

NEW!

St. Louis
Oasis
Lifelong Adventure

Chair Yoga Class led by instructor Amy Raymond

Thursdays at 11:00 am beginning on July 11
Community Room in Staenberg Commons

Discover the benefits of gentle yoga designed for older adults, incorporating modified poses that can be performed while seated in a chair or using the chair for support. Whether you are new to yoga or looking to maintain your flexibility, strength, and balance, this class offers a safe and enjoyable way to enhance your well-being. And enjoy a very special introductory free pass to this quality Oasis class! **RSVP**



Miss Jubilee Concert and Root Beer Floats



Thursday, July 11 at 3:00 pm
Community Room in Staenberg Commons

Miss Jubilee returns to Crown to sing old-time jazz and blues, backed by the ragtime piano of **Ethan Leinwand**. Come ready to tap your feet and dance to the energetic swank of this musical era. Enjoy a summertime treat of Root Beer Floats while enjoying the upbeat music. **Guaranteed good time. RSVP**

TRIP TO SAINT LOUIS ART MUSEUM

DOCENT-LED TOUR OF ARTIST JAUNE QUICK-TO-SEE SMITH EXHIBIT



Thursday, July 18 at 1:00 pm (Bus leaves at 12:30)



Enjoy a docent-led tour of her new exhibit which examines Smith's works from the Museum collection. As one of the most celebrated contemporary artists of Indigenous heritage, this exhibition will span Smith's career and draws attention to her local work. Enjoy a snack at the Cafe, or visit other free exhibits. **RSVP \$1**

**ALL ARE
WELCOME**

Neighborhood seniors are welcome at Crown Center programs. 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.*



AW HEALTH CARE
healthy mind. healthy body.

Fitness FUN

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.



Art Workshop with MaryJo Clark: Watercolor Design

Monday, July 15 at 3:00 pm

Art Studio in Staenberg Commons

MaryJo Clark will lead participants in watercolor design technique using white crayons to draw floral patterns that will be resistant to the watercolor applied to it. The result is a stunning design that shows through the watercolor. You will definitely want to frame this creation! **RSVP \$2**

Nature Documentary: Night on Earth: Jungle Nights

Monday, July 1 at 2:30 pm

Community Room in Staenberg Commons

In this visually stunning series from 2020, high-tech cameras reveal the fascinating behaviors of animals all over the world in the dead of night. In this 50-minute episode, marvel at the fantastic beasts, large and small, who use the darkness of night to socialize, hunt, climb and crawl under the jungle canopy. **RSVP**

Fitness Fun

Wednesdays at 1:30 pm

Community Room in Staenberg Commons

NEW! Oasis Chair Yoga Class led by instructor Amy Raymond

Thursdays at 11:00 am
beginning on July 11

Community Room in Staenberg Commons

The Friday Movie Club

Fridays at 2:00 pm

Community Room in Staenberg Commons

Enjoy a matinee with snacks and drinks served. Listening devices available.

7/5: **Mission Impossible Dead Reckoning Part 1** (2023)

7/12: **Unfrosted** (2024)

7/19: **The Gabby Douglas Story** (2014)

7/26: **The Boys in the Boat** (2023)

Writer's Workshop: Telling Stories

Monday, July 8 at 3:00pm

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.

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.

Miss Jubilee Concert and Root Beer Floats

Thursday, July 11 at 3:00 pm **RSVP**
Community Room in Staenberg Commons

Art Workshop: Watercolor Design

Monday, July 15 at 3:00 pm **RSVP \$2**
Art Studio in Staenberg Commons

Cooking with Barb: Healthy Breakfast in a Jar

Wednesday, July 17 at 3:00 pm
Culinary Kitchen in the Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make breakfast in a jar. In this class, participants will learn how to make a convenient, healthy egg breakfast in advance. **RSVP \$2**

Trip to St. Louis

Art Museum: Jaune Quick-to-See Smith Exhibit

Thursday, July 18 at 1:00 pm
(Bus leaves at 12:30) **RSVP \$1**

Olympic Documentary: I Am Bolt (2016)

Monday, July 22 at 2:30 pm
Community Room in Staenberg Commons

To get into the spirit of the Paris Olympics starting on Friday, July 26, watch a documentary about one of the most famous Olympic athletes, Usain Bolt. Learn about the career and legacy of one of the fastest sprinters of all time. **RSVP**

Bus Trip to St. Louis City Foundry for Lunch

Tuesday, July 23 at 11:30 am
Bus leaves at 11:00 am **RSVP \$1**

Music Experiences

led by Music
Therapy St. Louis

Friday, July 12
at 11:00 am:
Drum Circle

Friday, July 19
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.



CROWN CENTER 2024 Speaker Series

Living Well with Vision Loss Presentation

Wednesday, July 24 at 2:30 pm
Community Room in Staenberg Commons



July is Healthy Vision Month, and our local St. Louis Society for the

Blind agency can provide services and valuable information to help people maintain eye health. Community Outreach Specialist **Judy Redlich** will educate us on eye diseases and the services that Society for the Blind can provide. Learn tips on eye safety, especially as we encounter sunny summer days. **RSVP**

Botanical Garden Delight of a Chinese Garden Succulent Potting

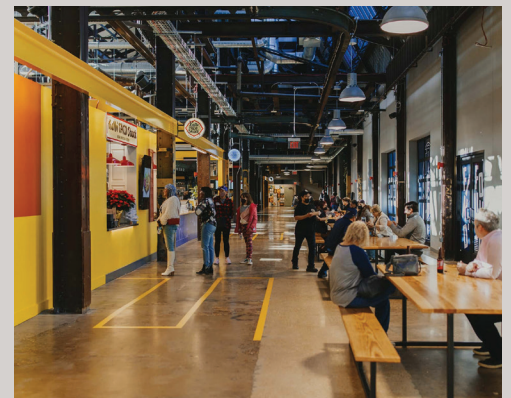
Wednesday, July 31 at 2:30 pm

BUS TRIP TO

St. Louis City Foundry FOR LUNCH

Tuesday, July 23 at 11:30 am (Bus leaves at 11:00 am)

Almost 100 years ago, the Century Electric company purchased the Midtown St. Louis property now known as City Foundry STL. Today, this site has attracted various stores and eateries to the complex. Choose from over 10 different restaurants in the Foundry Food Court and appreciate the historic industrial architecture. Lunch cost on your own. **RSVP \$1**



Missouri Botanical Garden

Delight of a Chinese Garden Succulent Potting

Wednesday, July 31 at 2:30 pm
Community Room in Staenberg Commons

Dave Reindl, Missouri Botanical Garden volunteer, comes to present a slide show of the Chinese Garden at the Botanical Garden with information about its history. He will then lead participants in potting individual succulent plants to take home. **RSVP \$2**



Gladys & Henry
crowncenter
 for Senior Living

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JULY 2024

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Veggie Panini Salad 1	Impossible Beef Stew Fruit <i>MEAL DELIVERY</i> 2	BBQ Meatballs Cole Slaw 3	Southwest Wrap Soup 4	Tuna Casserole Soup 5
	Hot Dog Cole Slaw 8	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 9	Impossible Burger Fruit 10	Chili Mac Fruit <i>MEAL DELIVERY</i> 11	Egg Salad Fruit 12
	Roasted Fish Soup 15	Baked Ziti Fruit <i>MEAL DELIVERY</i> 16	Waffle Impossible Sausage 17	Veggie & Cheese Omelet Fruit <i>MEAL DELIVERY</i> 18	Tuna Casserole Soup 19
	Chicken & Noodles Fruit 22	Grilled Salmon Soup <i>MEAL DELIVERY</i> 23	Chicken salad Fruit 24	Fettuccine Alfredo Soup <i>MEAL DELIVERY</i> 25	Egg Salad Soup 26
	Impossible Meat Tacos Fresh Fruit 29	Veggie & Cheese Pizza Salad 30	Sloppy Joe Fruit 31	Crown Center Office and Cafe will be closed on July 4 in observance of Independence 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.