

## ***Bell Choir*** returns to Crown Center

Thursday, July 10 & 24  
at 11:00 am

**JCA Community Room**

Crown welcomes back **Troy Jones** with Music Therapy, LLC. Enjoy making beautiful music with friends and neighbors using handheld chimes; no previous musical training needed. **RSVP**



## Challah Baking

**Culinary Kitchen in  
JCA Community Room**

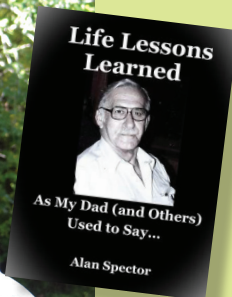
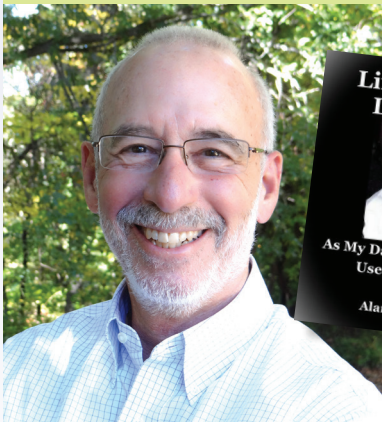
Thursday, July 15 at 3:00 pm

**Ben Kraus**, inventor of Benny's Bagels, will instruct how to make delicious challahs. In this class, participants will enjoy samples and make their own to take home and cook. Choose from a variety of toppings to make your challah special. **RSVP \$2**



## **Author Alan Spector presents: *Life Lessons Learned***

Wednesday, July 16 at 2:00 pm **JCA Community Room**



Crown Center is delighted to welcome back author **Alan Spector!** A longtime friend of the Crown community and husband of board member Ann Spector, Alan has remained an active and valued presence over the years. Living a meaningful retirement and inspiring others to do the same, Alan has authored 15 books — including his latest, *Life Lessons Learned: As My Dad (and Others) Used to Say...* We look forward to hearing Alan share his insights and stories and to discovering a few new life lessons along the way. **RSVP**

# ST. LOUIS PUBLIC LIBRARY

## Tech Presentation

Wednesday, July 2 at 2:00 pm  
JCA Community Room

Do you have questions about how to use your tablet, smartphone, or laptop?



St. Louis County Library will present an overview on what services the library can provide to help you with technology. This is your opportunity to learn about your personal device and how the library's Digital Navigators can help you navigate today's technology.

### 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.*

### St. Louis Public Library Tech Presentation

Wednesday, June 2  
at 2:00 pm  
JCA Community Room

**RSVP** See Ad

► Crown residents are hard at work planting and caring for the new community garden.

►► Crown welcomed students from the Community School for an afternoon drum circle.

### Chair Grooves Class

(a newer fitness opportunity)

Fridays at 1:00 pm  
Weinberg Wellness Center

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. **RSVP**



### The Friday Movie Club

Fridays at 2:00 pm  
JCA Community Room

Enjoy a Friday matinee with snacks and drinks.

7/4: *No movie*

7/11: **Conclave** (2024)

7/18: **Golden Voice** (2025)

7/28: **Letters to Juliet** (2010)



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.

## 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

**Mondays, July 14 & 28 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. Join us in cultivating a garden that nourishes both body and soul! **RSVP**

## A Million Miles Away

**Monday, July 7 at 2:30 pm**  
**JCA Community Room**

A 2023 documentary about Jose Hernandez and his path from a farm worker to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream.

## Baking with Barb at Crown

**Wednesday, July 9 at 3:00 pm**  
**Culinary Kitchen in JCA Community Room**

Crown favorite **Barb Bressler** returns to demonstrate how to make an easy peanut butter snack. In this class, participants will enjoy samples and make their own to take home and cook. **RSVP \$2**

## Bell Choir returns to Crown Center


**Thursday, July 10 & 24 at 11:00 am**  
**JCA Community Room** **RSVP** **See Ad**

# TAI CHI PERFORMANCE

**Wednesday, July 23 at 3:00 pm**  
**JCA Community Room**

We are excited to welcome this Tai Chi performance to Crown Center. Experience the 13th generation lineage inheritor of Chen Style Tai Chi, Yan Xie.

**RSVP**



## Challah Baking at Crown

**Tuesday, July 15 at 3:00 pm**  
**Culinary Kitchen in JCA Community Room**

**RSVP \$2** **See Ad**

## Author Alan Spector presents: Life Lessons Learned

**Wednesday, July 16 at 2:00 pm**  
**JCA Community Room** **RSVP** **See Ad**

## Blood Pressure Screening with ExtraCare Home Health

**Monday, July 21 at 11:00 am**  
**Weinberg Wellness Center**

Make your health a priority. ExtraCare Home Health will now provide free monthly blood pressure screenings. Call the office at (314) 991-2055 to sign up for a timeslot.

## The Kindness Within

**Monday, July 21 at 2:30 pm**  
**JCA Community Room**

Come on the journey of a lifetime with Leon Logothetis aka the Kindness Guy, best-selling author and host of the *Kindness Diaries*. In this 2024 documentary Leon comes to discover that the true meaning of life is not an external pursuit, but rather an intimate exploration of the kindness, love, and purpose already within us all.

## Painting Decor for the Garden

**Tuesday, July 22 at 1:30 pm**  
**Art Studio** **RSVP \$1** **See Ad**

## Tai Chi Performance

**Wednesday, July 23 at 3:00 pm**  
**JCA Community Room** **RSVP** **See Ad**





# Painting Decor for the Garden

**Tuesday, July 22 at 1:30 pm**

Join us for an art class where we'll paint colorful rocks to celebrate friendship! You'll learn how to decorate smooth stones with beautiful designs and kind messages. These painted stones can be added to our community garden or displayed in your home. No experience needed – come ready to have fun and be creative. **RSVP \$1**

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

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St. Louis, MO 63124-2166

Non-Profit Org  
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Call us (314) 991-2055

Find us online [www.crowncenterstl.org](http://www.crowncenterstl.org)

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**JULY 2025**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Impossible Meatloaf Mashed Potatoes <i>MEAL DELIVERY</i> 1	Grilled Cheese Tomato Bisque 2	Lo Mein Soup <i>MEAL DELIVERY</i> 3	Bagel & Lox Soup Cafe closed for 4th of July 4
Hot Dog Fruit 7	Vegetable Lasagna Soup <i>MEAL DELIVERY</i> 8	Impossible Burger Fruit 9	Couscous Salad Pita <i>MEAL DELIVERY</i> 10	Egg Salad Fruit 11
BBQ Meatballs Fruit 14	Caprese Panini Fruit <i>MEAL DELIVERY</i> 15	Pancakes Eggs 16	Veggie & Cheese Omelet Hashbrown <i>MEAL DELIVERY</i> 17	Tuna Casserole Soup 18
Egg Burrito Hash Browns 21	Grilled Salmon Soup <i>MEAL DELIVERY</i> 22	Loaded Baked Potato Fruit 23	Spaghetti & Impossible Meat Sauce Salad <i>MEAL DELIVERY</i> 24	Egg Salad Soup 25
Impossible Meat Tacos Fruit 28	Veggie & Cheese Pizza Fruit <i>MEAL DELIVERY</i> 29	Sloppy Joe Tator Tots 30	Fettuccine Alfredo Soup <i>MEAL DELIVERY</i> 31	The Cafe will be closed Friday, July 4.

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.