

Crown Connection

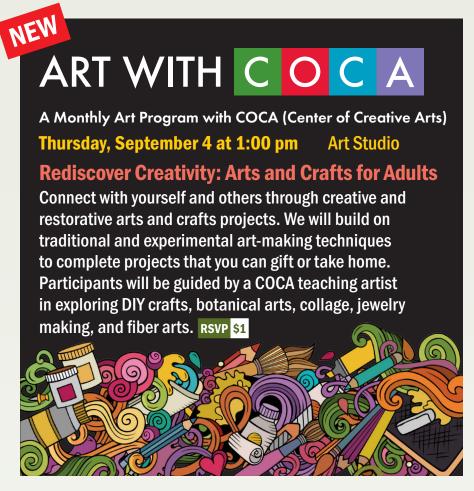
SEPTEMBER 2025

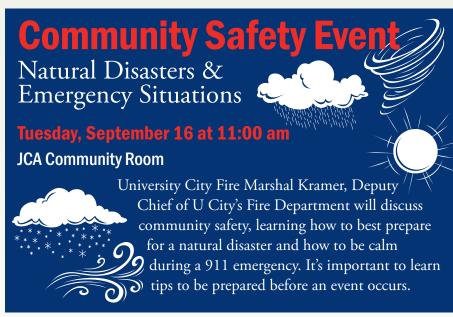


with Attorney Josh Hutkins

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







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.



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

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

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.

@CROW

All fitness classes will be in the Weinberg Wellness Center

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.

Gladys & Henry
CROWN
CENTER
for Senior Living

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Permit No 820

Call us (314) 991-2055

SEPTEMBER 2025

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!

Find us online www.crowncenterstl.org

Follow us on





Monday	Tuesday		Wednesday		Thursday		Friday	
Impossible Meat Tacos	Veggie & Cheese Pizz	a	Sloppy Joe		Fettuccine Alfredo		Bagel & Lox	
Salad	Fruit		Tator Tots		Soup		Soup	
$I \\ \label{eq:Interpolation}$ The office & cafe are closed.	MEAL DELIVERY	2		3	MEAL DELIVERY	4		5
Grilled Cheese	BBQ Meatballs		Roasted Fish		Lo Mein		Egg Salad	
Tomato Bisque	Fruit		Fruit		Soup		Fruit	
8	MEAL DELIVERY	9		IO	MEAL DELIVERY	II		12
Hot Dog	Vegetable Lasagna		Impossible Burger		Couscous Salad		Tuna Casserole	
Fruit	Soup		Fruit		Fruit		Soup	
15	MEAL DELIVERY	16		17	MEAL DELIVERY	18		19
Impossible Meatloaf Mashed Potatoes	Grilled Salmon Fruit		Pancakes Eggs		Veggie & Cheese 0 Fruit	melet	Egg Salad Soup	
MEAL DELIVERY 22	The office & cafe are closed.	23	The cafe is closed.	24	MEAL DELIVERY	25		26
Egg Burrito	Caprese Panini		T1 66			4.		2
Fruit	Fruit		The office and cafe will be closed on September 1 in observance of Labor Day and on September 23 in observance of Rosh Hashanah.					
29	MEAL DELIVERY	30	The cafe will also be closed on September 24.					
For Meal Program information, call: (314)991-2055			neals include a fruit or vegetable and a dessert. \$5 suggested donation per meal					