

OUT & ABOUT

SHOPPING TRIPS & transportation cost:

Aldi's - Friday, Sept. 3, 24 , 1:30 p.m., \$1

Chinese Market - Friday, Sept. 3, 10:00 a.m. \$1

Dierberg's - Friday, Sept. 17, 10:00 a.m., \$1

Overland Plaza - Friday, Sept. 24, 10:00 a.m., \$1

Schnuck's - Wednesdays, Sept. 1 ,8,15, 22, 29, 10:00 a.m. \$1

Target & Wal-Mart - Thursday, Sept. 16, 11:00 a.m., \$1

Trader Joe's - Friday, Sept. 17, 10:00 a.m., \$1

ENTERTAINMENT:

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

Gateway Greening Bell Garden - Saturday, Sept. 4, 8:45 a.m. for a tour of this private garden

MO Botanical Garden - Sunday, Sept. 5, 10:00 a.m. for the Japanese Festival; cost \$10 for ticket, plus bus

St. Louis Zoo - Thursday, Sept. 23, 11:00 a.m., for Zootenial Exhibit, stroll, and lunch

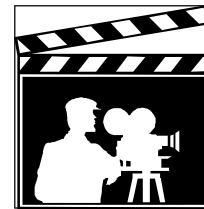
Join Us for September Special Dinners

- “Blast from the Past” themed dinner - Wednesday, Sept. 1, 5:00; travel through the decades...

- Rosh Hashana Dinner - Wednesday Sept. 8 , 5:00 p.m.

in the Crown Center
Dining Room

Call 314-991-2055 x124 for
reservations.



Movie at Crown Center
Tuesday, Sept. 28,
Weinberg Lounge - 1:00 p.m.
“Sherlock Holmes” (2009)
Bring a late lunch &
enjoy the show.

Torah Nuggets

Fridays, Sept. 3 & 10, 2:00 p.m.
Rabbi Elizabeth Hersh
will share insights
into weekly Torah portions.



DINING OUT & transportation cost:

Lunch at Mai Lee - Thursday, Sept. 2, 11:00 a.m., bus \$2

Lunch at Golden Corral - Thursday, Sept. 30, 11:00 a.m., bus \$2

MORE THINGS TO DO

SPECIAL PROGRAMS/ MEETINGS:

Bell Choir Practices - Tuesdays, Sept. 7, 21, 12:30 p.m., Weinberg Lounge

GOALS Attorney - Tuesday, Sept. 14, 9:30 a.m., Dining Room; appointment necessary; no charge for help with wills, powers of attorney, etc.

Yiddish Club - Wednesday, Sept. 1, 15, 1:30, Tallin TV Room

OTHER ACTIVITIES:

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

Birthday Bash - Wednesday, Sept. 29, 6:30 p.m., Weinberg Lounge, music by Gibson Variety Band

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

**Bagels & Learning this month will include programs on Metrolink's history, history of St. Louis Public Library, and a talk about safety in the home*



HEALTH & WELLNESS

RPI Therapy Exercise Classes - 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

RPI Therapy Services Tai Chi Class - Tuesdays, 11:30 a.m. - Weinberg Lounge

“Peer to Peer Group”, in partnership with OASIS, continues to examine coping strategies for the transitions of older adulthood on Wednesday, September 15, 1:00 - 2:00 p.m. Topic: “Catching Some Zzzzs--Getting a Good Night’s Sleep”

**Crown Center Offices Closed
Monday, Sept. 6 - Labor Day
Thursday, Sept. 9 - Rosh Hashana**

RELIGIOUS SERVICES

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

High Holiday Services - See programming on Activities page of website