

The Symphony at Crown

Tuesday, March 25 at 3:00 pm

We're pleased to welcome back the SLSO. This very special program will include duets by Mozart and other composers performed by violinist **Hannah Ji** and violist **Alejandro Valdepenas** who will share musical insights and answer questions from the audience.

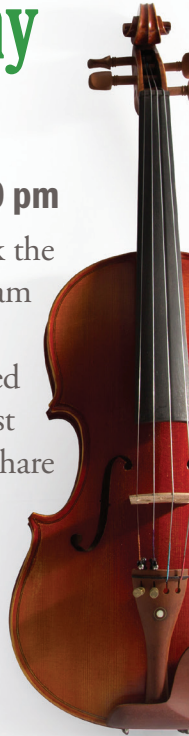
RSVP

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



St. Louis Symphony
Orchestra

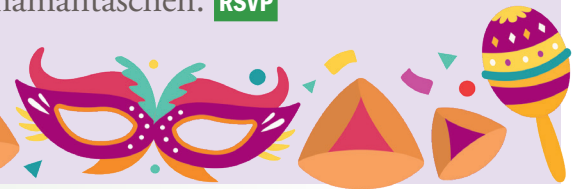
Stéphane Denève : Music Director



Purim Concert

Thursday, March 13 at 3:30 pm
JCA Community Room

Enjoy the upbeat tunes and rhythms of the Klezmer Band di kamerkapelye. Celebrate the story of Queen Esther saving the Jewish people from the evil plotting of Haman. Come ready to spin your grogger, tap or dance to the music, and enjoy refreshments and hamantaschen. **RSVP**



Fall Prevention Event

Thursday, March 20 and March 27 at 1:00 pm

Crown Center is excited to welcome **Lucy Radocha**, an Occupational Therapy intern with the Oasis Institute. Lucy will be leading a two-part session on fall prevention, exploring both internal and external strategies to reduce risks. Through an interactive, discussion-based format, she will highlight simple home modifications that can enhance safety.

Join us to discover practical changes that can help you stay safe and independent. **RSVP**



Wicked

AT CROWN CENTER

Friday, March 14 at 2:00 pm
JCA Community Room

Join us for a special screening of the movie *Wicked*! Don't miss this enchanting story of friendship, the magic and the untold side of Oz.

Defying Gravity

ALL ARE
WELCOME

Neighborhood seniors are welcome at Crown Center programs.

Forever Fitness Exercise Class led by Leigh Cohen from BodiesbyLeigh

Mondays at 1:30 pm
JCA Community Room

See Ad

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.*

Remembering Gene Wilder

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

A special tribute documentary from 2025 honoring Gene Wilder's life and career.



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

DEATH POSITIVE MOVEMENT

Friday, March 7 at 10:00 am
JCA Community Room

Join us for an engaging exploration of the Death Positive Movement, where we'll discuss how embracing open conversations about death can lead to personal growth and a deeper understanding of life. This presentation will offer insights into how shifting our cultural attitudes toward death can foster greater peace and empowerment. **RSVP with Oasis**

Beginner Watercolor Flower Bouquet led by Ann Flory, Artfully Aging

Wednesday, March 12 at 1:00 pm
Art Studio in Staenberg Commons

Embark on a hands-on art journey with **Ann Flory**, artist and therapeutic art specialist with Artfully Aging. This class is designed for beginners, offering an enjoyable experience as you tap into your individual creativity. No prior training is necessary. Each session includes instruction on basic water-color techniques, and participants will create a small watercolor painting to take home. All necessary supplies are provided. **RSVP with Oasis**



The Friday Movie Club

Musical March
JCA Community Room

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

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|-------------------------------|--|
| 3/7: La La Land (2016) | 3/21: Tick, Tick...Boom! (2021) |
| 3/14: Wicked (2023) | 3/28: Sing Street (2016) |

Jim Henson, Idea Man

Monday, March 10 at 2:30 pm
JCA Community Room

This 2024 documentary features interviews of fans of Jim Henson's work, interspersed with footage from his works, including Wilkins and Wontkins Commercials, that were previously lost.

Purim Concert

Thursday, March 13 at 3:30 pm
JCA Community Room **RSVP 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.

Blink

Monday, March 17 at 2:30 pm

JCA Community Room

This 2024 film chronicles a family's global trip before their children lose vision to a rare genetic disorder, capturing their journey to experience the world's beauty while they can still see it, and preparing for an inevitable future.

Cooking with Barb

Wednesday, March 19 at 3:00pm

Culinary Kitchen in JCA Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make hamantaschen, the favorite Purim Holiday treat. In this class, participants will make their own batch of fruit-filled pastries to bake and take home. **RSVP \$2**

Crown Center was selected to host a group project as part of the prestigious Coro Fellows Program in Public Affairs, offered through UMSL. We were honored to support the development of future civic leaders and share our mission of serving senior adults.



Trip to the Touhill for Bernstein and Williams Cinematic Visions

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

Music Director **Stéphane Denève** takes us on a cinematic journey climbing the Himalayas in music by John Williams. Soloist **Akiko Suwanai** leads us through the shimmering mist of Guillaume Connesson's Violin Concerto before venturing to the 1950's with music by Adolphus Hailstork and Leonard Bernstein. **RSVP \$1**

Billy & Molly: An Otter Love Story

Monday, March 24 at 2:30 pm

JCA Community Room

When a wild otter in desperate need of help washes up on his jetty in the remote Shetland Islands, Billy, his wife Susan, and their devoted sheepdog Jade accept a unique new member into their family. *Billy and Molly: An Otter Love Story* is a beautiful documentary about the perfection of nature and life itself.

Fall Prevention Event

Thursday, March 20 and
March 27 at 1:00 pm

RSVP See Ad

Crown Center Trip to Touhill

Friday, March 21, 10:30am

Bus leaves at 9:30 am

Touhill Performing Arts Center

RSVP \$1 See Ad

Immediate Family

Monday, March 31 at 2:30 pm

JCA Community Room

This 2022 documentary follows the work and lives of legendary 1970s session musicians who were featured on some of the most iconic recordings of the era.

FOREVER FITNESS

led by Leigh Cohen from BodiesbyLeigh



Mondays at 1:30 pm
JCA Community Room

Join us for this Senior Chair Fitness Program designed to promote health, happiness, and a sense of community. This program offers a safe and joyful group exercise experience that focuses on balance, strength, cardio, and flexibility-all while having fun, making friends, and creating moments to look forward to. Every session is a step toward a healthier, happier you!

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 Follow us on

MARCH 2025

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Impossible Meat Tacos Salad	3	Veggie & Cheese Pizza Salad <i>MEAL DELIVERY</i> 4	Sloppy Joe Fruit 5	Spaghetti & Impossible Meat Sauce Salad <i>MEAL DELIVERY</i> 6	Bagel & Lox Soup 7
Grilled Cheese Fruit	10	Impossible Meatloaf Fruit <i>MEAL DELIVERY</i> 11	BBQ Meatballs Fruit 12	Lo Mein Soup <i>MEAL DELIVERY</i> 13	Tuna Casserole Soup 14
Hot Dog Fruit	17	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 18	Impossible Burger Fruit 19	Chili Mac Soup <i>MEAL DELIVERY</i> 20	Egg Salad Soup 21
Roasted Fish Soup	24	Chicken Pot Pie Fruit <i>MEAL DELIVERY</i> 25	Waffle Impossible Sausage 26	Veggie & Cheese Omelet Fruit <i>MEAL DELIVERY</i> 27	Bagel & Lox 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.