

## Ha-Shemesh Chanukah Celebration Concert

Wednesday, December 18 at 3:30 pm  
JCA Community Room

Celebrate Chanukah with the upbeat tunes of the Crown favorite band Ha Shemesh. While you enjoy jelly donuts, tap your feet to the Israeli and Yiddish folk songs played with the flute, drums, accordion, and mandolin. **RSVP \$1**



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

## Trip to the Touhill for St. Louis Ballet

Monday, December 23 at 2:30 pm  
Bus leaves at 1:30 pm

Take advantage of this very special experience of Tchaikovsky's **The Nutcracker performed by the St. Louis Ballet** at The Touhill at UMSL. You will be amazed by the magical sets, display of talented dancing and special effects. **RSVP \$1**

Funding provided by the Women's Auxiliary Foundation for the Jewish Aged.

## Coffee Concert at the Sheldon The Wee Heavies



Wednesday, December 11  
at 10:00 am

Bus leaves at 9:00 am

This band of 4 men has won a following with their mostly a cappella mix of Scottish, Irish and American folk music that combines tradition with their own unique take on the songs they sing. Come enjoy the sounds of harmony and energy that has audiences singing along. *Funding provided by the Women's Auxiliary Foundation for the Jewish Aged.* **RSVP \$1**

## Forever Fitness Exercise Class led by Leigh Cohen

**Mondays at 1:30 pm**  
Wellness Center

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, December 1 at 3:00 pm**  
Art Studio

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.

## Fitness Fun Exercise Class

**Wednesdays at 1:30 pm**  
No class December 25 or January 1  
Wellness Center

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.

**Chanukah candle lighting @ Crown 4:00 pm**  
December 25 - January 1, Staenberg Commons Welcome Desk

## Art Workshop Positive/Negative Space Drawing

**Tuesday, December 10 at 3:00 pm** Art Studio

Crown favorite **MaryJo Clark** returns to guide participants in creating positive and negative space drawings. Using construction paper and markers, construct mirrored images of animals, trees, or flowers. *Funding provided by the Women's Auxiliary Foundation for the Jewish Aged.* **RSVP \$2**



## Trip to Mi Ranchito for lunch

**Thursday, December 5 at 11:30 am**  
Bus leaves at 11:15am

Take a short trip to one of Crown's favorite University City restaurants and enjoy some affordable and delicious Mexican food. **RSVP \$1**

## The Friday Movie Club

**2:00 pm**  
JCA Community Room

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

- 12/6: **Thelma** (2024)
- 12/13: **On the Basis of Sex** (2018)
- 12/20: **Star Trek: Into the Darkness** (2013)
- 12/27: **The Sound of Music** (1965)



## Celebrity Documentary: Lucy & Desi

**Monday, December 9 at 2:30 pm**  
JCA Community Room

This 2022 documentary explores the rise of comedy icon Lucille Ball, her relationship with Desi Arnaz, and how their groundbreaking sitcom "I Love Lucy" forever changed Hollywood, cementing her legacy. Winner of multiple documentary awards. **RSVP**

## Art Workshop with MaryJo Clark: Positive/Negative Space Drawing

**Tuesday, December 10 at 3:00 pm**  
Art Studio **RSVP \$2** See Ad

## A Coffee Concert at the Sheldon: The Wee Heavies

**Wednesday, December 11 at 10:00 am**  
Bus leaves at 9:00 am **RSVP \$1** See Ad

Programs are located in **the Staenberg Commons 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.



# Chair Yoga Class

led by instructor  
Amy Raymond

**Thursdays at 11:00 am** (Class ends on December 19) **JCA Community Room**

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** at 314-862-4859 ext 24 or [www.stloasis.org](http://www.stloasis.org).



## Baking with Barb: Cinnamon Rolls

**Wednesday, December 11 at 3:00 pm**  
**Culinary Kitchen**

Crown favorite **Barb Bressler** returns to demonstrate how to bake cinnamon rolls, a perfect winter treat. In this class, participants will enjoy samples and make their own personal cinnamon rolls to take home. **RSVP \$2**

## Oasis Jazz Band Concert with Swing Dancers

**Thursday, December 12 at 3:00 pm**  
**JCA Community Room**

**RSVP See Ad**

## Nature Documentary: Our Great National Parks Genung Leuser, Indonesia

**Monday, December 16 at 2:30 pm**  
**JCA Community Room**

Narrated by former President Barack Obama, this stunning 2022 docuseries highlights some of the planet's most spectacular national parks. This fifth episode highlights Genung Leuser National Park in Indonesia, home to some of the most endangered species on Earth, including the Sumatran tiger. **RSVP**

# Oasis Jazz Band Concert with Swing Dancers

**Thursday, December 12 at 3:00 pm** **JCA Community Room**

We're thrilled to invite the Oasis Jazz Band back to Crown Center. Don't miss this jazz concert together with entertainment by local swing dancers. A guaranteed good time! **RSVP**



## Ha Shemesh Chanukah Celebration Concert

**Wednesday, December 18 at 3:30 pm**  
**JCA Community Room** **RSVP See Ad**

## Botanical Gardens Room with a Bloom Hanging Terrariums

**Thursday, December 19 at 1:00 pm**  
**Art Studio** **RSVP \$2 See Ad**

## Trip to the Touhill for St. Louis Ballet performance of The Nutcracker

**Monday, December 23 at 2:30 pm**  
Bus leaves at 1:30 pm **RSVP \$1 See Ad**



# Missouri Botanical Garden Room with a Bloom Hanging Terrariums

Thursday, December 19 at 1:00 pm  
Art Studio

**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 enjoy assembling a hanging terrarium *and* a bouquet to take home. Don't forget about the prize drawing!

**RSVP \$2**



Gladys & Henry  
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for Senior Living

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**DECEMBER 2024**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Impossible Meat Taco Fruit	2	Meal Delivery Veggie and Cheese Pizza <i>MEAL DELIVERY</i> 3	Sloppy Joe Fruit	Spaghetti & Impossible Meat Sauce Salad <i>MEAL DELIVERY</i> 5	Bagel & Lox Soup 6
Veggie Panini Fruit	9	Impossible Meatloaf Fruit <i>MEAL DELIVERY</i> 10	BBQ Meatballs Fruit	Southwest Wrap Soup <i>MEAL DELIVERY</i> 12	Egg Salad Soup 13
Hot Dog Fruit	16	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 17	Impossible Burger Fruit	Chili Mac Soup <i>MEAL DELIVERY</i> 19	Tuna Casserole Fruit 20
Roast Fish Soup	23	Chicken Pot Pie Fruit <i>MEAL DELIVERY</i> 24	Waffle Impossible Sausage	Veggie & Cheese Omelet Fruit <i>MEAL DELIVERY</i> 26	Bagel & Lox Fruit 27
Chicken & Rice Fruit	30	Grilled Salmon Fruit <i>MEAL DELIVERY</i> 31	<b>Crown Center office and Circle@Crown Cafe will be closed December 25 and January 1 in observance of Christmas and New Year's Day.</b>		

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.