

## Memories & Melodies

Performance & Special  
Reminiscing about Crown

**Wednesday, January 21 at 3:00 pm**

JCA Community Room

This special event begins with a reception where Crown residents share photos and reminisce about the last few decades of Crown Center.

Learn about the rich history of Crown Center from the people who have lived here the longest. This will be followed by a 4:00 pm concert from the talented Scott Alberici Duo, known for their superbly rich, warm, mellow, and velvety sound. **RSVP**



## Warm-Up Writing Workshop

**Friday, January 23 at 11:00 am** JCA Community Room

This welcoming writing workshop is designed especially to engage the senses during the winter months. This session offers a variety of writing prompts to explore memories, renew the spirit, and to evoke new experiences with instructor **Scott Berzon**.

Participants can be novices or seasoned writers.



## Learning Resilience

**Thursday, January 8, 15, 22 & 29 at 2:00 pm**

JCA Community Room

This series, hosted by Emma Bacila of Provident Behavioral



Health, aims to empower older adults with practical tools and strategies for maintaining emotional wellbeing as they navigate the process of aging. Participants will explore strategies for managing burnout, embracing new activities, coping with grief and loss, and nurturing meaningful relationships.

## Brain Health with The Alzheimer's Association

**Wednesday, January 14 at 3:00 pm**

JCA Community Room

Learn about the importance of brain-healthy



Greater Missouri Chapter

actions to build into routines that will benefit the brain. Program presented by The Alzheimer's Association.

## The Friday Movie Club

Fridays at 2:00 pm  
JCA Community Room

Enjoy a Friday matinee with snacks and drinks.

- 1/2: **A Man Called Otto** (2022)
- 1/9: **Water for Elephants** (2011)
- 1/16: **The Nightingale** (2018)
- 1/23: **The New Boy** (2023)
- 1/30: **Respect** (2021)

## Forever Fitness led by Leigh Cohen

Mondays at 1:30 pm  
No class January 5  
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!

## Documentary: The Lost Children

Monday, January 5 at 2:30 pm  
JCA Community Room

This 2024 documentary explores four Indigenous children who are stranded in the Colombian Amazon after their plane crashes. Guided by ancestral knowledge, they're able to survive while awaiting rescue amid the jungle's challenges.



## Torah & Togetherness: Weekly Wisdom with Rabbi Finkelstein

Wednesdays at 11:00 am Circle @ Crown Cafe

Crown Center welcomes **Rabbi Finkelstein**

from Bais Abraham Congregation, for a weekly Torah portion study group. Participants will discuss how the portions' meaning can impact their lives.

Purchase lunch from the Circle@Crown Cafe while learning with other community members.



## Tai Chi Exercise

Tuesdays 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.

## Torah & Togetherness with Rabbi Finkelstein

Wednesdays at 11:00 am  
Circle @ Crown Cafe [See Ad](#)

## Fitness Fun Exercise Class

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.*

## Cooking with Barb

Wednesday, January 7 at 3:00 pm  
Culinary Kitchen

Crown favorite Barb Bressler returns to demonstrate how to make soups in a jar. In this class, participants will enjoy samples and make their own to take home and enjoy. **RSVP \$2**



▲ Celebrating Chanukah with our Crown Community.

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.

# COPING WITH GRIEF, LOSS & LIFE TRANSITION

**Tuesday, January 27 at 2:00 pm** JCA Community Room

Through a video presentation this session explores the emotional impact of major life changes, including the loss of loved ones, shifting roles, and other transitions that often come with aging. Participants will learn about common responses to grief and change and discover practical strategies for coping with these challenges. **RSVP**



## Being Prepared to Vote in 2026

**Tuesday, January 20 at 2:00 pm**  
JCA Community Room **See Ad**

## Memories & Melodies

**Wednesday, January 21**

**3:00 pm** Memories of Crown Center

**4:00 pm** Melodies – a concert with  
the Scott Alberici Duo

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

## Beethoven's Violin Sonata No. 5 "Spring" Concert

**Thursday, January 22 at 3:30 pm**  
JCA Community Room

Join us to hear Wash U graduate students **Yang Yang** and **Edgar Palomino Munoz** as they perform Beethoven's Violin Sonatas No. 5 "Spring".

## Warm-Up Writing Workshop

**Friday, January 23 at 11:00 am**  
JCA Community Room **See Ad**

## Documentary:

### ABBA: Against the Odds

**Monday, January 26 at 2:30 pm**  
JCA Community Room

This documentary celebrates the 50th anniversary of the iconic Swedish group winning the Eurovision Song Contest.

## Oasis Presents:

### Coping with Grief, Loss & Life Transition

**Tuesday, January 27 at 2:00 pm**  
JCA Community Room **RSVP** **See Ad**

## Bell Choir with Troy Jones

**Thursday, January 8 & 22 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**

## Learning Resilience with Provident

**Thursday, January 8, 15, 22 & 29  
at 2:00 pm**  
JCA Community Room **See Ad**

## Chair Grooves Class

**Friday, January 9, 16 & 23 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, 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.

## Documentary:

### Tell Me Who I Am

**Monday, January 12 at 2:30 pm**  
JCA Community Room

After losing his memory in an accident, Alex Lewis trusts his twin brother, Marcus, to tell him about his past only to discover that he's hiding a dark secret about their childhood.

## Create with COCA

**Tuesday, January 13 at 2:00 pm**  
Art Studio

Participants will use "Starry Night" as their inspiration and make it uniquely their own by adding a silhouette of a skyline. Teaching artist **Maria Ojascastro** returns to Crown Center and will provide examples, encouragement and step by step instructions. **RSVP \$2**

## Brain Health Lecture

**Wednesday, January 14 at 3:00 pm**  
JCA Community Room **See Ad**



# Being Prepared to Vote in 2026

**Tuesday, January 20 at 2:00 pm**  
**JCA Community Room**

This session will provide a clear, practical overview of voting rights and key election issues relevant to Missouri voters.

Attendees will receive guidance on how to access sample ballots, review the photo ID requirements, options for absentee voting, and the benefits of joining the permanent disabled voter list. We will explore what voter suppression looks like and how these barriers can affect communities.

*Sponsored by the  
Missouri Voter  
Protection Coalition.*



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](http://www.crowncenterstl.org) Follow us on   

**JANUARY 2026**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
The Circle@Crown Cafe & office will be closed in observance of New Year's Day on <b>1/1</b> and Martin Luther King, Jr. Day on <b>1/19</b> .			<b>Lo Mein Egg Drop Soup</b>  New Year's Day	<b>Bagel &amp; Lox Lentil Soup</b>
<b>Beyond Bratwurst New Potatoes</b>  5	<b>Baked Ziti Broccoli</b>  6 <i>MEAL DELIVERY</i>	<b>Impossible Burger Potato Soup</b>  7	<b>Shepard's Pie Mixed Vegetables</b>  8 <i>MEAL DELIVERY</i>	<b>Egg Salad Vegetable Soup</b>  9
<b>BBQ Impossible Meatballs Baked Beans</b>  12	<b>Cassoulet Fresh Fruit</b>  13 <i>MEAL DELIVERY</i>	<b>Pancakes &amp; Eggs Skillet Potatoes</b>  14	<b>Veggie &amp; Cheese Omelet Fruit</b>  15 <i>MEAL DELIVERY</i>	<b>Tuna Casserole Soup</b>  16
<b>Egg Burrito Hashbrown</b>  19	<b>Grilled Salmon Soup</b>  20 <i>MEAL DELIVERY</i>	<b>Loaded Baked Potato Chili</b>  21	<b>Spaghetti &amp; Impossible Meat Sauce Garlic Bread</b>  22 <i>MEAL DELIVERY</i>	<b>Black Bean Quesadilla Vegetable Soup</b>  23
<b>Impossible Tacos Corn Salad</b>  26	<b>Veggie &amp; Cheese Pizza Salad</b>  27 <i>MEAL DELIVERY</i>	<b>Sloppy Joe Tator Tots</b>  28	<b>Potato Pierogi Casserole Fruit</b>  29 <i>MEAL DELIVERY</i>	<b>Bagel &amp; Lox Soup</b>  30

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.