

Warm-Up Writing Workshop

**Friday, February 20
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 seasoned writers or trying it for the first time.



Torah & Togetherness: Weekly Wisdom with Rabbi Finkelstein

Wednesdays at 11:00 am Crown Center Library

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.

Enjoy this special opportunity to learn with others in the community.



A Life Through the Lens: Photography with Marian Brickner

Tuesday, February 24 at 2:00 pm
JCA Community Room

Enjoy stories from this exceptional photographer from behind the camera while enjoying examples of her photography. Her early career focused on studying and photographing bonobo apes, while her later work highlights the beauty found in unusual and unexpected subjects. Marian has photographed daily for more than 30 years and her work has been recognized by Jane Goodall, featured in *National Geographic Kids*, and includes 91 self-published photography of animal books.





The Friday Movie Club

Community Room in Staenberg Commons
Enjoy a matinee **Fridays at 2:30 pm** with snacks and drinks served. Listening devices available.

2/6: **Wicked** (2024)

2/13: **Wicked: For Good** (2025)

2/20: **The Woman King** (2022)

2/27: **No Movie**



The Friday Movie Club

Fridays at 2:30 pm

JCA Community Room **See Ad**

Torah & Togetherness with Rabbi Finkelstein

Wednesdays at 11:00 am

Crown Center Library **See Ad**

Bell Choir with Troy Jones

Thursday, February 12 & 26 at 11:00 am

Wellness Center

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: I will Survive:

The Gloria Gaynor Story

Monday, February 2 at 2:30 pm

JCA Community Room

Follow Gaynor, who after overcoming traumatic events in her life, rebuilt her life by earning a degree in psychology and investing her own resources to produce the gospel record Testimony, which earned her a Grammy award.

Tu B'Shevat Seder

Thursday, February 5 at 3:00 pm

JCA Community Room **RSVP See Ad**

Drum Circle with Community School

Thursday, February 5 & 19 at 12:00 pm

JCA Community Room

Join the 1st grade class from Community School for a lively drum circle at Crown, where young students and community members will come together through music and rhythm. Enjoy fun and laughter as generations unite to make music. Refreshments will be served after.

Baking with Barb

Wednesday, February 18 at 3:00 pm

Culinary Kitchen in JCA Community Room

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

Documentary:

Catching Fire: the Story of Anita Pallenberg (2024)

Monday, February 9 at 2:30 pm

JCA Community Room

This intimate documentary reveals the story of a fierce rock 'n' roller, actress, muse and mother who rose to prominence in the 1960s and 1970s.

Create with COCA

Tuesday, February 10 at 1:30 pm

Art Studio

Mandalas have become a popular symbol of meditation which aids in enhancing focus, combating stress and forming a greater connection with the universe. Artist **Maria Ojacastro** will give step by step guidance on designing and painting your own mandala watercolor. **RSVP \$2**

Crown Center's Library Grand Opening

Monday, February 16 at 3:00 pm Crown Center Library

Attend the grand opening of our new Crown Center Library. This special event will include a brief program, reception, and time to look through our books, games and puzzles. We hope you'll join us to mark the opening of this beautiful new space for our community. **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.

Crown Center's Library Grand Opening

Monday, February 16 at 3:00 pm

Crown Center Library **RSVP** [See Ad](#)

CHAMP Assistance Dogs

Tuesday, February 17 at 3:00 pm

JCA Community Room

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

Missouri Botanical Garden: Room With a Bloom

Thursday, February 19 at 1:00 pm

Art Studio

Dave Reindl, Missouri Botanical Garden volunteer, comes to share his gardening expertise, seasonal flowers and his warmth and wisdom. Learn about the flowers he brings and take home a sample. **RSVP \$2**

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JCA Community Room [See Ad](#)

Documentary: **Abbey Road: If These Walls Could Sing**

Monday, February 23 at 2:30 pm

JCA Community Room

An exploration through nine decades of the breadth, diversity, and ingenuity of Abbey Road Studios, the most famous and longest-running music studio in the world.

A Life Through the Lens: Photography with Marian Brickner

Tuesday, February 24 at 2:00 pm

JCA Community Room [See Ad](#)

It's time to get healthy in **2026!** Crown Center offers a wide variety of classes.

FITNESS OPPORTUNITIES @CROWN

All classes available at no cost and will be in the Wellness Center.

Forever Fitness led by Leigh Cohen

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 Exercise

Tuesdays at 3:30 pm (No class on 2/17)

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 Exercise Class

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 Class

Fridays at 1:30 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.

Tu B'Shevat Seder

JCA Community Room

Thursday, February 5 at 3:00 pm

Rabbi Howard Kaplansky, Rabbi Emeritus of United Hebrew Congregation, will lead us in the traditional Tu B'Shevat Seder, a festive ritual meal celebrating the "New Year for Trees," focusing on fruits, nature, and spiritual connection. Participants will explore the holiday fruits while reflecting on our connection to nature and the environment. **RSVP**



Gladys & Henry
crown
center
for Senior Living

8350 Delcrest Drive
St. Louis, MO 63124-2166

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FEBRUARY 2026

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Grilled Cheese Tomato Bisque 2	Impossible Meatloaf Mashed Potatoes 3 <i>MEAL DELIVERY</i>	Roasted Fish Street Corn 4	Lo Mein with Tofu Egg Drop Soup 5 <i>MEAL DELIVERY</i>	Bagel & Lox Lentil Soup 6
Beyond Bratwurst New Potatoes 9	Baked Ziti Broccoli and Soup 10 <i>MEAL DELIVERY</i>	Impossible Burger Potato Soup 11	Shepherd's Pie Fresh Fruit 12 <i>MEAL DELIVERY</i>	Egg Salad Garden Salad 13
BBQ Impossible Meatballs Cole Slaw 16	Cassoulet Fresh Fruit 17 <i>MEAL DELIVERY</i>	Pancakes Hard Boiled Egg 18	Veggie & Cheese Omelet Fruit 19 <i>MEAL DELIVERY</i>	Tuna Casserole Soup 20
Egg Burrito Hashbrown 23	Grilled Salmon Soup 24 <i>MEAL DELIVERY</i>	Loaded Baked Potato Chili 25	Spaghetti & Impossible Meat Sauce Garlic Bread 26 <i>MEAL DELIVERY</i>	Black Bean Quesadilla Vegetable Soup 27

HOURS
MON-THUR
8 AM-2 PM



YOUR NEIGHBORHOOD CAFE:

PERFECT FOR COFFEE, LUNCH, AND GOOD COMPANY

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.