

Happy Hour Clarinet & Guitar Jazz Concert by Scott Alberici

Tuesday, May 21
at 3:30 pm

Patio (weather permitting)
or Community Room

Enjoy Spring on the Crown
Patio with returning clarinetist
Scott Alberici accompanied by a jazz guitarist.
Refreshments served. **RSVP**

Thanks to funding provided by the Neal Novack Music Fund.



Yom Ha'Atzmaut Celebration featuring **Shakshuka**



Tuesday, May 14 at 3:30 pm

Community Room in Staenberg Commons

Celebrate Israeli Independence Day (5/14/48)
with the upbeat tunes of the **Shakshuka** band.
Enjoy popular and Israeli folk music while
sampling Israeli foods. **All are welcome!** **RSVP**

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

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



**ALL ARE
WELCOME**

Neighborhood seniors are welcome at Crown Center programs when space allows. If you see a program that interests you, please contact Kate Massot at 314-991-2055 for more information about attending.

Fitness Fun led by
AW Physical Therapist
Assistant Diane Haudrich

SEE
AD

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.

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)



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**



Trip to the Kaplan Feldman Holocaust Museum

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

SEE
AD

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. **RSVP**

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.* **RSVP**

Writer's Workshop:

Telling Stories

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

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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.

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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: 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

SEE
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Trip to the MISSOURI BOTANICAL GARDEN

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

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

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St. Louis, MO 63124-2166

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Call us (314) 991-2055 Find us online www.crowncenterstl.org Follow us on   

MAY 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			Waffle Impossible Sausage I	Veggie & Cheese Omelet Soup MEAL DELIVERY 2	Tuna Casserole Fruit 3
Hot Dog Fruit 6	Vegetable Lasagna Fruit MEAL DELIVERY 7	Impossible Burger Fruit 8	Impossible Chili Mac Fruit MEAL DELIVERY 9	Baked Potato Soup 10	
Chicken & Noodles Fruit 13	Grilled Salmon Fruit MEAL DELIVERY 14	Stuffed Pepper Fruit 15	Fettuccine Alfredo Fruit MEAL DELIVERY 16	Egg Salad Soup 17	
Impossible Meat Tacos Corn Salad 20	Veggie & Cheese Pizza Side Salad MEAL DELIVERY 21	Sloppy Joe Tater Tots 22	Spaghetti & Impossible Meat Sauce Salad MEAL DELIVERY 23	Tuna Casserole Soup 24	
Fettuccine Alfredo Soup The Crown Center & Cafe will be closed Monday, May 27 for Memorial Day. 27	Impossible Beef Stew Fruit MEAL DELIVERY 28	BBQ with Baked Beans Fruit 29	Southwest Wrap Soup MEAL DELIVERY 30	Egg salad Soup 31	

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.