

Crown Center: Reflecting on 2024 as we plan for 2025

2024 was a banner year at Crown with the completion of Phase 1 renovations and the opening of the Staenberg Commons. These milestones allowed us to reopen our doors and welcome seniors from the community back to Crown.

Program partnerships included organizations such as Oasis, Missouri Botanical Gardens, Music Therapy St. Louis, AW Healthcare, and the St. Louis Symphony, offering a variety of programs that engaged and supported area seniors.

As we move into 2025, our focus remains on strengthening our community with more programs and opportunities for learning, connection, and personal growth.

If you or someone you know would like to receive our program newsletter by mail or email, please contact Randi Schenberg at rschenberg@gmail.com or call 314-991-2055.

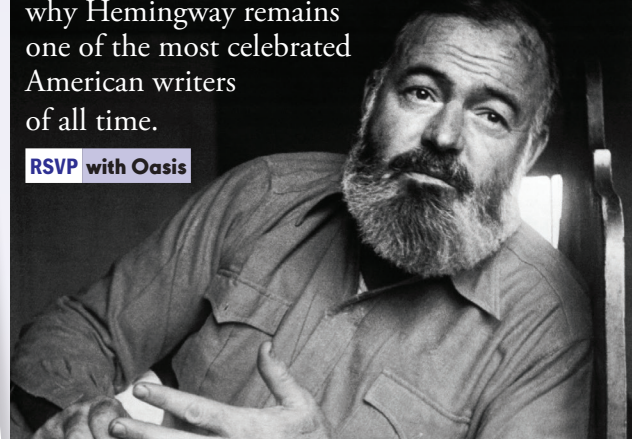
Ernest Hemingway: The Man Behind the Myth

taught by Oasis instructor Marissa McFarland

Wednesday, January 15 at 10:00-11:30 am
JCA Community Room

We know Ernest Hemingway for his love of bull-fighting, drinking, and his groundbreaking writing style, but who was the man behind the legend? Discover the story of his first love that inspired one of his greatest novels, his globe-trotting career as a journalist, and why Hemingway remains one of the most celebrated American writers of all time.

RSVP with Oasis

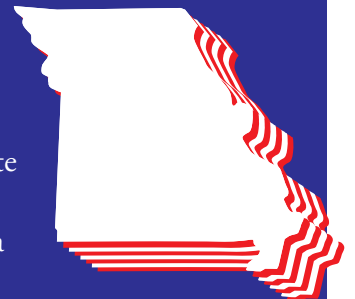


To register with St. Louis Oasis visit www.stloasis.org, call 314-862-4859 or complete the registration form in the Oasis catalog.

Empower Missouri Presentation

Monday, December 13 at 11:00 am
JCA Community Room

Come and meet **Christine Woody** and learn about ways to advocate on the federal and state level. Christine will speak about the Farm Bill and provide an opportunity for you to make a change in Missouri. **RSVP**



Forever Fitness Exercise

Class led by Leigh Cohen

Mondays at 1:30 pm (No class 1/20)

Wellness Centr **See Ad**

Fitness Fun Exercise Class

Wednesdays at 1:30 pm

Wellness Center **See Ad**

The Friday Movie Club

Fridays at 2:00 pm

JCA Community Room **RSVP See Ad**

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AW HEALTH CARE
healthy mind. healthy body.
Fitness FUN

Wednesdays at 1:30 pm

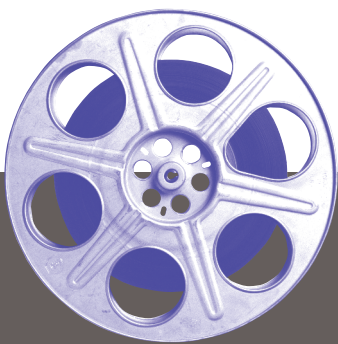
Wellness Center

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.



Crown welcomed the Big Muddy Dance troupe to entertain residents and neighbors. What a wonderful example of a community program partner.



The Friday Movie Club

Enjoy a matinee every **Friday at 2:00 pm** in the **JCA Community Room**. Snacks and drinks served.



▲ *During February Crown residents made heart health a priority and created a program supporting this important effort.*

1/6: **The Bourne Ultimatum** (2007)

1/10: **Sight** (2024)

1/17: **Star Trek: Beyond** (2016)

1/24: **Rustin** (2023)

1/31: **Fifth Friday Throwback!**
Superman (1978)

Programs are located in **the Staenberg Commons 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.



**Take time in 2025
to try something new.**

Our programs offer
options that benefit
body, mind and spirit.



FOLLOW CROWN

**We're excited to enhance
our online presence at
Crown Center!**

If you haven't already, we invite you to connect with us on Facebook, Instagram, and LinkedIn. Simply search for "Crown Center for Senior Living" and hit the follow button to stay updated on all our latest news and events!



MEET AT THE CAFE

Invite friends or host a lunch meeting at the Circle@Crown Cafe. Visit crowncenterstl.org/cafe for menu options.



**OPEN
MONDAY -
THURSDAY
8AM - 2PM**



FOREVER FITNESS



Mondays at 1:30 pm

(No class 1/20)

Wellness Center

Looking to get in shape and have fun at the same time? This new exercise class, led by experienced instructor **Leigh Cohen**, focuses on strength, stability, balance and flexibility. The class can be done entirely in your chair if you have mobility challenges. Background music also helps get your heart beating and your feet tapping!

Gladys & Henry
crown center
for Senior Living

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St. Louis, MO 63124-2166

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JANUARY 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Crown Center office and Circle@Crown Cafe will be closed January 1 in observance of New Year's Day and January 20 in observance of Martin Luther King Jr. Day.				
Hot Dog Fruit 6	Vegetable Lasagna Soup 7	BBQ Meatballs Fruit I	Lo Mein Snow Peas 2	Bagel & Lox Fruit 3
<i>MEAL DELIVERY</i>	<i>MEAL DELIVERY</i>		<i>MEAL DELIVERY</i>	
Roasted Fish Soup 13	Chicken Pot Pie Fruit 14	Impossible Burger Fruit 8	Chili Mac Fruit 9	Egg Salad Salad 10
<i>MEAL DELIVERY</i>	<i>MEAL DELIVERY</i>		<i>MEAL DELIVERY</i>	
Southwest Wrap Soup 20	Grilled Salmon Soup 21	Waffle Impossible Sausage 15	Veggie & Cheese Omelet Fruit 16	Tuna Casserole Soup 17
<i>MEAL DELIVERY</i>	<i>MEAL DELIVERY</i>		<i>MEAL DELIVERY</i>	
Impossible Tacos Fruit 27	Veggie & Cheese Pizza Salad 28	Sloppy Joe Tator Tots 29	Spaghetti & Impossible Meat Sauce Salad 30	Bagel & Lox Soup 31
<i>MEAL DELIVERY</i>	<i>MEAL DELIVERY</i>		<i>MEAL DELIVERY</i>	

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.