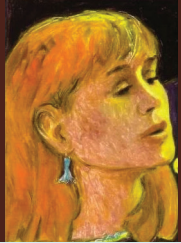


## Coffee Concert at the Sheldon



*Elsie Parker  
& The Poor  
People  
of Paris*

**Wednesday, November 6  
at 10:00 am**

(Bus leaves at 9:00 am)

Elsie Parker and “The Poor People of Paris” return to the Sheldon to bring a variety of French popular music and jazz. Elsie’s woodwind playing (clarinet/flute/tenor sax) is influenced by works of French composer Michel Legrand. Come enjoy some quality jazz with a French flair! *Funding provided by the Women’s Auxiliary Foundation for the Jewish Aged.* **RSVP \$1**

## Trip to the Touhill for St. Louis Symphony Orchestra Coffee Concert

**Friday, November 22 at 10:30 am**

(Bus leaves at 9:30 am)

**Jonathon Heyward** conducts Sibelius’ Fifth Symphony *Edge of Heaven*, a sweeping 3-movement work for orchestra, inspired after seeing swans flying overhead. Enjoy this very special experience at The Touhill at UMSL. *Funding provided by The Women’s Auxiliary Foundation for Jewish Aged, a supporting foundation of Jewish Federation of St. Louis.* **RSVP \$1**



**St. Louis Symphony  
Orchestra**

Stéphane Denève : Music Director



## OVER THE HILL SINGERS BROADWAY TUNES CONCERT

**Thursday, November 14 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. **RSVP**

**The Friday Movie Club**

3:30 pm on November 1, 8, and 15

2:00 pm on November 22

**Community Room in Staenberg Commons**

Enjoy a matinee with snacks and drinks served. Listening devices available.

11/1: **The Bourne Supremacy** (2004)11/8: **The Supreme's at Earl's All You Can Eat** (2024)11/15: **Young Woman and the Sea** (2024)11/22: **Walk the Line** (2005)**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****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 Healthcare is a home health agency that serves the medical and personal needs of their patients who are of all cultures and nationalities.



▲ Crown residents enjoyed one of our many New Year celebrations!

**Writer's Workshop: Telling Stories****Monday, November 4 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.

**Coffee Concert at the Sheldon: Elsie Parker****& The Poor People of Paris****Wednesday, November 6 at 10:00 am**Bus leaves at 9:00 am **RSVP \$1 See Ad****Art Workshop with MaryJo Clark: Mixed Media Collage Cityscapes****Wednesday, November 6 at 3:00 pm Art Studio**

Crown favorite **MaryJo Clark** returns to guide participants in creating mixed media collage cityscapes. Using collage paper and embellished with paint or oil pastels, create colorful collages. *Funding provided by the Women's Auxiliary Foundation for the Jewish Aged* **RSVP \$2**

**Veteran's Day Documentary: The Ghost Army****Monday, November 11 at 2:30 pm****Community Room in Staenberg Commons**

This 2013 PBS documentary based on the book by the same name, tells the astonishing true story of American G.I.s — many of whom would later have illustrious careers in art, design and fashion — who tricked the enemy with rubber tanks, sound effects and carefully crafted illusions during WWII. **RSVP**

**Thanksgiving Program with Cyndee Levy****Wednesday, November 13 at 3:00 pm****Community Room in Staenberg Commons****RSVP See Ad****Over the Hill Singers Broadway Tunes Concert****Thursday, November 14 at 3:30 pm****Community Room in Staenberg Commons****RSVP See Ad****Nature Documentary: Our Living World Series: Nature's Amazing Network****Monday, November 18 at 2:30 pm****Community Room in Staenberg Commons**

Narrated by Cate Blanchett, this enthralling series from 2024 is a joyful ode to the power of nature. In this 50-minute episode, learn about the vast and intricate network between large and small animals from rhinos in Nepal, to reindeer in the Arctic, to agoutis in the Amazon.

**RSVP**

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.



The Oasis classes listed below will take place at Crown Center.

Please register with St. Louis Oasis VISIT [www.stloasis.org](http://www.stloasis.org) CALL 314-862-4859

COMPLETE the registration form in the November/December Oasis catalog.

## American Art Pottery Led by instructor Kathy Walsh-Piper

Wednesday, November 13 at 11:00 am Community Room in Staenberg Commons

Each piece of pottery is unique and handcrafted, showcasing the individual artistry of the potters. Explore creations by renowned manufacturers such as Roseville, Newcomb, Grueby, and others, highlighting their distinctive styles, forms, and glazes. Discover the rich history and artistic significance of American Art Pottery. **RSVP with Oasis**



## Living in the End of Life

Coming Back a Short Distance Correctly

Fridays, November 1, 8 and 15 at 1:00-3:00 pm

Community Room in Staenberg Commons

Despite our awareness of the end of life, a considerable amount of living can occur during this phase. Embark on a transformative journey to dive deeper into conversations about life's last phase. Engage in thought-provoking discussions so you can deliberately live your best life now. **RSVP with Oasis**

## Chair Yoga Class

led by Oasis instructor Dina Fachin

Thursdays at 11:00 am (No class November 28)

Community Room in Staenberg Commons

Discover the benefits of gentle yoga designed for older adults, incorporating modified poses 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**

## Fall Trip to Pere Marquette Lodge and Restaurant

Tuesday, November 19

(Bus leaves at 10:45 am)

Enjoy a scenic autumn ride across the Mississippi River to Grafton, Illinois to enjoy the beautiful lodge setting and a home-style cooked meal at Pere Marquette Lodge Restaurant. Choose from a wide variety of rustic, hearty dishes, but don't forget about their famous fried chicken! **RSVP \$1 See Ad**

## Baking with Barb: Vegetarian Lasagna

Wednesday, November 20 at 3:00 pm

Culinary Kitchen in the Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make a delicious and easy vegetarian lasagna, a perfect winter dish. In this class, participants will enjoy samples and make their own personal lasagna to take home. **RSVP \$2**

## Trip to the Touhill for St. Louis Symphony Orchestra Coffee Concert:

Friday, November 22 at 10:30 am

(Bus leaves at 9:30) **RSVP \$1 See Ad**



► Volunteers prepared gift bags delivered to residents and supporters for the New Year.



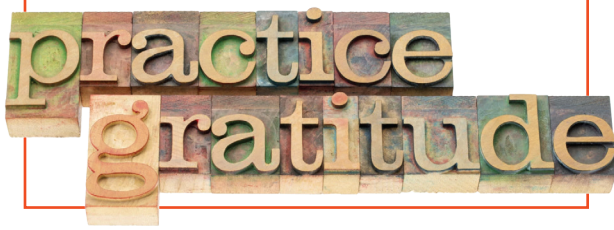
# Thanksgiving & Gratitude

with Cyndee Levy

Wednesday, November 13 at 3:00 pm  
Community Room in Staenberg Commons

Have you ever reflected on your life and felt fortunate? That's gratitude. And research says it does you good. Sometimes, gratitude comes easily. Other times, it can be hard to find; gratitude is a skill that you can develop with practice. Join educator **Cyndee Levy** for a discussion on the important topic of gratitude.

Enjoy Thanksgiving-themed refreshments. **RSVP**



Gladys & Henry  
**crowncenter**  
for Senior Living

8350 Delcrest Drive  
St. Louis, MO 63124-2166

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Call us (314) 991-2055 Find us online [www.crowncenterstl.org](http://www.crowncenterstl.org) Follow us on

NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Crown Center office and Circle@Crown Cafe will be closed November 28 in observance of Thanksgiving. All meals for the week of Thanksgiving will be delivered on Tuesday, November 26.				Bagel & Lox Soup  I
Veggie Panini Salad  4 MEAL DELIVERY	Impossible Meatloaf Fruit  5	BBQ Meatballs Fruit  6	Southwest Wrap Soup  7 MEAL DELIVERY	Egg Salad Soup  8
Hot Dog Fruit  11	Vegetable Lasagna Soup  12 MEAL DELIVERY	Impossible Burger Soup  13	Chili Mac Fruit  14 MEAL DELIVERY	Bagel & Lox Fruit  15
Roasted Fish Soup  18	Chicken Pot Pie Fruit  19 MEAL DELIVERY	Waffle Impossible Sausage  20	Veggie & Cheese Omelet Fruit  21 MEAL DELIVERY	Tuna Casserole Soup  22
Chicken & Rice Fruit  25	Grilled Salmon Soup  26 MEAL DELIVERY	Chicken Salad Fruit  27	Fettuccine Alfredo Soup  28 THANKSGIVING	Egg Salad Soup  29

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.