

Crown Center is pleased to continue its longstanding partnership with St. Louis Oasis. The Oasis classes listed in this newsletter will take place at Crown Center. Please register for these classes directly with St. Louis Oasis.

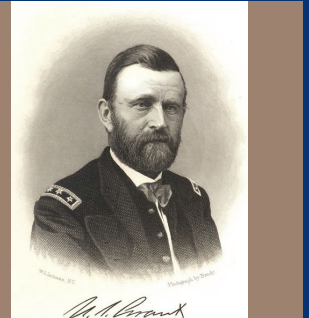


To register with **St. Louis Oasis** VISIT www.stloasis.org CALL 314-862-4859
COMPLETE the registration form in the September/October Oasis catalog.

THE IMPORTANCE OF ST. LOUIS TO ULYSSES S. GRANT

Wednesday, September 18 at 10:00 am Community Room in Staenberg Commons

Join historian and curator **Nick Sacco** from the Ulysses S. Grant National Historic Site as he introduces participants to Grant's life experiences in St. Louis. Discover how this city played a pivotal role in shaping the man who would become one of America's most notable figures.



Chair Yoga Class

led by **NEW** instructor Dina Fachin

Thursdays at 11:00 am
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. **RSVP through Oasis**



Thrive at 65

led by instructor Polly Lemire


Thursdays, September 5, 12 and 19 at 10:00 am
Community Room in Staenberg Commons

This three-session class is for anyone tired of grappling with outdated beliefs about aging that are imposed on us by society. Based on the latest discoveries in neuroscience, we will use the **Tiny Habits™** method to prove that it's easier than you think to create new behaviors and a more positive mindset.

Greyfriars Kirk Cemetery

led by instructor Juliet Claire Simone

Tuesday, September 10 at 10:00 am
Community Room in Staenberg Commons

Learn about Scotland's most interesting graveyard. Opened in Edinburgh in 1620, Greyfriars Kirk has been inspiring famous writers ome of our most beloved stories for generations. You may know about Greyfriars Bobby, but find out more buried stories in this fascinating class.

Forever Fitness Exercise

Class led by Leigh Cohen

Mondays at 1:30 pm

Wellness Center 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.*

Fitness Fun Exercise Class

Wednesdays at 1:30 pm

Wellness Center 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 Healthcare is a home health agency that serves the medical and personal needs of their patients who are of all cultures and nationalities.

Chair Yoga Class

Thursdays at 11:00 am

Community Room in Staenberg Commons

RSVP with Oasis

SEE AD



OVER THE HILL SINGERS BROADWAY TUNES CONCERT & SMOOTHIES

**Thursday, September 12
at 3:30 pm**

Community Room in Staenberg Commons

If you love to sing along to Broadway tunes from different eras, you will not want to miss this entertaining 4-person band.

Enjoy healthy smoothies as a special treat. **RSVP**

Trip to the Boathouse at Forest Park for lunch

Tuesday, September 3 at 11:30 am

Bus leaves at 11:00 am **RSVP \$1**

SEE AD

Thrive at 65

**Thursdays, September 5,
12 and 19 at 11:00 am**

Wellness Center in Staenberg Commons

RSVP with Oasis

SEE AD

Music Experience

Drum Circle led by

Music Therapy St. Louis

Friday, September 6 at 11:00 am

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 playing various types of drums that she brings. Enjoy the relaxation and the joy of different rhythms and beat your drum to popular songs. *Funding provided by the Sloofman/Payuk Fund.* **RSVP**

The Friday Movie Club

Community Room in Staenberg Commons

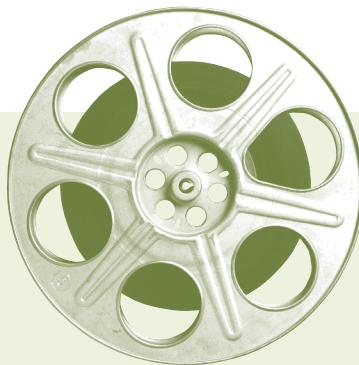
Enjoy a matinee **Fridays at 2:00 pm** with snacks and drinks served. Listening devices available.

9/6: **The Bourne Identity** (2002)

9/13: **Nyad** (2023)

9/20: **American Fiction** (2023)

9/27: **Star Trek** (2009)



The Friday Movie Club

Fridays at 2:00 pm

Community Room in Staenberg Commons

SEE AD

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.



▲ A tour of the Cathedral Basilica

Writer's Workshop: Telling Stories

Monday, September 9 at 3:00 pm
Art Studio in Staenberg Commons

If you are curious about writing and want to play with words and techniques, come check out our monthly Writer's Workshop. In each class, we write about different topics and discuss the writing experience. No obligation to share what you write.

Greyfriars Kirk Cemetery

Tuesday, September 10 at 10:00 am
Community Room in Staenberg Commons

RSVP with Oasis

Inspirational Documentary: Young@Heart

Wednesday, September 11 at 2:30 pm
Community Room in Staenberg Commons

Be inspired by this 2007 documentary about a chorus of senior citizens from Massachusetts who cover songs by Jimi Hendrix, Coldplay, Sonic Youth, and other unexpected musicians. As part of Healthy Aging month, be reminded to think young, regardless of your numerical age. **RSVP**

SEE
AD

Over the Hill Singers Broadway Tunes Concert & Smoothies

Thursday, September 12 at 3:30 pm
Community Room in Staenberg Commons

RSVP

SEE
AD

Nature Documentary: Animal Series: Octopus

Monday, September 16 at 2:30pm
Community Room in Staenberg Commons

This 2022 Netflix series follows the world's most magnificent creatures on the planet capturing never-before-seen moments from the heartwarming to the outrageous. This 50 minute episode highlights the remarkable intelligence of the octopus. **RSVP**

The Importance of St. Louis to Ulysses S. Grant

Wednesday, September 18 at 10:00 am
Community Room in Staenberg Commons

RSVP with Oasis

SEE
AD

Cooking with Barb

Wednesday, September 18 at 3:00 pm
Culinary Kitchen in the Community Room

Crown favorite Barb Bressler returns to demonstrate _____. In this class, participants will learn how to make _____. **RSVP \$2**

Creating Terrariums

Thursday, September 19
at 2:00 pm **RSVP \$2**

Art Studio in Staenberg Commons

SEE
AD

Trip to the Missouri Botanical Garden

Thursday, September 26 at 1:00 pm
Bus leaves at 12:30

Take some time to look at and enjoy the plants and flowers 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

Trip to the Boathouse at Forest Park for lunch

Tuesday, September 3 at 11:30 am Bus leaves at 11:00 am

Take a post-Labor Day trip to the Boathouse at Forest Park for lunch. Enjoy outdoor seating by the lake if the weather is nice.

Lunch cost on your own. **RSVP \$1**



Creating Terrariums

Thursday, September 19 at 2:00 pm

Community Room in Staenberg Commons

Dave Reindl, Missouri

Botanical Garden volunteer, comes to share his plant expertise, his warmth, and his wisdom. He will lead participants in creating their own terrarium in a mason jar to take home.



RSVP \$2

Gladys & Henry
crowncenter
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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

Call us (314) 991-2055

Find us online www.crowncenterstl.org

Follow us on



SEPTEMBER 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
Impossible Meat Tacos Fruit	2	Veggie and Cheese Pizza Side salad <i>MEAL DELIVERY</i> 3	Sloppy Joe Fruit	4	Spaghetti & Impossible Meat sauce Salad <i>MEAL DELIVERY</i> 5	6
Veggie Panini Salad	9	Impossible Beef Stew Fruit <i>MEAL DELIVERY</i> 10	BBQ Meatballs Fruit	11	Southwest Wrap Soup <i>MEAL DELIVERY</i> 12	13
Hot Dog Fruit	16	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 17	Impossible Hamburger Soup	18	Chili Mac Soup <i>MEAL DELIVERY</i> 19	20
Roasted White Fish Soup	23	Baked Ziti Fruit <i>MEAL DELIVERY</i> 24	Waffle Impossible Sausage	25	Veggie and Cheese Omelet Cheese Blintz <i>MEAL DELIVERY</i> 26	27
Chicken and Noodles Fruit	30	Note: Cafe and Office closed Monday, September 2, 2024 in observance of Labor Day.				

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.