

THE
GLADYS & HENRY
**CROWN
CENTER**
FOR SENIOR LIVING

Crown Connection

Ongoing Center Services

Video Eye Machine

Open 24 hours a day/7 days a week in our Library

This machine is equipped with a camera that allows those with poor or impaired eyesight to enlarge printed materials or photographs. For more information, call Lara Burch, MSW (314) 991-2055.

Russian & Chinese Language Case Managers

For those with limited English language skills, receive assistance and help with translations.

Russian: Tuesdays:

8:30 a.m. to 4:30 p.m.

Chinese: Mondays & Wednesdays:

9 a.m. to NOON

Salon Services

By Appointment: (314) 524-6588

Full service hair & nail salon for men & women. Open Wednesday morning, Friday afternoon & Saturday. Contact Velma Victorian for appointments.

Your Connection Key



Health Office

W L

Weinberg Lounge



Tallin Lounge



Dining Room



Theater Room



Free Activity



Active



Bus Ride Cost



Classroom



Need to RSVP



Computer Lab & Library

Love in Any Language

In Hebrew, the word for love is "ahava." The root of "ahava" is "hava" which literally means "to offer or give." Our sages teach that the romantic notion of love is misleading. Love isn't an emotion. Love is not something that happens to us or something we fall into. Love is an action. We learn that love is realized when we give of ourselves to others.

A special winter party is being planned for this month. It is a cooperative effort between Crown Center residents and Washington University students

who are part of the Jewish Student Union and the Chinese Student Association. This intergenerational social event, "Love in Any Language" will bring together people of diverse ages and backgrounds for an unforgettable evening of music and refreshments.

Love in any language and at any age is possible if love is not just something we feel, but something we do.

Connect with Nikki Goldstein, Executive Director: (314) 991-2055 or ngoldstein@crowncenterstl.org



Health & Wellness

Relax with Esther

Tuesdays: February 7, 14, 21 & 28 (1 p.m.)

Esther Scharf, MSW, LCSW, Jewish Family & Children's Service
Soothing session combines music with breathing exercises. Relax and enjoy.



RPI Therapy Exercise

Mondays: February 6, 13, 20 & 27 (2:30 p.m.)

Wednesdays: February 1, 8, 15, 22 & 29 (2:30 p.m.)

\$3-8 per month
Weekly exercise class designed to build strength and improve balance. Presented by the trained staff of Rehabilitation Professionals, Inc.



RPI "Ask the Physical Therapist"

Wednesdays: February 1, 8, 15, 22 & 29 (1:30 p.m.)

Occupational and physical therapists from Rehabilitation Professionals, Inc. will be on hand to answer questions or make referrals as necessary. Drop on by! No sign-up required.



Wellness Services

Crown Center offers a wide array of services in the Health Office:

- **Blood Pressure Screenings** with Extra Care February 6, 13, 20 & 27 (10 a.m.) **Free**
- **Blood Pressure and Weight Checks** with Home Team February 2 & 16 (10 a.m.) **Free**
- **Medication Management & Other Services** with AW Health Care February 3, 10, 17 & 24 (9 a.m.) **Free**
- **Pain Management Services** with Dr. Alexander Beyzer February 10 (3 p.m.) **RSVP**
- **Hearing & Hearing Aid Checkups** with Hearing Pro February 15 (8:30 a.m.) **Free**
- **Wellness Checkups** with Continuum February 17 (NOON) **Free**
- **Physician Services** with Dr. Sharon Wu February 17 (1 p.m.) **RSVP**

Volunteer Opps

Please contact the Program Office at (314) 991-2055 for further details on how you and your loved ones can help our Crown Center community.

Computer Center

Crown Center is looking for Community Coaches to volunteer their time in our brand new Computer Center. You don't need to be Bill Gates. We like to say, you just need to be one click ahead!



Stay Connected

Call us:
(314) 991-2055

Visit us:
8350 Delcrest Drive
St. Louis, MO 63124

Find us online:
www.crowncenterstl.org

www.facebook.com/Crown-Center-for-Senior-Living



FEBRUARY 2012

Around the Crown

events & programs

*Please note: Events and Programs are subject to change. Call (314) 991-2055 to confirm.

WEDNESDAY, FEBRUARY 1

10 a.m. – Schnucks
11 a.m. – Royal Banks
1 p.m. – Bingo
1:30 p.m. – RPI “Ask the Physical Therapist” – Yiddish Group
2:30 p.m. – RPI Therapy Exercise
7 p.m. – Christian Bible Study

THURSDAY, FEBRUARY 2

10 a.m. – Home Team
11 a.m. – Trip to Lunch at Mai Lee
3:30 p.m. – Talking It Over
6 p.m. – Card Party

FRIDAY, FEBRUARY 3

8 a.m. – Bread Distribution
9 a.m. – AW Health Care
10 a.m. – Trip to Trader Joe’s, Dierberg’s
1 p.m. – Trip to JCC
2 p.m. – Mah Jong

SATURDAY, FEBRUARY 4

1 p.m. – Movie
3 p.m. – Bingo

SUNDAY, FEBRUARY 5

6 p.m. – Bingo

MONDAY, FEBRUARY 6

10 a.m. – Extra Care
– Bagels & Learning, “Nosh with Nikki”
10:30 a.m. – Food Pantry
1 p.m. – Trip to JCC Campus
1:30 p.m. – Errand Trip
2 p.m. – Private Social Work Meeting
2:30 p.m. – RPI Therapy Exercise
6 p.m. – Play Reading Group
7:30 p.m. – Chinese Prayer Group

TUESDAY, FEBRUARY 7

ELECTION DAY
9 a.m. – AARP Tax Assistance
10 a.m. – Chinese Bible Study
12:30 p.m. – Bell Choir
1 p.m. – Relax with Esther
1:30 p.m. – Knitting Spirit
2:30 p.m. – In Our Own Words
3 p.m. – Russian Resident Meeting
3:30 p.m. – Mystical Tour of the Hebrew Calendar
6:30 p.m. – Pokeno
7 p.m. – Chinese Prayer Group

WEDNESDAY, FEBRUARY 8

TU B’SHEVAT
10 a.m. – Schnucks
11 a.m. – Royal Banks
1 p.m. – Bingo
1:30 p.m. – Tu B’Shevat seder with The Saul Mirowitz Jewish Community School
– RPI “Ask the Physical Therapist”
2:30 p.m. – RPI Therapy Exercise
4 p.m. – Menu meeting
6 p.m. – Trip to FREE Saint Louis Symphony Performance: “Celebrating Black History Month with an evening of African and African American folk music”
7 p.m. – Christian Bible Study

THURSDAY, FEBRUARY 9

1 p.m. – Trip to Chesterfield Wal Mart and Target
3:30 p.m. – Talking It Over
6 p.m. – Card Party

FRIDAY, FEBRUARY 10

8 a.m. – Bread Distribution
9 a.m. – AW Health Care
10 a.m. – Trip to Aldi
1 p.m. – Trip to JCC, Chinese Market
2 p.m. – Mah Jong
3 p.m. – Dr. Beyzer
6 p.m. – Shabbat services with BSKI

SATURDAY, FEBRUARY 11

1 p.m. – Movie
3 p.m. – Bingo

SUNDAY, FEBRUARY 12

10 a.m. – American Legion Post 96
6 p.m. – Bingo

MONDAY, FEBRUARY 13

10 a.m. – Extra Care
1 p.m. – Trip to JCC Campus
1:30 p.m. – Errand Trip
2 p.m. – Private Social Work Meeting
2:30 p.m. – RPI Therapy Exercise
6 p.m. – Play Reading Group
7:30 p.m. – Chinese Prayer Group

TUESDAY, FEBRUARY 14

VALENTINE’S DAY
9 a.m. – AARP Tax Assistance
10 a.m. – Chinese Bible Study – GOALS Attorney
1 p.m. – Relax with Esther
1:30 p.m. – Knitting Spirit
2:30 p.m. – In Our Own Words
6:30 p.m. – Pokeno
7 p.m. – Chinese Prayer Group

WEDNESDAY, FEBRUARY 15

8:30 a.m. – Hearing Pro
10 a.m. – Schnucks
11 a.m. – Royal Banks
1 p.m. – Bingo
– Peer to Peer
1:30 p.m. – RPI “Ask the Physical Therapist” – Yiddish Group
2:30 p.m. – RPI Therapy Exercise
6 p.m. – Winter Social, “Love in Any Language” hosted by Crown Center and Washington University

THURSDAY, FEBRUARY 16

10 a.m. – Home Team
12:30 p.m. – Trip to Lunch at Lester’s
3:30 p.m. – Talking It Over
6 p.m. – Card Party

FRIDAY, FEBRUARY 17

8 a.m. – Bread Distribution
9 a.m. – AW Health Care
10 a.m. – Trip to Global Market
NOON – Continuum
1 p.m. – Trip to JCC, Overland Plaza – Dr. Wu
2 p.m. – Mah Jong

SATURDAY, FEBRUARY 18

1 p.m. – Movie
3 p.m. – Bingo

SUNDAY, FEBRUARY 19

12:30 p.m. – Trip to Lunch at Ryce Oriental Buffet Restaurant
6 p.m. – Bingo

MONDAY, FEBRUARY 20

PRESIDENT’S DAY
10 a.m. – Bagels and Learning, “Health Talk with Cindy from RPI” – Extra Care
1 p.m. – Trip to JCC Campus
1:30 p.m. – Errand Trip
2 p.m. – Private Social Work Meeting
2:30 p.m. – RPI Therapy Exercise
6 p.m. – Play Reading Group
7:30 p.m. – Chinese Prayer Group

TUESDAY, FEBRUARY 21

9 a.m. – AARP Tax Assistance
10 a.m. – Chinese Bible Study
12:30 p.m. – Bell Choir
1 p.m. – Relax with Esther
1:30 p.m. – Knitting Spirit
2:30 p.m. – In Our Own Words
3:30 p.m. – Women of the Bible
6:30 p.m. – Pokeno
7 p.m. – Chinese Prayer Group

WEDNESDAY, FEBRUARY 22

10 a.m. – OACAP Meeting – Schnucks
11 a.m. – Royal Banks
1 p.m. – Bingo
1:30 p.m. – RPI “Ask the Physical Therapist”
2:30 p.m. – RPI Therapy Exercise
7 p.m. – Christian Bible Study

THURSDAY, FEBRUARY 23

11 a.m. – Trip to West County Mall
3:30 p.m. – Talking It Over
6 p.m. – Birthday Bash – Card Party

FRIDAY, FEBRUARY 24

8 a.m. – Bread Distribution
9 a.m. – AW Health Care
10 a.m. – Trip to Aldi
1 p.m. – Trip to JCC
2 p.m. – Mah Jong

SATURDAY, FEBRUARY 25

1 p.m. – Movie
3 p.m. – Bingo

SUNDAY, FEBRUARY 26

6 p.m. – Bingo

MONDAY, FEBRUARY 27

10 a.m. – Extra Care – Bagels & Learning, “Introductory Art Class”
1 p.m. – Trip to JCC Campus
1:30 p.m. – Errand Trip
2 p.m. – Private Social Work Meeting
2:30 p.m. – RPI Therapy Exercise
3:30 p.m. – Hostess Committee Meeting
6 p.m. – Play Reading Group
7:30 p.m. – Chinese Prayer Group

TUESDAY, FEBRUARY 28

9 a.m. – AARP Tax Assistance
10 a.m. – Chinese Bible Study
1 p.m. – Relax with Esther
1:30 p.m. – Knitting Spirit
2:30 p.m. – In Our Own Words
3:30 p.m. – Laughter Yoga
6:30 p.m. – Pokeno
7 p.m. – Chinese Prayer Group

WEDNESDAY, FEBRUARY 29

10 a.m. – Schnucks
11 – Royal Banks
1 – Bingo
1:30 p.m. – RPI “Ask the Physical Therapist” – Yiddish Group
2:30 p.m. – RPI Therapy Exercise
7 p.m. – Christian Bible Study

Special Events

Mystical Tour of the Hebrew Calendar

Tuesdays: February 7, March 6, April 3 & May 1 (3:30 p.m.)
Take a trip through the days of the year from a Kabbalistic perspective with Rabbi Max Weiman.

Free

W L

Women of the Bible

Tuesdays: February 21, March 20, April 17 & May 15 (3:30 p.m.)

Free

W L

The stories of women are buried within the pages of the Bible. Join Cyndee Levy, Director of Adult Education at the Central Agency for Jewish Education, as she uncovers them and tries to discover what can be learned from these hidden, forgotten and forbidden women.

Jewish programs are made possible with generous funding from the Gladys K. Crown Foundation, with support from the Lilian Jossem Fund of the Jewish Federation of St. Louis.

FEBRUARY 2012

For questions about items seen on the calendar, please contact our Program Office at (314) 991-2055.

February 1 to February 29

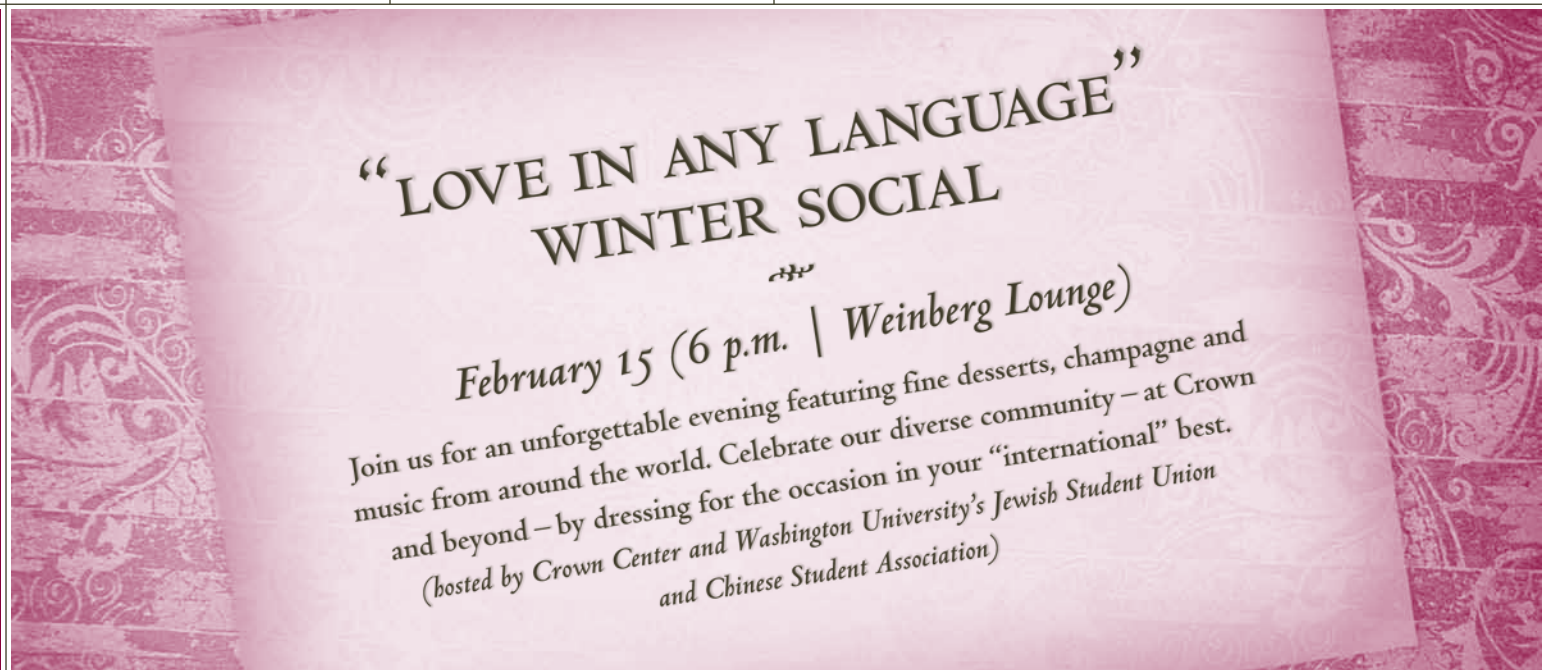
Monday–Thursday dinner served at 5 p.m.
Friday lunch served from noon to 1:30 p.m.

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Color the World and eat for just \$1</i></p> <p>Wednesdays during the month are “Color the World” days. Diners who purchase crayons, paper, coloring books and any art supplies to be donated will for just \$1.</p>		<ul style="list-style-type: none"> Sesame chicken wings w/Asian noodles Broccoli soup Twice baked potato Mandarin oranges Wheat bread <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Beef stew w/barley and Italian vegetables Fresh fruit Wheat bread <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Curried chicken salad w/wheat roll Fragrant spiced vegetable soup Spinach salad Applesauce <p style="text-align: right;">3 <i>(Lunch)</i></p>
<ul style="list-style-type: none"> Classic tuna croquette Casesar salad w/croutons Vegetable medley Pineapple Wheat bread <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> Old fashioned meatloaf w/mashed potatoes Green beans Peach cobbler Wheat bun <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> Teriyaki grilled salmon w/buttered noodles Tossed salad Corn Grapes Wheat bread <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> Tex mex barbecue beef in puff pastry Sweet potato soup Eggplant vegetable stew Apple strudel <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Turkey sandwich on wheat bun Tossed salad w/croutons Potato salad Sliced pears <p style="text-align: right;">10 <i>(Lunch)</i></p>
<ul style="list-style-type: none"> Savory stuffed cabbage Rice pilaf Green bean casserole Wheat roll <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> Breaded oven fried tilapia Caesar salad Roasted vegetable medley Peach cobbler Wheat bread <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> Italian Spaghetti w/garlic bread Green beans Glazed carrots Sliced pears <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Sauteed flounder w/Panko coating Vegetable soup Roasted sweet potatoes Fresh pineapple Wheat bread <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Salmon lox spread Tossed salad Tomatoes and cucumbers Apple kugel Bagel <p style="text-align: right;">17 <i>(Lunch)</i></p>
<ul style="list-style-type: none"> Creamy chicken w/wine sauce Tossed salad Steamed brocolil Rice pilaf Peaches Wheat bread <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> Deli wheat wrap Minestrone soup w/pasta Poato salad Cranberry crisp <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> Panko breaded mild whitefish Acorn squash Applesauce Wheat bread <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> Chinese chicken w/fried rice Stir fry veggies Oranges Wheat roll <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> Vegetable quiche Baked potato soup Three bean salad Apple strudel Wheat roll <p style="text-align: right;">24 <i>(Lunch)</i></p>
<ul style="list-style-type: none"> Coney Island style hot dog on a bun Baked beans Coleslaw Apple cobbler <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> Sauteed tilapia scallopine in mushroom wine sauce Winter vegetable medley Basmati rice Pineapple Wheat bread <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> Grilled burger on bun w/sautéed onions Tossed salad Potato fries Peach crisp <p style="text-align: right;">29</p>	<div style="border: 1px dashed black; padding: 10px;"> <p>ENJOY A FREE TRIP <i>on the Crown Center bus</i></p> <p>Don't let the winter chill keep you inside. Bundle up and use this coupon for a free trip on the Crown Center Bus any time during the month of February. <i>(Valid for residents of Crown Center only)</i></p> </div>	

Contact Us

For more information about dining or questions about eligibility for our home delivery, contact **Florence Schachter, MSW**, Director of Resident & Community Services at (314) 991-2055.





Tu B'Shevat

February 8 (1:30 p.m.)

Celebrate Jewish Arbor Day at Crown Center with a seder coordinated by the 8TH grade class at The Saul Mirowitz Jewish Community School.

THE
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CENTER**

FOR SENIOR LIVING

8350 Delcrest Drive
St. Louis, MO 63124-2166

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If you'd like to use the tree planting photo it will cost \$20 to purchase.

8350 Delcrest Drive | St. Louis, MO 63124-2166
phone: (314) 991-2055 | fax: (314) 991-8419 | e-mail: info@crowncenterstl.org



Our mission is to provide affordable, quality, independent living in a caring, secure, diverse, and friendly atmosphere, honoring the Jewish tradition.

on the road

Please note:

- Reservations must be made in advance. Space is limited.

Trip to Lunch at Mai Lee
Thursday, February 2 (11 a.m.)



Trip to Powell Hall

Wednesday, February 8 (6 p.m.)
Free St. Louis Symphony Performance: "Celebrating Black History Month with an evening of African and African American folk music"



Trip to Lunch at Lester's in Ladue

Thursday, February 16 (12:30 p.m.)



Trip to Lunch at Ryce Oriental Buffet Restaurant

Sunday, February 19 (12:30 p.m.)



Trip to West County Mall

Thursday, February 23 (11 a.m.)



food for thought

Yiddish Group

Wednesdays:
February 1, 15 & 29 (1:30 p.m.)

Schlep on over and practice your Yiddish with others. (all levels welcome) *Facilitated by Thelma Edelstein*



Bagels & Learning

Mondays: February 6, 20 & 27 (10 a.m.)

Courtesy of the Myla Rosenblum Bagels & Learning Fund



• Monday, February 6:

Nosh with Nikki — Executive Director, Nikki Goldstein, answers your questions and hears your ideas!

• Monday, February 20:

Health Talk with Cindy Kempf of RPI — You never know what Cindy will wow us with from week to week. But you're guaranteed to learn something new every time.

• Monday, February 27:

Introductory Art Class — Come to learn more about self-expression through different visual art mediums including drawing, collages and water color. All skill levels (including no skills at all) are welcome."

Birthday Bash

February 23 (6 p.m.)

Celebrate this month's birthdays with a live musical performance, cake, friends and neighbors. Entertainment by The Backstreet Cruisers (*Courtesy of the Martin & Ethel Wisnuff Birthday Fund*)



Arts & Culture

Bell Choir

Tuesdays, February 7 & 21 (12:30 p.m.)



Enjoy making beautiful music using hand held chimes; no previous musical training needed (\$1 per session).

Movies

Saturdays: February 4, 11, 18 & 25 (1 p.m.)



Enjoy movies this month in our fantastic Theater Room. You won't believe the size of the new screen!

"Love in Any Language" Winter Social

February 15 (6 p.m.)



Join us for an unforgettable evening featuring fine desserts champagne, and music from around the world. Celebrate our diverse community—at Crown and beyond. (*Hosted by Crown Center Washington University's Jewish Student Union and Chinese Student Association*)

Building Connections

In Our Own Words

Tuesdays: February 7, 14, 21 & 28 (2:30 p.m.)

Betsy Rubenstein, MSW, Facilitator

Spend a wonderful hour sharing stories and memories with others "of a certain age."



Talking it Over

Thursdays: February 2, 9, 16 & 23 (3:30 p.m.)

Florence Schachter, MSW, Director of Resident & Community Services

Enlightening conversations about interesting, timely topics.



Peer to Peer

Wednesday, February 15 (1 p.m.)

Get the support you may need from trained OASIS volunteers, who provide assistance and education on aging-related topics.



in the house

Bakery Items

Fridays: February 3, 10, 17 & 24 (8 a.m.)

Crown Center residents stop by for a bagel or two "to go." *Donated by St. Louis Bread Co.*



Royal Banks

Wednesdays: February 1, 8, 15, 22 & 29 (11 a.m.)

A full array of banking services offered conveniently at Crown Center.



GOALS Attorney

Tuesday, February 14 (10 a.m.)

Nancy Schmidt, Attorney
Volunteer lawyer available to help with legal questions and arrangements.



Food Pantry

Monday, February 6 (10:30 a.m.)

Eligible participants receive assistance through the Harvey Kornblum Jewish Food Pantry. *Call Lara Burch, MSW, for information*

