

OUT & ABOUT

SHOPPING TRIPS & transportation cost:

Aldi's - Friday, Jan. 29, 1:00 p.m., \$1

Chinese Markets - Friday, Jan. 15, 29, 10:00 a.m. \$1

Galleria - Thursday, Jan. 21, 11:00 a.m., \$2

Global Market - Friday, Jan. 8, 1:00 p.m., \$1

Heritage Place - Thursday, Jan. 7, 11:00 a.m. \$2

Overland Plaza - Friday, Jan. 22, 10:00 a.m. \$1

Schnuck's - Wednesdays, Jan. 6, 13, 20, 27, 10:00 a.m., \$1

Trader Joe's - Friday, Jan. 8, 10:00 a.m., \$1

ENTERTAINMENT:

(Transportation cost for each trip, \$2; admission free, unless otherwise stated)

Martin Luther King Musical

Tribute - Sunday, Jan. 17, 2:00 p.m. at Missouri Historical Society

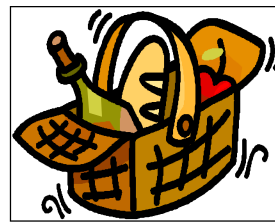
Community Celebration for Martin Luther King - Wednesday, Jan. 20, 11:30 a.m. at JCC

Lessons of a Lifetime: Developing a Moral and Ethical Framework

Tuesday Jan. 5 & 12, 3:30 - 4:30 p.m.,
Weinberg Lounge

Join Rabbi Max Weiman to explore this topic in in the Talmud and other Jewish writings.

(for more Jewish programming, see p. 9 of Crown News)



INDOOR PICNIC
Tuesday, January 12,
5:00 p.m.
Crown Center
Dining Room

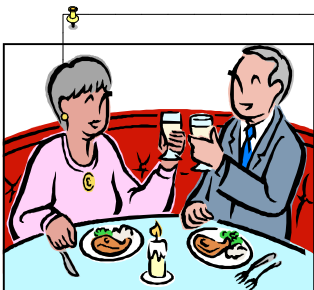
Suggested donation \$3.00 for those
60 and older.

Laughter Yoga

Tuesday, January 19,
3:30 p.m. Weinberg Lounge

Cost: TBA

Marlene Chertok leads this
fun class!



DINING OUT & transportation cost:

Lunch at Pumpernickel's - Saturday, Jan. 9, 11:00 a.m.
bus, \$2

Lunch at Talayna's - Saturday, Jan. 23, 11:00 a.m., bus \$2

MORE THINGS TO DO

SPECIAL PROGRAMS/ MEETINGS:

Bell Choir Practices - Tuesday, Jan. 5, 19, 12:30 p.m., Weinberg Lounge

GOALS Attorney - Tuesday, Jan. 12, 9:30 a.m., Dining Room; appointment necessary; no charge for help with wills, powers of attorney, etc.

Yiddish Club - Wednesdays, Jan, 6, 20, 1:30 p.m., Tallin TV Room

OTHER ACTIVITIES:

*Bagels & Learning - Mondays at 10:00 a.m., Weinberg Lounge

Birthday Bash - Wednesday, Jan. 20, 6:00 p.m., Weinberg Lounge, music by Jim Norton and the Country Boys

Royal Banks - Wednesdays, customer service, 11:00 a.m. - 1:00 p.m., Health Office

**Bagels & Learning this month will include programs on a safari in Botswana, thoughts from a journalist on the health care reform debate, and impressions from a traveler on trips to Israel.*



HEALTH

Exercise Classes - RPI
Mondays, 2:30 p.m.,
Weinberg Lounge

Relax with Esther -

Tuesdays, 1:00 p.m., New Classroom

Blood pressure readings - Mondays, 10:00 - 11:30 a.m. & fourth Friday of the month, 10:00 a.m., Health Office

Hearing Pro - third Wednesday of the month, 8:30 - 10:00 a.m., Health Office

Podiatrist - fourth Wednesday of the month, 12:30 p.m., Health Office

Internist - third Friday of the month, 1:00 p.m., Health Office

Pain Specialist - second Friday of every month, 12:30 - 6:00 p.m., Health Office

Tai Chi Class - RPI - Thursdays, 2:00 p.m. - Weinberg Lounge



CROWN CENTER OFFICES & DINING ROOM WILL BE CLOSED:

- **JANUARY 1 for NEW YEAR'S DAY**
- **JANUARY 18 for MARTIN LUTHER KING HOLIDAY**



“Peer to Peer Group”, in partnership with OASIS, continues to examine coping strategies for the transitions of older adulthood on Wednesday, January 20, 1:00 - 2:00 p.m.

RELIGIOUS SERVICES

Chinese Prayer Group - Mondays, 7:30 p.m., Weinberg Lounge