

FOREVER FITNESS



Mondays at 1:30 pm
Wellness Center

Looking to get in shape and have fun at the same time? This new exercise class, led by experienced instructor **Leigh Cohen**, focuses on strength, stability, balance and flexibility. The class can be done entirely in your chair if you have mobility challenges. Background music also helps get your heart beating and your feet tapping!



Trip to the Touhill for St. Louis Symphony Orchestra Concert

Friday, February 21
at 10:30 am
(Bus leaves at 9:30 am)

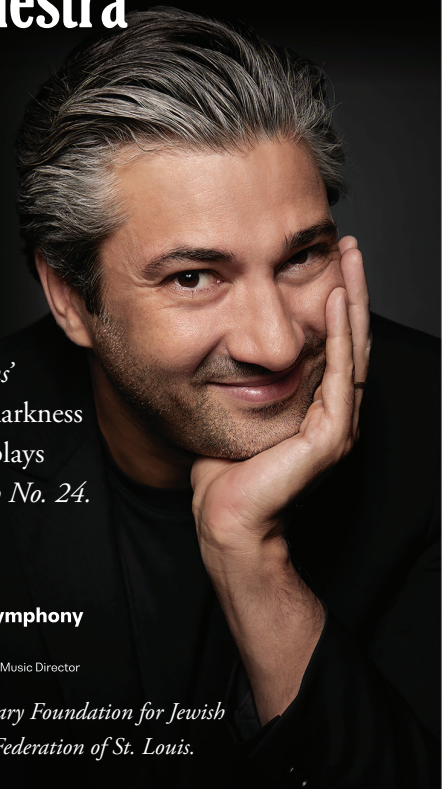
Brahms' First Symphony Labor of Love Conductor **David Afkham** makes his SLSO debut in *Brahms' First Symphony*, a journey from darkness to light. Pianist **Saleem Ashkar** plays *Mozart's dramatic Piano Concerto No. 24*.

RSVP \$1

s|s|o

**St. Louis Symphony
Orchestra**
Stéphane Denève : Music Director

Funding provided by The Women's Auxiliary Foundation for Jewish Aged, a supporting foundation of Jewish Federation of St. Louis.



The Life and Legacy of Superspy James Bond

taught by Oasis instructor Richard Venn

Wednesday, February 12 at 1:00 pm JCA Community Room

Explore the origins of the iconic superspy in the imagination of Ian Fleming and trace the journey of this legendary character from literature to the silver screen. Discover the actors who brought 007 to life and unravel the profound impact that the Bond movies have had on our cultural landscape. **RSVP with Oasis**

007



To register visit www.stloasis.org, call 314-862-4859 or complete the registration form in the current Oasis catalog.

**ALL ARE
WELCOME**

Neighborhood seniors are welcome at Crown Center programs.

Fitness Fun Exercise Class

Wednesdays at 1:30 pm
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.*

Documentary:

Inside the Mind of a Dog

Monday, February 3 at 2:30 pm
JCA Community Room

A 2024 documentary on the thought processes, intelligence and personalities of dogs, examining their history and relationship with wolves, their domestication and uses in helping people. We see how dogs are selected and trained to be service dogs.

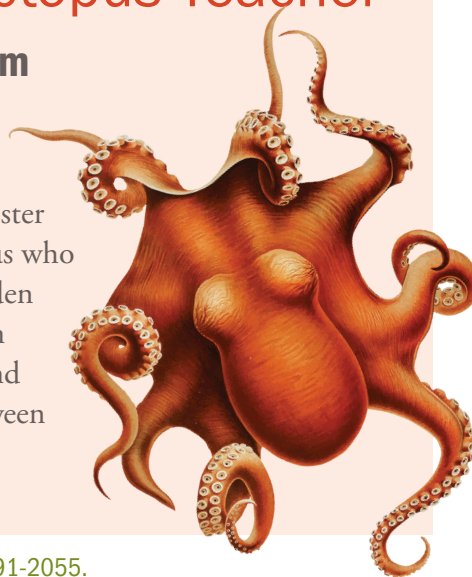


Documentary: My Octopus Teacher

Monday, February 24 at 2:30 pm

JCA Community Room

After years of swimming every day in the freezing ocean at the tip of Africa, Craig Foster meets an unlikely teacher – a young octopus who displays remarkable curiosity. Visiting her den and tracking her movements for months on end he eventually wins the animal's trust and they develop a never before seen bond between human and wild animal as shown in this documentary from 2020.



The Friday Movie Club

JCA Community Room

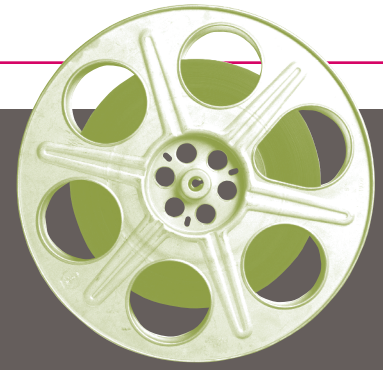
Enjoy a matinee **Fridays at 2:00 pm** with snacks and drinks served. Listening devices available.

2/7: **Daughters** (2024)

2/14: **The Six Triple Eight** (2024)

2/21: **Barry** (2016)

2/28: **Dune: Part 2** (2024)



Forever Fitness Exercise Class led by Leigh Cohen

Mondays at 1:30 pm

Wellness Center [See Ad](#)

Documentary:

Remember Me: The Mahalia Jackson Story

Tuesday, February 11 at 10:00 am

JCA Community Room

This 2022 documentary follows the successful career of Jackson, considered by many to be the greatest gospel singer of all time. She was the first gospel artist ever to win a Grammy Award, contributed to the civil rights movement and had a unique friendship with Martin Luther King Jr.

The Life and Legacy of Superspy James Bond

Wednesdays, February 12 & 19
at 1:00 pm

JCA Community Room

[RSVP](#) [with Oasis](#) [See Ad](#)

Art Workshop

Thursday, February 13 at 2:00 pm

Art Studio in Staenberg Commons

[RSVP](#) \$2 [See Ad](#)

Documentary:

American Symphony

Monday, February 17 at 2:30 pm

JCA Community Room

In 2022, musician Jon Batiste finds himself the most celebrated artist of the year with eleven Grammy nominations including Album of the Year. At the same time, Batiste embarks on the ambitious challenge of composing an original symphony. This trajectory was upended when Batiste's life partner, best-selling author Suleika Jaouad, learns that her long-dormant cancer has returned.

Programs are located in **the Stenberg Commons at Crown Center** and are **at no cost** unless otherwise noted.

Consult the video screen upon entering the Stenberg Commons to learn each program's location.

Botanical Garden Room with a Bloom

Thursday, February 20 at 1:00 pm

Art Studio in Stenberg 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!

RSVP \$2



Crown Center Trip to Touhill: Brahms' First Symphony Labor of Love

Friday, February 21, 10:30 am

Bus leaves at 9:30am

Touhill Performing Arts Center

Conductor **David Afkham** makes his SLSO debut in *Brahms' First Symphony*, a journey from darkness to light. Pianist **Saleem Ashkar** plays *Mozart's dramatic Piano Concerto No. 24*. **RSVP \$1 See Ad**

Documentary: My Octopus Teacher

Monday, February 24 at 2:30 pm

JCA Community Room **See Ad**

Baking with Barb: Apple Crisp

Wednesday, February 26 at 3:00 pm

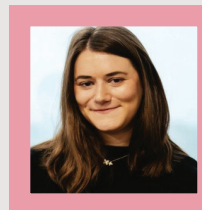
Culinary Kitchen in the JCA Community Room

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 crisp to take home and bake. **RSVP \$2**

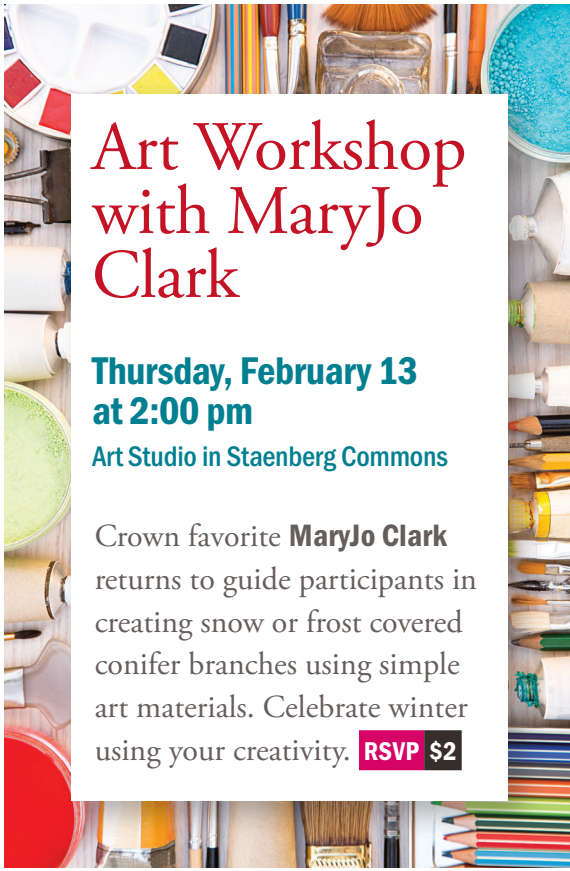
Thanks to the Sydney and Bobette Guller Family Foundation, Crown Center residents enjoyed festivities in celebration of Shabbat. The meal, catered by Circle@Crown Cafe, was served by volunteers turning this Shabbat into a special event for all.



Introducing Emily Polinsky, Crown's Program Coordinator



We're happy to introduce to you **Emily Polinsky**, our new program coordinator. Emily started in December and has already become a vital member of our Crown community. Emily's background, work experience and big personality are perfect for the position. We can't wait to see what new ideas Emily brings to our community in 2025 and beyond. If you attend Crown programs on a regular basis, you've probably already met her. If not, please introduce yourself the next time you're here.



Art Workshop with MaryJo Clark

**Thursday, February 13
at 2:00 pm**

Art Studio in Staenberg Commons

Crown favorite **MaryJo Clark** returns to guide participants in creating snow or frost covered conifer branches using simple art materials. Celebrate winter using your creativity. **RSVP \$2**

Gladys & Henry
**crown
center**
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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FEBRUARY 2025

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>				
Grilled Cheese Tomato Bisque	3	Impossible Meatloaf Soup <i>MEAL DELIVERY</i>	4	BBQ Meatballs Fruit <i>MEAL DELIVERY</i>	5	Lo Mein Snow Peas <i>MEAL DELIVERY</i>	6	Bagel & Lox Soup	7
Hot Dog Fruit	10	Vegetable Lasagna Fruit <i>MEAL DELIVERY</i>	11	Impossible Burger Soup <i>MEAL DELIVERY</i>	12	Chili Mac Vegetables <i>MEAL DELIVERY</i>	13	Egg Salad Soup	14
Roasted Fish Soup	17	Chicken Pot Pie Fruit <i>MEAL DELIVERY</i>	18	Waffle Impossible Sausage <i>MEAL DELIVERY</i>	19	Veggie & Cheese Omelet Fruit <i>MEAL DELIVERY</i>	20	Tuna Casserole Soup	21
Southwest Wrap Soup	24	Grilled Salmon Baked Potato <i>MEAL DELIVERY</i>	25	Chicken Salad Fruit <i>MEAL DELIVERY</i>	26	Fettuccine Alfredo Soup <i>MEAL DELIVERY</i>	27	Egg Salad Soup	28

For those interested in learning about qualifications for receiving home delivered meals or nutrition counseling, please reach out to Rachel Hensold, Crown Center's Client Services Director at rhenold@crowncenterstl.org or 314-991-2055.

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.