

Community Safety Education Presentation

Thursday, August 7 at 2:00 pm

JCA Community Room

Come learn about Cyber Safety and Situational Awareness led by **Scott Biondo**, Director of Community Security for **Jewish Federation of St. Louis**. Learn useful tips on how to keep yourself and your family safe. **RSVP**



Diabetes Presentation

by Aging Ahead

Tuesday, August 19 at 11:00 am

JCA Community Room

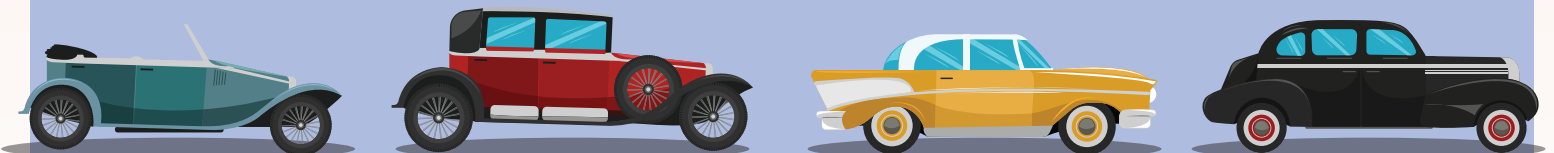
Learn about the risks of diabetes from **Brooke Huber**, Supervisor of Food and Nutrition Services with **Aging Ahead**. She will explain the different stages of diabetes, how to prevent it and how to take back your health. **RSVP**



THEY WILL RUN: THE GOLDEN AGE OF THE AUTOMOBILE IN ST. LOUIS

Wednesday, August 20 at 11:00 am JCA Community Room

Tom Eysell is the author of *They Will Run: The Golden Age of the Automobile in St. Louis*, a look at the intersection between the growth of the auto industry and the development of St. Louis. Were it not for a few quirks of history, St. Louis might have become the center of the American automotive industry instead of Detroit. Since the late 1800s, St. Louis has been home to dozens of automobile makers and manufacturers. In this presentation, Eysell will explore the Golden Age of automobiles in St. Louis. **RSVP**



ALL ARE
WELCOME

Neighborhood seniors are welcome at Crown Center programs.

Chair Grooves Class

Friday, August 1, 15 and 22 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 **See Ad**

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!

Gateway Harmonica Group Performance

Monday, August 4 at 3:00 pm
JCA Community Room **See Ad**

► Crown residents planned and enjoyed a very special Juneteenth recognition celebration.

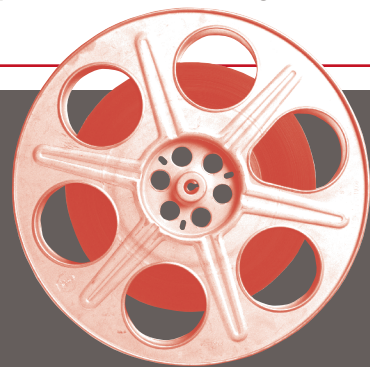
The Friday Movie Club

JCA Community Room

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

8/1: **The Greatest Showman** (2017)
 8/8: **Lars and the Real Girl** (2007)
 8/15: **The Intern** (2015)

8/22: **The Starling** (2021)
 8/29: **50 First Dates** (2004)

**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.*

Cooking with Barb

Wednesday, August 6 at 3:00 pm
Culinary Kitchen in JCA Community Room

Crown favorite Barb Bressler returns to demonstrate how to pickle veggies and make homemade pickles. In this class, participants will enjoy samples and make their own to take home and enjoy. **RSVP \$2**

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JCA Community Room **RSVP** **See Ad**

Crown's Garden Society brought to you by Custom Foodscapes

Monday, August 11 & 25 at 2:30 pm
JCA Community Room & Crown Garden

Custom Foodscapes 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**



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.

**Navigating Today's
Technology Class
with St. Louis County Library**
Wednesday, August 13 at 2:00 pm
JCA Community Room

Engage with trainers and fellow users to find answers and tips on navigating today's technology. Bring your questions for us to explore together.

Bell Choir with Troy Jones
Thursday, August 14 & 28 at 11:00 am
JCA Community Room **RSVP** See Ad



Experience Art at Crown
Thursday, August 14 at 1:30 pm
Art Studio

Discover the vintage photographic method of cyanotype printing which uses light from the sun to create images in shades of blue. Participants will learn how to make unique prints using just the sun to develop the images using found objects to make one-of-a-kind designs. **RSVP**

**Barbara Walters:
Tell Me Everything**
Monday, August 18 at 2:30 pm
JCA Community Room

This 2025 documentary explores Barbara Walters' influential role in broadcast journalism while shedding light on sexism, ambition, and the challenges women face in achieving success.

◀ Crown welcomed musicians from the St. Louis Symphony Orchestra for a special performance.

▶ Crown residents collected supplies for those affected by the recent tornadoes.



Diabetes Presentation
by Aging Ahead – Ad
Tuesday, August 19 at 11:00 am
JCA Community Room **RSVP**

CHAMP Assistance Dogs
Tuesday, August 19 at 2:00 pm
JCA Community Room

Come spend time with CHAMP's service dogs and experience a brief bit of bliss. **RSVP**

**They Will Run:
The Golden Age of the
Automobile in St. Louis**
Wednesday, August 20 at 11:00 am
JCA Community Room **RSVP** See Ad

Bell Choir at Crown Center

Thursday, August 14 & 28 at 11:00 am
JCA Community Room

Crown hosts a bell choir where participants can enjoy making beautiful music with friends and neighbors using handheld chimes; no previous musical training needed. **RSVP**



GATEWAY HARMONICA GROUP PERFORMANCE

Monday, August 4 at 3:00 pm

JCA Community Room

Crown welcomes the Gateway Harmonica Group for a special performance. The group consists of several performers playing a variety of harmonicas. Experience a broad repertoire of musical styles that evoke memories of bygone eras.

Gladys & Henry
crown
center
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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Call us (314) 991-2055

Find us online www.crowncenterstl.org

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AUGUST 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				Bagel & Lox Soup I
Grilled Cheese Tomato Bisque 4	Impossible Meatloaf Potatoes MEAL DELIVERY 5	Roasted Fish Soup 6	Lo Mein Soup MEAL DELIVERY 7	Bagel & Lox Soup 8
Hot Dog Fruit II	Vegetable Lasagna Soup MEAL DELIVERY I2	Impossible Burger Fruit I3	Couscous Salad Pita MEAL DELIVERY I4	Egg Salad Fruit I5
BBQ Meatballs Fruit I8	Caprese Panini Fruit MEAL DELIVERY I9	Pancakes Eggs 20	Veggie & Cheese Omelet Hashbrown MEAL DELIVERY 2I	Tuna Casserole Soup 22
Egg Burrito Hash Browns 25	Grilled Salmon Soup MEAL DELIVERY 26	Loaded Baked Potato Fruit 27	Spaghetti & Impossible Meat Sauce Salad MEAL DELIVERY 28	Egg Salad Soup 29

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.

