

The Symphony at Crown

Wednesday, June 25
at 3:00 pm

JCA Community Room

We're pleased to welcome back the SLSO. This very special program will include duets by Mozart and other composers performed by violinist **Hannah Ji** and violist **Alejandro Valdepenas** who will share musical insights and answer questions from the audience. **RSVP**



**St. Louis Symphony
Orchestra**

Stéphane Denève : Music Director

*Funding provided by The Women's Auxiliary
Foundation for Jewish Aged, a supporting
foundation of Jewish Federation of St. Louis.*



CROWN'S GARDEN SOCIETY

Wellness Garden Program

Monday, June 2, 16 & 30 at 2:30 pm

JCA Community Room & Crown Garden

Custom Foodscaping is excited to bring our Wellness Garden Program to Crown Center, offering residents a hands-on opportunity to connect with nature through edible gardening. Participants will engage in the planting, tending, and harvesting of fresh vegetables, guided by **Dayna Kriz**, an experienced horticulturist and



**CUSTOM
FOODSCAPING**

educator. Join us in cultivating a garden that nourishes both body and soul! **RSVP**

CHAMP Assistance Dogs

Thursday, June 5 at 2:00 pm
JCA Community Room

Come spend time with CHAMP's service dogs! Learn the differences between assistance, therapy, and emotional support dogs including how they are trained as well as a demonstration of their skills. The dogs will demonstrate everything from turning on/off the lights to playing basketball. **RSVP**



Silver Haired Legislature

by Aging Ahead

Wednesday, June 4 at 11:00 am

JCA Community Room

The Silver Haired Legislature is a formally elected body of citizens 60 years of age and older that promotes legislative advocacy for Missouri's older adults. The delegates are elected from each of Missouri's 10 Area Agencies on Aging. Learn how to be an advocate in Missouri and how to get involved.



**ALL ARE
WELCOME**

Neighborhood seniors are welcome at Crown Center programs.

Forever Fitness Exercise Class led by Leigh Cohen

Mondays at 1:30 pm

Weinberg Wellness Center

Join us for this Senior Chair Fitness Program designed to promote health, happiness, and a sense of community. This program offers a safe and joyful group exercise experience that focuses on balance, strength, cardio, and flexibility – all while having fun, making friends, and creating moments to look forward to. Every session is a step toward a healthier, happier you!

Crown's Garden Society brought to you by Custom Foodscaping

Monday June 2, 16 & 30 at 2:30 pm

JCA Community Room & Crown Garden

RSVP See Ad

Fitness Fun Exercise Class

Wednesdays at 1:30 pm

JCA Community Room

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



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

The Women's Suffrage Movement

Friday, June 6 and Tuesday, June 24 at 10:00 am **RSVP with Oasis**

Second Generation

Friday, June 6 at 10:00 am JCA Community Room

In the early 1900s, the second wave of suffragists emerged alongside the "New Woman" movement. Discover how trailblazing women persuaded an all-male Congress and state legislatures to pass and ratify the 19th Amendment in August, 1920, securing women's right to vote.

Finish the Fight

Tuesday, June 24 at 10:00 am

JCA Community Room

The ratification of the 19th Amendment was a milestone, but the struggle for full suffrage was far from over. It wasn't until the Voting Rights Act of 1965 that all American citizens, regardless of race or gender, were legally guaranteed the right to vote. Yet, even today, the fight for true electoral equality is still ongoing.



Silver Haired Legislature by Aging Ahead

Wednesday, June 4 at 11:00 am

JCA Community Room **RSVP See Ad**

A Matter of Balance presented by BJC

Thursday, June 5, 12, 19, 26 at 11:00 am

JCA Community Room **RSVP See Ad**

CHAMP Assistance Dogs

Thursday, June 5 at 2:00 pm

JCA Community Room **RSVP See Ad**

Chair Grooves Class (a newer fitness opportunity)

Fridays at 1:00 pm **RSVP See Ad**

Weinberg Wellness Center

Chair Grooves Class

Fridays at 1:00 pm

Fitness Center in Staenberg Commons

Join Jazz Movement Artist **Erin Morris** for a fun new dance class at Crown Center emphasizing great music and coordination. Explore footwork, rhythms, arm movements, and musical sequences in a fun and engaging way. No experience needed—just come ready to move. No standing or weight bearing required.



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.

A Matter of Balance

presented by BJC



Thursday, June 5, 12, 19, 26 at 11:00 am
JCA Community Room

A Matter of Balance will set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and ways to exercise to increase strength and balance. This 8-week program instructed by **Heather Heil** from Barnes Jewish Hospital helps older adults reduce their fear of falling by learning to view falls as controllable. **RSVP**

The Friday Movie Club

Fridays at 2:00 pm

JCA Community Room

Enjoy a Friday matinee with snacks and drinks.

6/6: **Life of Pi** (2012)

6/13: **Harriet** (2019)

6/20: *No movie*

6/27: **The Da Vinci Code** (2006)

Return of the King

The Fall and Rise
of Elvis Presley

Monday, June 9 at 2:30 pm

JCA Community Room

Discover the true story behind historic pop culture moment in this revealing documentary about Elvis Presley's triumphant 1968 comeback music special.

Artfully Aging

Watercolor Class

Wednesday, June 11 at 1:00 pm

Art Studio **RSVP** See Ad

Trip to Oak Knoll Park

Tuesday, June 17 at 11:00 am

Bus leaves at 10:30 am

Join us on Tuesday Morning to Oak Knoll Park. The park is home to a native stand of 150-year-old Post Oak trees for which it was named. The park has beautiful scenery of many different types of flowers. A quiet pond where we will have treats and enjoy nature. **RSVP \$1**

Baking with Barb

Wednesday, June 18 at 3:00 pm

Culinary Kitchen in JCA Community Room

Crown favorite Barb Bressler returns to demonstrate how to Easy No Bake Nanaimo Bars, 3-layer cookie bars with a chocolate nut crust, vanilla filling and chocolate topping. In this class, participants will enjoy samples and make their own to take home.

RSVP \$2

Keith Richards

Under the Influence

Monday, June 23 at 2:30 pm

JCA Community Room

This 2015 documentary is a portrait of Keith Richards that takes us on a journey to discover the genesis of his sound as a songwriter, guitarist and performer.

Suffrage: Finish the Fight

Tuesday, June 24 at 10:00 am

JCA Community Room

RSVP with Oasis See Ad

The Saint Louis Symphony Orchestra at Crown

Wednesday, June 25 at 3:00 pm

JCA Community Room **RSVP** See Ad

Missouri Botanical Garden Room With a Bloom

Thursday, June 26 at 1:00 pm

Art Studio

Participants will learn "How Flowers Get Their Color" and how color helps farmers when making decisions about growing food. Those attending will be able to make a summer flower arrangement to take home.

RSVP \$2

Blood Pressure Screening with ExtraCare Home Health

Monday, June 30 at 11:00 am

Wellness Center

Make your health a priority. ExtraCare Home Health will now provide free monthly blood pressure screenings.

Artfully Aging Watercolor Class in the Art Studio

Wednesday, June 11 at 1:00 pm

This watercolor class is designed for beginners, offering a relaxing and enjoyable experience as you tap into your creativity. No prior art training is necessary. Each session includes instruction on basic watercolor techniques, and participants will have the opportunity to create a small watercolor painting to take home. All necessary supplies are provided. **RSVP**

Gladys & Henry
**crown
center**
for Senior Living

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JUNE 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Egg Burrito Hashbrowns 2	Grilled Salmon Baked Potato 3	Chicken Salad Fruit 4	Spaghetti & Impossible Meat Sauce Italian Salad MEAL DELIVERY 5	Egg Salad Garden Salad 6
Impossible Meat Tacos Corn Salad 9	Veggie Cheese Pizza Side Salad MEAL DELIVERY 10	Sloppy Joe Tater Tots 11	Fettuccine Alfredo Fresh Fruit MEAL DELIVERY 12	Bagel & Lox Fruit 13
Grilled Cheese Fruit 16	Impossible Meatloaf Mashed Potatoes MEAL DELIVERY 17	BBQ Meatballs Fruit 18	Lo Mein Noodles Soup MEAL DELIVERY 19	Egg Salad Soup 20
Hot Dog Cole Slaw 23	Vegetable Lasagna Fresh Fruit MEAL DELIVERY 24	Impossible Hamburger Fresh Fruit 25	Chili Mac Fresh Fruit MEAL DELIVERY 26	Bagel & Lox Fruit 27
Fish Soup 30	The Cafe will be closed Monday, June 2 and Tuesday, June 3 in observance of Shavuot.			

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.