

## Trip to **GRIOT MUSEUM OF BLACK HISTORY** & Snack Stop at Crown Candy Kitchen



**Thursday, June 6 at 1:00 pm** (Bus leaves at 12:30)

Celebrate the accomplishments of Black Americans in the spirit of the Juneteenth holiday this month. Take a trip to the **Griot Museum of Black History** (originally named The Black World History Wax Museum) to learn the stories, culture, and history of Black people with a focus on those with a regional connection to St. Louis.

Just down the street, the bus will stop at St. Louis landmark Crown Candy Kitchen for an ice cream treat.

**RSVP \$1** Fee does not include the cost of ice cream.

*Funded by Meals on Wheels America.*

## ICE CREAM SOCIAL & SUMMER CELEBRATION



**Thursday, June 13 at 3:00 pm**  
Crown Patio

Come enjoy Ted Drewes custard at Crown's annual ice cream social summer kick-off.

Mingle with Crown friends and neighbors as we look forward to warm days, sunshine, and lounging on the patio. **RSVP \$1**

## Elston Taylor & J Monet Trio Concert

**Monday, June 10 at 3:30 pm** Community Room in Staenberg Commons

Crown welcomes back longtime favorite Elston Taylor and his wife to sing upbeat tunes, ranging from Motown to contemporary to the old favorites. Enjoy the same fun energy as Elston Taylor and the J Monet Trio always bring to their performances! **RSVP**

**ALL ARE  
WELCOME**

**Neighborhood seniors are welcome at Crown Center programs when space allows.** If you see a program that interests you, please contact Kate Massot at 314-991-2055 for more information about attending.

## Forever Fitness Exercise Class led by Leigh Cohen

**Mondays at 1:30 pm**

**Community Room in Staenberg Commons**

Looking to get in shape and have fun at the same time? This exercise class, led by experienced instructor **Leigh Cohen**, focuses on strength, stability, balance and flexibility, all while seated in a chair if participants prefer. Background music also helps get your heart beating and your feet tapping! *Made possible by generous funding from the Lopata Charitable Foundation.*

## Writer's Workshop: Telling Stories

**Monday, June 3 at 3:00 pm**

**Art Studio in Staenberg Commons**

If you are curious about the writing experience and want to play with words and techniques, come check out our monthly Writer's Workshop. This month we will continue working on writing stories, both fiction and nonfiction. No obligation to share what you write.

## Fitness Fun Exercise Class

**Wednesdays at 1:30 pm**

**Community Room in Staenberg Commons**

SEE AD

## Botanical Gardens Room with a Bloom

**Wednesday, June 5 at 1:00 pm** **RSVP \$2**

**Art Studio in Staenberg Commons**

SEE AD

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## Fall Prevention Tips from a Pro

**Wednesday, June 12 at 2:15 pm**  
(immediately following Fitness Fun)  
**Community Room in Staenberg Commons**

June is National Safety Month, and taking steps to prevent falls is a big part of staying safe. AW Healthcare PTA **Diane Haudrich** will give a short presentation on Fall Prevention tips after she leads the Fitness Fun class. Learn new ways to prevent falls and also share your own tips. **RSVP \$1**

## Shavuot & Summer Ice Cream Social

**Thursday, June 13 at 3:00 pm**

**Crown Patio** **RSVP \$1**

SEE AD

## Music Experiences led by Music Therapy St. Louis

**Friday, June 14: Drum Circle**  
**Friday, June 28 : Choir Singing**

SEE AD

## Juneteenth Documentary

**Wednesday, June 19 at 3:00 pm** **RSVP**  
**Community Room in Staenberg Commons**

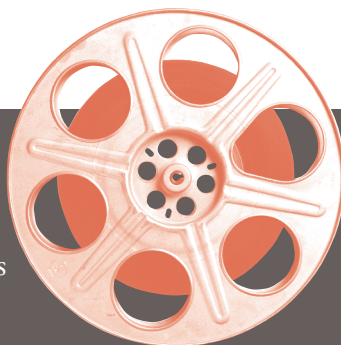
SEE AD



**Wednesdays at 1:30 pm**  
**Community Room in Staenberg Commons**

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 (Aging Well) Healthcare is a home health agency that serves the medical and personal needs of their patients who are of all cultures and nationalities.*



## The Friday Movie Club

**Community Room in Staenberg Commons**

Enjoy a matinee **Fridays at 2:00 pm** with snacks and drinks served. Listening devices available.

- |                                  |  |
|----------------------------------|--|
| 6/7: <b>NO MOVIE SHOWING</b>     | 6/21: <b>Whitney Houston: I Wanna Dance with Somebody</b> (2022) |
| 6/14: <b>Dune, Part 2</b> (2024) | 6/28: <b>Arthur the King</b> (2024)                              |

Programs are located 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.

# JUNETEENTH DOCUMENTARY & REFRESHMENTS

“How We’re Celebrating Now”

**Wednesday, June 19 at 3:30 pm**

Community Room in Staenberg Commons

Watch the 25-minute PBS documentary “How We’re Celebrating Now” from 2022 that explains the history of the Juneteenth holiday and shows how Galveston, Texas, and other cities in the U.S. have been celebrating the Juneteenth holiday. Enjoy Juneteenth inspired refreshments together. All are welcome to learn more about this important holiday and to celebrate freedom! **RSVP**

## Music Experiences

led by Music  
Therapy St. Louis

**Friday, June 14**  
at 11:00 am:  
Drum Circle

**Friday, June 28**  
at 11:00 am:  
Choir Singing  
Community Room in  
Staenberg Commons

Do you enjoy music and wish you had more opportunities to be musical? **Anna Drexelius** of Music Therapy St. Louis shares her music expertise as she leads participants in various musical experiences. Play the drums or sing songs, as part of this music series at Crown. You do not need to have a good singing voice or musical talent to enjoy this program! **RSVP** Funding provided by the Sloofman/Payuk Fund.

## Nature Documentary: Our Great National Parks: Chilean Patagonia

**Monday, June 24 at 2:30 pm**  
Community Room in Staenberg Commons

Narrated by former President Barack Obama, episode 2 of this stunning 2022 docuseries highlights some of the planet’s most spectacular national parks. This second episode gives an overview of the 24 unique national parks in the Chilian Patagonia which is rapidly becoming one of the most protected places on the planet. **RSVP \$1**

## Bus Trip to Lotowata Creek Southern Grill and St. Clair Antique Mall

**Tuesday, June 25**  
Bus leaves at 10:30 am

Lunch cost on your own. **RSVP \$1**

## Baking with Barb

**Wednesday, June 26 at 3:00 pm**  
Culinary Kitchen in the Community Room

Crown favorite **Barb Bressler** returns to demonstrate her baking skills and lead participants in making their own quality eclairs. **RSVP \$2**

## Music Documentary: Quincy

**Thursday, June 27 at 1:00 pm**  
Community Room in Staenberg Commons

June is African-American Music Appreciation month, and there are few more influential and talented than producer, songwriter, composer and arranger Quincy Jones. Enjoy this 2018 Grammy winning best music film documentary celebrating his many talents.



▲ Springtime is in full bloom here at Crown Center. We're keeping busy planting flowers in pots and planters. Even our four-legged pals are getting in on the action! Thank you to the Wash U student volunteers from the Chinese Student Association.

# Missouri Botanical Garden Room with a Bloom

**Wednesday, June 5  
at 1:00 pm**

**Art Studio in  
Staenberg Commons**

**Dave Reindl**, Missouri Botanical Garden volunteer, comes to share his gardening expertise, seasonal flowers and his warmth and wisdom. Learn about the flowers he brings and make a bouquet to take home. Don't forget about the prize drawing! **RSVP \$2**



Gladys & Henry  
**crowncenter**  
for Senior Living

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**JUNE 2024**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Veggie Panini Salad	3	Impossible Beef Stew Fruit <i>MEAL DELIVERY</i> 4	BBQ Cole Slaw 5	Southwest Wrap Soup <i>MEAL DELIVERY</i> 6	Tuna Casserole Soup 7
Hot Dog Cole Slaw	10	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 11	Impossible Burger Fruit 12	Chili Mac Fruit 13	Egg Salad Fruit 14
Roasted Fish Soup	17	Baked Ziti Fruit <i>MEAL DELIVERY</i> 18	Waffle Impossible Sausage 19	Veggie and Cheese Omelet Fruit <i>MEAL DELIVERY</i> 20	Tuna Casserole Soup 21
Chicken and Noodles Fruit	24	Grilled Salmon Soup <i>MEAL DELIVERY</i> 25	Stuffed Peppers Fruit 26	Fettuccine Alfredo Soup <i>MEAL DELIVERY</i> 27	Egg Salad Soup 28

**The Circle@Crown Cafe will be closed June 12–June 13 in observance of Shavuot.**  
Meals this week will be delivered on Tuesday, June 11.

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.