

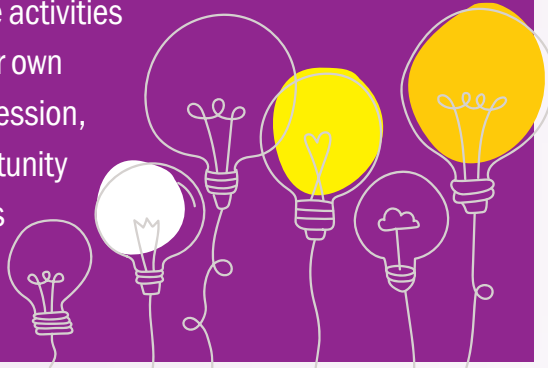
Repertory Theatre St. Louis:

STORY 2 STAGE



Thursday, April 10 at 3:00 pm
Wednesday, April 16, 23, 30 at 3:00 pm
JCA Community Room

Unlock the power of storytelling with the Repertory Theatre of St. Louis! Story2Stage is an experience designed to ignite creativity through an immersive journey. Participants are empowered to discover their unique voice and nurture their personal growth. Through a blend of storytelling and collaborative activities the participants will create their own 10-minute plays. On the final session, participants will have an opportunity to watch a reading of their plays by professional St. Louis actors. **RSVP**



PROVIDENT
PRESENTS:

Self-Care

Tuesday, April 15
at 11:00 am

JCA Community Room

Learn valuable tips to enhance your well-being while taking time to focus on yourself. Spend an hour with **Emma Bacila**, Behavioral Health Outreach Specialist at Provident for this unique opportunity.

RSVP

a **new** fitness opportunity



CHAIR GROOVES CLASS

Friday, April 4 at 1:30 pm Fitness Center in Staenberg Commons

Join Jazz Movement Artist **Erin Morris** for a fun new dance class at Crown Center emphasizing great music and coordination! Explore footwork, rhythms, arm movements, and musical sequences in a fun and engaging way. No experience needed – just come ready to move. No standing or weight bearing required.

**ALL ARE
WELCOME**

Neighborhood seniors are welcome at Crown Center programs.

Crown Center Trip to The Sheldon **The Bosman Twins**



Friday, April 16 at 10:00 am Bus leaves at 9:00 am

Born in St. Louis, **Dwayne and Dwight Bosman's** passion for jazz started at an early age, performing professionally as The Bosman Twins while sharing their love of music. Whether performing with their own band or accompanying other notable jazz professionals, their unique style and renditions of jazz, rhythm and blues, funk and gospel have earned them national and international acclaim. **RSVP \$1**

Fitness Fun Exercise Class led by AW Physical Therapist Assistant Diane Haudrich

Wednesdays at 1:30 pm
JCA Community Room

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 Center Passover Seder Program

Wednesday, April 2 at 3:00 pm
JCA Community Room **RSVP See Ad**

New Chair Grooves Class

Friday, April 4 at 1:30 pm **See Ad**
Fitness Center in Staenberg Commons

The Friday Movie Club

Fridays at 2:00 pm
JCA Community Room

Enjoy a matinee every Friday with snacks and drinks served.

- 4/4: **The Notebook** (2004)
- 4/11: **Aladdin** (2019)
- 4/18: **The Help** (2011)
- 4/25: No movie will be shown.

Repertory Theatre **St. Louis: Story2Stage**

Thursday, April 10 at 3:00 pm
Wednesday, April 16, 23, 30 at 3:00 pm
JCA Community Room **RSVP See Ad**

Elton John: Never Too Late

Monday, April 14 at 2:30 pm
JCA Community Room

Discover the life and legacy of Sir Elton John in this captivating 2024 documentary featuring never-before-seen concert footage spanning 50 years. Gain insight through his personal hand-written journals and present-day photos of one of music's most iconic stars.

Provident Presents:

Self-Care

Tuesday, April 15 at 11:00 am
JCA Community Room **RSVP See Ad**

Crown Center Trip to The Sheldon: The Bosman Twins

Friday, April 16 at 10:00 am
Bus leaves at 9:00 am **RSVP \$1 See Ad**

Botanical Garden: Room with a Bloom

Thursday, April 17 at 1:00 pm
Art Studio in Staenberg Commons

Participants will make personalized succulent mugs, learn about the unique features of plants from a lab at Washington University and explore the diversity in plant life around the world. **RSVP \$2**

Oasis Concert Band

Thursday, April 17 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.




Oasis Concert Band

Thursday, April 17 at 3:30 pm JCA Community Room

Join us for a delightful afternoon concert of live music with the Oasis Concert Band. These talented musicians have been rehearsing at Crown Center each week, and now they're ready to share the beautiful melodies they've been perfecting. Don't miss this special opportunity to experience their performance.

RSVP

 **Oasis**
St. Louis
Lifelong Adventure



Fraud Prevention Program

Tuesday, April 22 at 2:00 pm
JCA Community Room

This program provides valuable information on how to recognize warning signs of fraud, such as unsolicited phone calls, emails, or offers that seem too good to be true. It also teaches strategies to protect personal information, report suspicious activities, and prevent identity theft.

Fly

Monday, April 21 at 2:30 pm

JCA Community Room

This 2024 documentary tells of a group of individuals involved in the extreme sport of BASE jumping – testing the limits of love and life, risking everything just for the thrill of the jump. Watch as their dedication is put to the ultimate test in this jaw-dropping adventure.

Royal Banks

Fraud Prevention Program

Tuesday, April 22 at 2:00 pm

JCA Community Room **RSVP** See Ad

Art with MaryJo

Thursday, April 24 at 2:00 pm

Art Studio in Staenberg Commons

Students will use acrylic paint on gel plates to create multi-layered images using stencils and masks to create texture and imagery. **RSVP \$2**

Drum Circle with Community School

Friday, April 25 at 1:30 pm

JCA Community Room

Join the 1st grade class from Community School for a lively drum circle at Crown, where young students and community members will come together through music and rhythm. Enjoy fun and laughter as generations unite to make music. Refreshments will be served.

True Spirit

Monday, April 28 at 2:30 pm

Community Room in Staenberg Commons

Filmed in 2023. When the tenacious young sailor Jessica Watson sets out to be the youngest person to sail solo, non-stop and unassisted around the world, many expect her to fail. With the support of her inner circle, Jessica is determined to accomplish what was thought to be impossible, navigating some of the world's most challenging stretches of ocean over the course of 210 days.

Crown Center Passover Seder Program

Gladys & Henry
crowncenter
for Senior Living

Non-Profit Org
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8350 Delcrest Drive
St. Louis, MO 63124-2166

**Wednesday, April 2
at 3 pm**

JCA Community Room

Join us for a special Passover Seder program led by **Rabbi Jared Skoff** of Congregation B'nai Amoona. Experience the traditions of Passover while enjoying the symbolic foods of the holiday like charoset and matzo highlighted in this special program.

All are welcome! RSVP



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

APRIL 2025

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		Impossible Meatloaf Salad <i>MEAL DELIVERY</i> 1	BBQ Meatballs Fruit 2	Lo Mein Soup <i>MEAL DELIVERY</i> 3	Bagel & Lox Soup 4
Hot Dog Salad 7		Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 8	Impossible Burger Fruit 9	Chili Mac Fruit <i>MEAL DELIVERY</i> 10	Egg Salad Soup 11
<p>The Cafe will be closed April 14-18 in observance of Passover. If you are interested in a meal service during Passover week, please contact Client Services at 314-991-2055.</p>					
	14	15	16	17	18
Roasted Fish Soup 21		BBQ Chicken Salad <i>MEAL DELIVERY</i> 22	Pancakes Fruit 23	Veggie & Cheese Omelet Fruit <i>MEAL DELIVERY</i> 24	Tuna Casserole Soup 25
Egg Burrito Fruit 28		Grilled Salmon Soup 29	Chicken Salad Fruit 30		

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.