

Crown Connection

AUGUST 2024

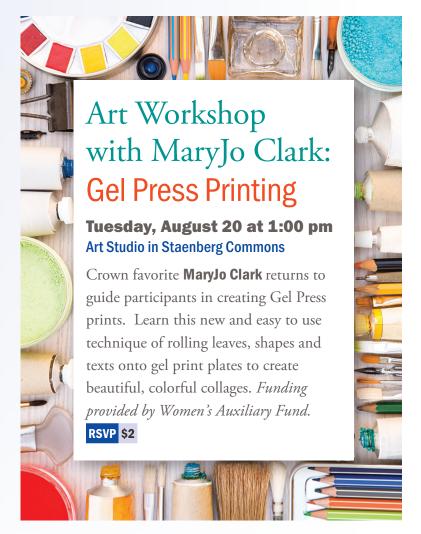
Tour of Cathedral Basilica of St. Louis & Ice Cream at Clementine's

Thursday, August 8 at 1:00 pm (Bus leaves at 12:30 pm)

Enjoy a docent-led tour of the beautiful Cathedral Basilica in the Central West End. With over 40 million colorful glass pieces, the cathedral boasts the largest mosaic display in the world outside of Russia. Be amazed at the beauty of the two inner chapels designed by Tiffany & Co, and learn the cathedral's interesting history. Enjoy an ice cream snack at Clementine's afterwards. Ice cream at your own expsense. RSVP \$1







Chair Yoga Class

led by Oasis

instructor Amy Raymond

Thursdays at 11:00 am (No class on August 8)

Community Room in Staenberg Commons

SEE AD

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.

Writer's Workshop: **Telling Stories**

Monday, August 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.

CROWN CENTER 2024 speaker series



Immunization 101: What vaccines should I get in 2024?

Monday, August 26 at 11:00 am Community Room in Staenberg Commons

August is National Immunization Awareness Month, and Mercy Pharmacist **Pramila Badhrinarayanan** will return to Crown to explain the various vaccine options in 2024. If you have questions about COVID, pneumonia, shingles, RSV, or flu vaccines, come and learn important information from Pramila, who will also be administering flu shots again this Fall at Crown. RSVP

Fitness Fun Exercise Class

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.

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.

8/2: **Top Gun: Maverick** (2022) 8/9: **The Color Purple** (2023)

8/16: **The Post** (2018) 8/23: Inside Out (2015)

5th Friday Throwback!

8/30: Big (1988)

Tour of Cathedral AD **Basilica of St. Louis & Ice Cream at Clementine's**

Thursday, August 8 at 1:00pm (Bus leaves at 12:30) RSVP \$1

Nature Documentary:

Our Great National Parks: Tsavo, Kenya Episode 3

Monday, August 12 at 2:30 pm **Community Room in Staenberg Commons**

Narrated by former President Barack Obama, this 2022 stunning docuseries highlights some of the planet's most spectacular national parks. This third episode highlights Kenya's Tsavo National Park where thousands of elephants, hippos, rhinos, hornbills and other animals roam the breathtaking, vast landscape. RSVP

Botanical Gardens Room with a Bloom

Thursday, August 15 at 1:00 pm **Art Studio in Staenberg Commons** 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.

asis Chair Yoga Class led by instructor Amy Raymond Lifelong Adventure

Thursdays at 11:00 am (No class August 8) **Community Room in Staenberg Commons**

Discover the benefits of gentle yoga designed for older adults, incorporating modified poses that can be performed while seated in a chair or using the chair for support. Whether you are new to yoga or looking to maintain your flexibility, strength, and balance, this class offers a safe and enjoyable way to enhance your well-being. And enjoy a very special introductory free pass to this quality Oasis class! **RSVP**



Celebrity Documentary: Remembering Gene Wilder Monday, August 19 at 2:30 pm **Community Room in Staenberg Commons**

Follow the story of actor, comedian, and writer Gene Wilder, born Jerome Silberman. Enjoy hilarous and touching clips and outtakes, never-before-seen home movies and interviews with collaborators like Mel Brooks and Alan Alda. This 2024 tribute celebrates Wilder's comic genius. RSVP \$2



▲ Enjoying an ice cream social on a beautiful summer day.



Jusic Experiences led by Music Therapy St. Louis Friday, August 9 at 11:00 am: Drum Circle Friday, August 23 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.

Art Workshop: Gel Press Printing Tuesday, August 20 at 1:00 pm **Art Studio in Staenberg Commons**

 Spending time at Missouri Botanical Garden.

Baking with Barb: Healthy, Easy Omelets Wednesday, August 21 at 3:00 pm

Culinary Kitchen in the Community Room

Crown favorite Barb Bressler returns to demonstrate how to make omelets. In this class, participants will learn how to make a convenient, healthy egg and vegetable breakfast. RSVP \$2

Spanish Guitar Concert SEE

with Farshid Etniko

Thursday, August 22 at 3:00 pm RSVP **Community Room in Staenberg Commons**

Speaker Series: Immunization 101:

AD

What vaccines should I get in 2024?

Monday, August 26 at 11:00 am **Community Room in Staenberg Commons**

Trip to Golden Corral

Tuesday, August 27 Bus leaves at 11:00 am

SEE

AD

Has it been too long since you have enjoyed the variety of an all-you-caneat buffet? The Crown bus returns to a long-standing favorite eatery in South County. Lunch cost on your own. RSVP \$1

Missouri Botanical Garden Room with a Bloom

Thursday, August 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



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Monday	Tuesda	y	Wednesday	Thursday	Frie	lay
Circle@Crown Cafe will be closed August 13 in observance of Tisha B'Av. Meals delivered the first two weeks of August will be made with a fresh-to-frozen method.				Spaghetti & Impossible Meat Sauce Salad	Tuna Casserole Soup	2
Vegetable Lasagna Soup	Chili Mac Soup		Veggie & Cheese Omelet Fruit	Sloppy Joe Tator Tots	Tuna Casserole	
5	MEAL DELIVERY	6	7	MEAL DELIVERY 8		9
Waffle Veggie Sausage	Baked Ziti Fruit		Fettuccini Alfredo Fruit	Veggie & Cheese Pizza Soup	Egg Salad Fruit	
MEAL DELIVERY 12		13	14	MEAL DELIVERY 15		16
Roasted Fish Soup	Baked Ziti Fruit		Waffle Impossible Sausage	Veggie & Cheese Omelet Cheese Blintz	Tuna Casserole Soup	
19	MEAL DELIVERY 2	20	21	MEAL DELIVERY 22		23
Chicken & Noodles Fruit	Grilled Salmon Soup		Chicken Salad Soup	Fettuccine Alfredo Soup	Egg Salad Fruit	
26	MEAL DELIVERY	27	28	MEAL DELIVERY 29		30
For Meal Program information, call: (314)991-2055		All meals include a fruit or vegetable and a		and a dessert. \$5 suggest	rt. \$5 suggested donation per meal	