thursday, May 30 at 12:00 pm Bus leaves at 11:30 am

RSVP \$2

Trip to the **MISSOURI** BOTANICAL GARDEN

Gladys & Henry crown center for Senior Living

Non-Profit Org US POSTAGE PAID St Louis Mo Permit No 820

8350 Delcrest Drive St. Louis, MO 63124-2166

Thursday, May 30 at 12:00 pm

Bus leaves at 11:30 am

Take some time to look at and smell the Spring flowers in bloom at the Missouri Botanical Garden. Enjoy walking around the park, eating a snack or lunch in the restaurant, or just sitting on a bench in the Japanese Garden.

Funded by Meals on Wheels America.

RSVP \$2









Call us (314) 991-2055

Find us online www.crowncenterstl.org

Monday Tuesday Wednesday Thursday Friday **Veggie & Cheese Omelet Tuna Casserole** Waffle **Impossible Sausage** Fruit Soup Ι 2 3 **MEAL DELIVERY Hot Dog** Vegetable Lasagna **Impossible Burger** Impossible Chili Mac **Baked Potato Fruit** Fruit **Fruit** Fruit Soup IO 9 **MEAL DELIVERY** MEAL DELIVERY **Grilled Salmon Stuffed Pepper Fettuccine Alfredo** Chicken & Noodles **Egg Salad** Fruit Fruit Fruit Fruit Soup 16 13 **I**4 15 17 **MEAL DELIVERY MEAL DELIVERY** Veggie & Cheese Pizza **Tuna Casserole Impossible Meat Tacos Sloppy Joe** Spaghetti & **Corn Salad** Side Salad **Tater Tots Impossible Meat Sauce** Soup Salad 20 21 22 23 24 **MEAL DELIVERY MEAL DELIVERY Fettuccine Alfredo Impossible Beef Stew BBQ** with Baked Beans **Southwest Wrap** Egg salad Fruit Soup **Fruit** Soup Soup The Crown Center & Cafe will be

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

All meals include a fruit or vegetable and a dessert.

29

\$5 suggested donation per meal

30



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MEAL DELIVERY

28

closed Monday, May 27

for Memorial Day.

MEAL DELIVERY