

Crown Connection

SEPTEMBER 2025



with Attorney Josh Hutkins

Thursday, September 4 at 3:00 pm
JCA Community Room

Don't miss this important and informative session led by Crown Center Board Member Josh Hutkins, an attorney with Sandberg Phoenix. Josh will break down the basics of estate planning and explain why having a plan in place is essential. Learn about key documents like health care and financial powers of attorney, a last will and testament, and revocable trusts – and how they can help protect you and your loved ones. **RSVP**

NEW

ART WITH COCA

A Monthly Art Program with COCA (Center of Creative Arts)

Thursday, September 4 at 1:00 pm **Art Studio**

Rediscover Creativity: Arts and Crafts for Adults

Connect with yourself and others through creative and restorative arts and crafts projects. We will build on traditional and experimental art-making techniques to complete projects that you can gift or take home. Participants will be guided by a COCA teaching artist in exploring DIY crafts, botanical arts, collage, jewelry making, and fiber arts. **RSVP \$1**



Community Safety Event

Natural Disasters & Emergency Situations

Tuesday, September 16 at 11:00 am

JCA Community Room



University City Fire Marshal Kramer, Deputy Chief of U City's Fire Department will discuss community safety, learning how to best prepare for a natural disaster and how to be calm during a 911 emergency. It's important to learn tips to be prepared before an event occurs.

Good Hearing is Everyone's Business

Thursday, September 18
at 1:00 pm JCA Community Room



Dr. Gilbert Phon, Doctor of Audiology, presents information on ear care, difficulties with hearing and what people can do to prevent issues as they age. Dr. Phon spent 35 years in the field of audiology, specializing in diagnostic and rehabilitative audiology, hearing aid dispensing, and fitting and counseling social aspects of geriatrics.

**ALL ARE
WELCOME**

Neighborhood seniors are welcome at Crown Center programs.

לשנה טובה L'shana Tova

Wishing you a
happy Rosh Hashanah
from Crown Center's
Board and Staff.



Baking with Barb

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

Crown favorite **Barb Bressler** returns to demonstrate how to make Apple Crumb Muffins in celebration of Rosh Hashanah, the Jewish New Year. In this class, participants will enjoy samples and make their own to take home and enjoy. **RSVP \$2 See Ad**

Art with COCA

New Art Program with COCA
(Center of Creative Arts)

Thursday, September 4 at 1:00 pm

Weinberg Wellness Center

RSVP \$2 See Ad

Estate Planning 101

with Attorney Josh Hutkins

Thursday, September 4 at 3:00 pm

JCA Community Room **RSVP See Ad**

The Friday Movie Club

Fridays at 2:00 pm

JCA Community Room

Enjoy a Friday matinee with snacks and drinks.

9/5: **To Olivia: The True Story of Roald Dahl** (2022)

9/12: **Miss Potter** (2007)

9/19: **Captain America: Brave New World** (2025)

9/27: **The Music of Silence** (2018)



Mirowitz Center Community Singers Concert at Crown Center

Wednesday, September 17 at 2:00 pm
JCA Community Room

Get ready to re-live the sounds of the 60s and 70s! The Mirowitz Center Community Singers, under the direction of professional musician Robert Denison, will be performing folk songs you remember. Refreshments provided. **RSVP**

Crown's Garden Society brought to you by Custom Foodscapes

Monday, September 8 & 22 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**

Bell Choir with Troy Jones

Thursday, September 11 & 25
at 11:00 am

JCA Community Room

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

Documentary:

The Blue Angels

Monday, September 15 at 2:30 pm
JCA Community Room

The 2024 documentary *The Blue Angels* follows the newest class of the storied Navy and Marine Corps flight squadron through intense training, experiencing heart-stopping aerial artistry. You'll also be able to learn about the squadron's veterans as they experience their final flights before retirement.

Community Safety Event Natural Disasters & Emergency Situations

Tuesday, September 16 at 11:00 am

JCA Community Room **RSVP See Ad**

Mirowitz Center Community Singers Concert

at Crown Center

Wednesday, September 17 at 2:00 pm
JCA Community Room **RSVP See Ad**

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.

“Good Hearing Is Everyone’s Business”

Thursday, September 18 at 1:00 pm
JCA Community Room [See Ad](#)

Shakshuka Rosh Hashanah Concert

Thursday, September 25 at 3:00 pm
JCA Community Room [RSVP](#) [See Ad](#)

Documentary: **Becoming Katharine Graham**

Monday, September 29 at 2:30 pm
JCA Community Room

This 2025 documentary tells the story of a painfully shy woman’s accidental rise to power and how it changed history. After a family tragedy, Kay became a legendary newspaper publisher fighting for truth while breaking barriers in a sexist world, eventually winning a Pulitzer Prize.

Medicare Open Enrollment Missouri SHIP

Tuesday, September 30 at 1:00 pm
JCA Community Room

Learn about the different Medicare Enrollment options. During Medicare Open Enrollment, people with Medicare can compare their Medicare Part D and Medicare Advantage plans or change plans. Learn more details about your options and get your questions answered.

FITNESS OPPORTUNITIES

@CROWN

All fitness classes will be in the Weinberg Wellness Center

Forever Fitness

Mondays at 1:30 pm

Join Leigh Cohen 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!

Tai Chi

Tuesdays at 3:30 pm

Experience Qigong Taiji 18 – a gentle yet powerful series of movements for all levels. This flowing form harmonizes breath, body, and mind. Designed to be practiced standing or seated, it helps reduce stress, improve balance, and enhance vitality. The class will be taught by Yan Xie, an instructor dedicated to sharing the beauty, power, and health benefits of this centuries-old art.

Fitness Fun

Wednesdays at 1:30 pm

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.*

Chair Grooves

Fridays at 1:00 pm

Join Jazz Movement Artist Erin Morris for a fun 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.

SHAKSHUKA ROSH HASHANAH CONCERT

**Thursday,
September 25
at 3:00 pm**

JCA Community Room

Celebrate Rosh Hashanah – the Jewish New Year with the upbeat tunes of the Shakshuka band. We welcome back Shakshuka and invite you to enjoy popular and Israeli folk music served with special Rosh Hashanah treats. All are welcome! **RSVP**

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

8350 Delcrest Drive
St. Louis, MO 63124-2166

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SEPTEMBER 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Impossible Meat Tacos Salad 1 The office & cafe are closed.	Veggie & Cheese Pizza Fruit 2 MEAL DELIVERY	Sloppy Joe Tator Tots 3	Fettuccine Alfredo Soup 4 MEAL DELIVERY	Bagel & Lox Soup 5
Grilled Cheese Tomato Bisque 8	BBQ Meatballs Fruit 9 MEAL DELIVERY	Roasted Fish Fruit 10	Lo Mein Soup 11 MEAL DELIVERY	Egg Salad Fruit 12
Hot Dog Fruit 15	Vegetable Lasagna Soup 16 MEAL DELIVERY	Impossible Burger Fruit 17	Couscous Salad Fruit 18 MEAL DELIVERY	Tuna Casserole Soup 19
Impossible Meatloaf Mashed Potatoes 22 MEAL DELIVERY	Grilled Salmon Fruit 23 The office & cafe are closed.	Pancakes Eggs 24 The cafe is closed.	Veggie & Cheese Omelet Fruit 25 MEAL DELIVERY	Egg Salad Soup 26
Egg Burrito Fruit 29	Caprese Panini Fruit 30 MEAL DELIVERY	The office and cafe will be closed on September 1 in observance of Labor Day and on September 23 in observance of Rosh Hashanah. The cafe will also be closed on September 24 .		

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.