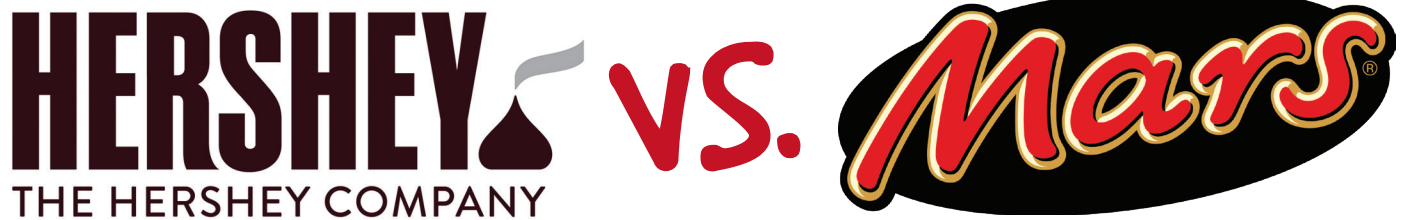


Chocolate Wars: Hershey and Mars

Wednesday, November 5 at 2:00 pm JCA Community Room

Learn how Hershey and Mars got their start and grew into the massive brands we know today. Explore how these companies worked together but mostly competed fiercely. From using spies to clever advertising, they were always trying to outdo each other. Enjoy a peek into their unique business strategies.



ART WITH COCA

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

Thursday, November 20 at 1:00 pm Art Studio

Thanksgiving Card Collage Workshop

Join us for a hands-on workshop where we'll turn ordinary greeting cards into extraordinary works of art giving you the opportunity to say thank you to friends or family. You'll learn to remix cards using collage, mixed media, and your own personal flair. Each card will carry your unique touch and heartfelt creativity while you spread thanks. **RSVP \$1**



From Memories to Melodies: A Special Afternoon at Crown Center.

Wednesday, November 19 at 4:00 pm
JCA Community Room

Experience happy hour while learning about the rich history of Crown Center from residents who have lived here the longest. We will share photos and reminisce about the last few decades at Crown. Following, enjoy a concert with the talented **Scott Alberici Duo**, known for their superbly rich, warm, mellow and velvety sound. **RSVP**



Forever Fitness

Mondays at 1:30 pm
Weinberg Wellness Center

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.

Crown's Garden Society brought to you by Custom Foodscapes

Monday, November 3 & 17 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**

Tai Chi

Tuesdays November 11, 18 & 25
at 3:30 pm

Weinberg Wellness Center

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
Weinberg Wellness Center

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.*

Chocolate Wars Talks: Hershey and Mars

Wednesday, November 5 at 2:00 pm
JCA Community Room **See Ad**

The Friday Movie Club

Community Room in Staenberg Commons

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

11/7: **Ruth & Boaz** (2025)
11/14: **About My Father** (2023)
11/21: **Pieces of April** (2003)
11/28: **No Movie**



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.

Chair Grooves

Fridays 11/7 & 11/21 at 1:00 pm
Weinberg Wellness Center [See Ad](#)

Documentary: **UnBroken**

Monday, November 10 at 2:30 pm
JCA Community Room

UnBroken (2023) chronicles the seven Weber siblings who evaded certain capture and death, and ultimately escaped Nazi Germany. Emboldened to always stay together, the children used their own cunning and instincts to fight through hunger, loneliness, bombings and fear. Ultimately, they had to declare themselves as orphans in order to escape to a new life in America, not to be reunited for over 40 years.

Baking with Barb

Wednesday, November 12 at 3:00 pm
Culinary Kitchen in JCA Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make Oreo "Turkey" balls. In this class, participants will enjoy samples and make their own to take home and enjoy. [RSVP \\$2](#) [See Ad](#)

Bell Choir with Troy Jones

Thursday, November 13 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](#)

Have shopping and cooking become difficult?

Are you eating out or buying prepared meals because it's easier?

Gladys & Henry
crown center
for Senior Living



If you answered "yes" to these questions, then the Crown Center Kosher Meals on Wheels program might be for you.

Our Kosher Meals on Wheels program...

- includes 5 freshly prepared, nutritious meals delivered weekly.
- is for adults 60+ living near Crown Center.
- costs a suggested donation of \$5 per meal *or* pay what you can.
- can be delivered to your door or picked up.

FOR MORE INFORMATION, CONTACT:

Rachel Hensold, Client Services Director
at rhensold@crowncenterstl.org
or 314-991-2055.

From Memories to Melodies: A Special Afternoon at Crown Center

Wednesday, November 19 at 4:00 pm
JCA Community Room [RSVP](#) [See Ad](#)

Art with COCA Thanksgiving Card Collage Workshop

Thursday, November 20 at 1:00 pm
Art Studio [RSVP \\$1](#) [See Ad](#)

Chair Grooves

Fridays November 7 & 21 at 1:00 pm
Weinberg Wellness Center

Join Jazz Movement Artist **Erin Morris** for a fun dance class at Crown Center emphasizing great music and coordination. Explore footwork, arm movements, rhythms, 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

8350 Delcrest Drive
St. Louis, MO 63124-2166

Non-Profit Org
US POSTAGE
PAID
St Louis Mo
Permit No 820



Call us (314) 991-2055

Find us online www.crowncenterstl.org

Follow us on



NOVEMBER 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Grilled Cheese Soup 3	Impossible Meatloaf Soup 4 <i>MEAL DELIVERY</i>	Roasted White Fish Soup 5	Lo Mein Soup 6 <i>MEAL DELIVERY</i>	Bagel & Lox Soup 7
Beyond Bratwurst & Sauerkraut Fruit 10	Vegetable Lasagna Soup 11 <i>MEAL DELIVERY</i>	Impossible Burger Soup 12	Couscous Salad Fruit 13 <i>MEAL DELIVERY</i>	Egg Salad Soup 14
Impossible Meatballs Cole Slaw 17	Caprese Panini Veggie Salad 18 <i>MEAL DELIVERY</i>	Pancakes & Eggs Fruit 19	Veggie & Cheese Omelet Hash Browns 20 <i>MEAL DELIVERY</i>	Tuna Casserole Soup 21
Egg Burrito Fruit 24	Spaghetti & Impossible Meat Sauce Salad 25 <i>MEAL DELIVERY</i>	Loaded Baked Potato Soup 26	Grilled Salmon Soup 27 Thanksgiving	Egg Salad Soup 28

In observation of Thanksgiving, the Circle@Crown Cafe and the Crown Center office will be closed **November 27 & 28.**

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.