

Crown Connection

MAY 2025



Yom Ha'Atzmaut Celebration featuring Ha-Shemesh

Thursday, May 8 at 3:30 pm

JCA Community Room

Crown welcomes back the band **Ha-Shemesh** (The Sun) which has performed throughout the Midwest since the mid-1970's. Their repertoire includes music of liturgy, songs of Israel, and Yiddish, Ladino and Yemenite melodies. Enjoy this band of accordion, flute, drums, and mandolin as we celebrate the holiday of Yom Ha'Atzmaut together. **All are welcome!** **RSVP**

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



CROWN'S GARDEN SOCIETY

Wellness Garden Program

Monday, May 5 & 19 at 2:30 pm

JCA Community Room & Crown Garden

Custom Foodscaping is excited to bring their Wellness Garden Program to Crown Center, offering a hands-on opportunity to connect with nature through edible gardening. Every two weeks, participants will engage in the planting, tending, and harvesting of fresh vegetables, guided by **Dayna Kriz**, an experienced horticulturist and educator. This interactive program is designed to nurture both plants and people, fostering physical activity, social connection, and mental well-being in a welcoming garden space. Whether participants are lifelong gardeners or first-time growers, they'll find joy and fulfillment in caring for crops while enjoying the therapeutic benefits of nature. Join us in cultivating a garden that nourishes both body and soul! **RSVP**



CUSTOM
FOODSCAPING

OPERA THEATRE OF ST. LOUIS DON PASQUALE OPERA

Thursday, May 15 at 1:00 pm JCA Community Room

Don Pasquale is livid when his heir, Ernesto, falls for a penniless widow. Determined to teach him a lesson, Don Pasquale decides to disown Ernesto, marry, and produce a new heir himself.

Learn more about this comedic opera with a presentation led by an Opera Theatre of Saint Louis docent! **RSVP**



Chair Grooves Class

Friday, May 9 & 23 at 1:00 pm

Fitness Center in Staenberg Commons

Join Jazz Movement Artist **Erin Morris** for a fun new dance class at Crown Center emphasizing coordination and great music! 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.

The Friday Movie Club**Fridays at 2:00 pm****JCA Community Room**

Enjoy a Friday matinee with snacks and drinks.

5/2: **Beatles 64** (2024)5/9: **The Half of it** (2020)5/16: *No movie*5/23: **The Piano Lesson** (2024)5/30: **I Used to be Famous** (2022)**Forever Fitness Exercise Class** led by Leigh Cohen**Mondays at 1:30 pm****Weinberg Wellness Center**

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!

Crown's Garden Society by Custom Foodscaping**Monday, May 5 & 19 at 2:30 pm****JCA Community Room & Crown Garden****RSVP See Ad****Crown Center Trip to The Sheldon: Pop! Pop! Pop!****Wednesday, May 7 at 10:00 am**

Bus leaves at 9:00 am

Pianist and composer **Adam Maness** leads his new dynamic modern string orchestra *Pop! Pop! Pop!* as they return to The Sheldon as part of The Sheldon's Coffee Concert series. **RSVP \$2**

Repertory Theatre St. Louis**STORY2STAGE**
PERFORMANCE**Wednesday, May 28 at 3:00 pm** JCA Community Room

Everyone is welcome as the Repertory Theatre of St. Louis presents a reading of plays by local professional actors that were written by the Story2Stage participants. **RSVP**

**Fitness Fun Exercise Class****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.*

Repertory Theatre St. Louis**Story2Stage - Session #5****Wednesday, May 7 at 3:00 pm****JCA Community Room**

This is the fifth and final Story2Stage session. Participants will experience the power of storytelling with the Rep! Through a blend of storytelling and collaborative activities the participants will create their own short plays to be performed on May 28 at 3:00 pm.

A Matter of Balance

presented by BJC

Thursday, May 8, 15, 22 & 29 at 11:00 am**JCA Community Room See Ad****Israel Independence Day: Ha-Shemesh Concert****Thursday, May 8 at 3:30 pm****JCA Community Room See Ad****Chair Grooves Class****Friday, May 9 & 23 at 1:00 pm See Ad****Fitness Center in Staenberg Commons****Becoming****Monday, May 12 at 2:30 pm****JCA Community Room**

Join former first lady Michelle Obama in an intimate documentary from 2020 looking at her life, hopes and connection with others during her 2019 book tour for 'Becoming.'

Opera Theatre of St. Louis
Don Pasquale Opera**Thursday, May 15 at 1:00 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.

Drum Circle
with Community School
Friday, May 16 at 1:30 pm
JCA Community Room

Join 1st graders from Community School for a drum circle, where generations will come together through music and rhythm, enjoy fun and laughter and unite to make music. Refreshments will be served.

Trip to Art Museum
Bolts of Color: Printed Textiles after WWII

Tuesday, May 20 at 10:00 am
Bus leaves at 9:15 am

Focus on Britain, Italy, and the United States, Bolts of Color highlights the Museum's recent acquisitions of post-WWII textiles, all made during the height of the experimental screen-printing era of the 1950s, 1960s, and 1970s. **RSVP \$1**

Cooking with Barb
Wednesday, May 21 at 3:00 pm
Culinary Kitchen in the JCA Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make a delicious orzo pasta dish with fresh vegetables and herbs. In this class, participants will enjoy samples and make their own to take home and cook. **RSVP \$2**

Repertory Theatre of St. Louis Performance
Wednesday, May 28 at 3:00 pm
JCA Community Room

Everyone is welcome as the Repertory Theatre of St. Louis presents a reading of plays written by the Story2Stage participants by local professional actors. **See Ad**



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

Living in the End of Life

Coming Back a Short Distance Correctly

Friday, May 2 at 10:00 am
JCA Community Room

The end of life can be a difficult topic to discuss, yet it can be a time rich with meaning and growth. Explore the concept of 'rewiring' our imaginations rather than 'retiring' from life. By shifting our mindset, we can embrace this time not as a period of withdrawal, but as one of renewal.

RSVP with Oasis

Two Conversations

Friday, May 23 & 30 at 10:00 am
JCA Community Room

Embark on a transformative journey for a two-session workshop to dive deeper into conversations about life's last phase. Engage in thought provoking discussions that go beyond the surface and contemplate the intricacies of the human experience during these crucial moments.

RSVP with Oasis

Beginner Watercolor
Two Pots of Impatiens

Wednesday, May 14 at 2:00 pm
Crown Center Art Studio

This watercolor class is designed for beginners, offering an enjoyable experience as you tap into your creativity and gain basic watercolor techniques. Participants will have the opportunity to create a small watercolor painting to take home. All supplies are provided.

RSVP with Oasis

Women's Suffrage: The First Generation

Friday, May 16 at 10:00 am
JCA Community Room

Join us for the first of a three-part series about suffrage. Beginning in the mid-19th century, generations of woman suffrage supporters worked to achieve the goal of women gaining the right to vote. We will explore the founders of the movement – Susan B. Anthony, Elizabeth Cady Stanton, and numerous others. **RSVP with Oasis**

THE MUSIC AND MAGIC OF MOTOWN

Tuesday, May 6 at 1:00 pm JCA Community Room

Take a magical journey through Motown's greatest hits and legendary artists. Join us as we celebrate the timeless music of Smokey Robinson, Marvin Gaye, Stevie Wonder and more that continue to inspire and move generations. **RSVP with Oasis**



A Matter of Balance

presented by BJC

Thursday, May 8, 15, 22 & 29 at 11:00 am
JCA Community Room

A Matter of Balance will set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and ways to exercise to increase strength and balance. This 8-week program instructed by **Heather Heil** from Barnes Jewish Hospital helps older adults reduce their fear of falling by learning to view falls as controllable.



Gladys & Henry
crown
center
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
US POSTAGE
PAID
St Louis Mo
Permit No 820

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

MAY 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			Spaghetti & Impossible Meat Sauce Italian Salad <i>MEAL DELIVERY</i> 1	Egg Salad Garden Salad 2
Impossible Meat Tacos Corn Salad 5	Veggie & Cheese Pizza Side Salad <i>MEAL DELIVERY</i> 6	Sloppy Joe Tator Tots & Corn 7	Fettuccine Alfredo Fruit <i>MEAL DELIVERY</i> 8	Bagel & Lox Soup 9
Grilled Cheese Soup 12	Impossible Meatloaf Mashed Potatoes <i>MEAL DELIVERY</i> 13	BBQ Meatballs Cole Slaw 14	Lo Mein Soup <i>MEAL DELIVERY</i> 15	Bagel & Lox Fruit 16
Hotdog Cole Slaw 19	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 20	Impossible Burger Soup 21	Chili Mac Soup <i>MEAL DELIVERY</i> 22	Egg Salad Garden Salad 23
Fish Soup 26	BBQ Chicken Baked Sweet Potato <i>MEAL DELIVERY</i> 27	Pancakes Fruit 28	Veggie & Cheese Omelet Fruit <i>MEAL DELIVERY</i> 29	Tuna Casserole Soup 30
Cafe closed for Memorial Day				

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.