



CELEBRATE JEWISH HIGH HOLIDAYS AT CROWN. ALL ARE WELCOME.

Lucy Greenbaum High Holiday Celebration Concert

Tuesday, October 8 at 3:30 pm
Community Room in Staenberg Commons



Celebrate the new year with the beautiful voice of **Lucy Greenbaum**, Director of Music Engagement at Congregation Shaare Emeth.

Enjoy soothing, inspirational music and holiday refreshments. All are welcome! **RSVP**



Baking With Barb

Wednesday, October 16 at 3:00 pm
Culinary Kitchen in the Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make a delicious apple crisp for the new year. In this class, participants will enjoy samples and make their own personal apple treat to take home and bake.

RSVP \$2



ROSH HASHANAH PROGRAM

with Rabbi James Goodman

Wednesday, October 2 at 3:30 pm
Community Room in Staenberg Commons

Celebrate the Jewish New Year with story and song, led by **Rabbi James Goodman**. Reflect with gratitude and hope thoughts about the past and coming year which you can write on leaves to add to a symbolic tree. Enjoy apples, honey and refreshments. All are welcome! **RSVP**



Sukkot Program

Wednesday, October 23 at 3:00 pm
Sukkah on the Crown Patio

Celebrate Sukkot in the Crown Sukkah, led by **Florence Schachter**. Enjoy the decorations and holiday refreshments as we celebrate together. **RSVP**



ALL ARE
WELCOME

Neighborhood seniors are welcome at Crown Center programs.

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.

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.

10/4: **Ordinary Angels** (2024)10/11: **One Life** (2023)10/18: **Good Night, and Good Luck** (2005)10/25: **Marshall** (2017)**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.*

Rosh Hashanah Program**Wednesday, October 2 at 3:30 pm****Community Room in Staenberg Commons****RSVP See Ad**

The Oasis classes listed below will take place. Please register with **St. Louis Oasis VISIT** www.stlouisoasis.com **COMPLETE** the registration form in the September issue.

Beginning Harmonica Workshop led by Gateway**Wednesdays, October 2, 9 and 16 at 10:00 am–11:30 am Community Room in Staenberg Commons**

This three-session class is for anyone interested in trying out the harmonica, where the joy of playing simple songs awaits—no prior music reading skills needed. Bring your own 10-hole diatonic harmonica in the key of C or purchase one for \$10 during the first session. Try something new, fun, and easy to learn! **RSVP with Oasis**

Beginner**Watercolor****Pumpkin in Witch's Hat led by Ann Flory, Artfully Aging****Wednesday, October 9 at 1:00 pm****Art Studio in Staenberg Commons**

Experience a welcoming and creative session providing guidance on fundamental watercolor techniques. Whether a beginner or experienced artist, join us for a relaxing journey into the world of watercolors, tapping into your artistic expression.

RSVP with Oasis**Greyfriars Kirk Cemetery**

led by instructor

Juliet Claire Simone

Tuesday, October 1 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 for some of our most beloved stories for generations. You may know about Greyfriars Bobby, but find out more buried stories in this fascinating class.

RSVP with Oasis**Lucy Greenbaum****High Holiday Concert****Tuesday, October 8 at 3:30 pm****Community Room in Staenberg Commons****RSVP See Ad****Voting Assistance at Crown****Thursday, October 10****from 1 pm to 2:30 pm****Community Room in Staenberg Commons****See Ad RSVP** Walk-ins are welcome.**Writer's Workshop:****Telling Stories****Monday, October 14 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.

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.

at Crown Center.

v.stloasis.org **CALL** 314-862-4859

r/Oasis catalog.

Harmonica Club

Staenberg Commons

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Chair Yoga Class led by Oasis instructor Dina Fachin

Thursdays at 11:00 am

No class on October 3

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 with Oasis

Working with Plants: Repotting and Propagation

Tuesday, October 15 at 1:00 pm

Community Room Patio and Greenhouse

Bring your droopy or struggling houseplants that need repotting, or your thriving houseplants that could be propagated and shared. Help put Fall mums into the planters in the Patio area. Bring your own pots; soil and fertilizer provided. Bring plants to put in the Greenhouse. **RSVP**

Baking with Barb:

Apple Crisp

Wednesday, October 16 at 3:00 pm

Culinary Kitchen in the Community Room

RSVP \$2 See Ad

Missouri Botanical Garden Room with a Bloom

Thursday, October 17 at 1:00 pm

Art Studio in Staenberg Commons

RSVP \$2 See Ad

Nature Documentary:

Our Great National Parks

Monday, October 21 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 fourth episode highlights Monterey Bay, National Marine Sanctuary in California. Get an up-close look at the beautiful coastal life where wildlife and humanity meet. **RSVP**

Sukkot Program

Wednesday, October 23 at 3:00 pm

Sukkah on the Crown Patio **RSVP** See Ad

Trip to Babler State Park

Visitor Center and Pavilion

Thursday, October 24 at 1:00 pm

Bus leaves at 12:30

Experience a scenic journey to a beautiful park located just outside of St. Louis. The visit will include a program about animals led by Park Ranger Dustin Hillis at the Visitor Center. Then enjoy a snack at one of park's pavilions. A great opportunity to get into nature when St. Louis autumn weather is at its best! **RSVP** \$1

Music Documentary:

The Greatest Night in Pop

Monday, October 28 at 2:30 pm

Community Room in Staenberg Commons

Emmy nominated documentary about the group of musicians who came together to record the memorable song "We are the World" in one night in 1985 for a charitable cause. Go behind the scenes in this documentary from 2024 to see how the biggest stars in music pulled off this seemingly impossible feat. **RSVP**

Trip to Miss Sheri's

Tuesday, October 29 at 11:30 am

Bus leaves at 11:00 am

Enjoy home cooked foods at Miss Sheri's restaurant in south county.

Missouri Botanical Garden Room with a Bloom

Thursday, October 17 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



Voting Assistance at Crown

NCJ \geq STL

National Council of Jewish Women St. Louis

Gladys & Henry
crown center
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
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Thursday, October 10

1:00 pm to 2:30 pm

Community Room in Staenberg Commons

Volunteers from the National Council of Jewish Women, including a notary, will assist residents and community seniors with applying for absentee ballots, ballot notarization, help with change of address forms, filling out absentee ballots, and requesting permanent disability status. Make sure you are ready to cast your vote in the November 5 election!

RSVP Walk-ins are welcome.

Call us (314) 991-2055

Find us online www.crowncenterstl.org

Follow us on



OCTOBER 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		Impossible Meatloaf Mashed Potatoes <i>MEAL DELIVERY</i>	BBQ Meatballs Cole Slaw <i>MEAL DELIVERY</i>	Baked Chicken Apple Sauce Challah Roll <i>MEAL DELIVERY</i>	Bagel & Lox Fruit
		1	2	3	4
Hot Dog Potato Salad		Vegetable Lasagna Soup <i>MEAL DELIVERY</i>	Impossible Hamburger Soup	Chili Mac Soup <i>MEAL DELIVERY</i>	Egg Salad Soup
	7	8	9	10	11
Roasted Fish Soup		Chicken Pot Pie Fruit <i>MEAL DELIVERY</i>	Waffle Impossible Sausage <i>MEAL DELIVERY</i>	Veggie & Cheese Omelet Cheese Blintz Tuna Casserole <i>MEAL DELIVERY</i>	Tuna Casserole Soup
	14	15	16	17	18
Chicken and Rice Fruit		Grilled Salmon Soup <i>MEAL DELIVERY</i>	Chicken Salad Fruit <i>MEAL DELIVERY</i>	Fettuccine Alfredo Soup <i>MEAL DELIVERY</i>	Egg Salad Soup
	21	22	23	24	25
Impossible Meat Tacos Fruit		Veggie & Cheese Pizza Salad <i>MEAL DELIVERY</i>	Impossible Sloppy Joe Tator Tots	Spaghetti & Impossible Meat Sauce Salad <i>MEAL DELIVERY</i>	The cafe will be closed October 3, 17 and 24 in observance of the Jewish High Holidays. Delivery will be on Wednesday the weeks of these three holidays.
	28	29	30	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.