



History is in the Bag

Tuesday, March 17 at 1:00 pm

JCA Community Room

A special presentation and display exploring the long and fascinating history of our most practical accessory “the bag” for men and women alike. You’ll meet some of the famous (and infamous) characters behind the humble bag, including a Painter, Queen and Butterscotch Maker. Discover how bags carry not only our essentials, but our memories as well.

To Everything There is a Season:

A Discussion Group Based on Jewish Text

Monday, March 9 at 3:00 pm Art Studio

Join **Leora Ballnsky**, Chaplain at **Jewish Family Services**, for a monthly group dedicated to discussing where we are situated in the Jewish calendar, the salient themes and challenges of this time in our lives, and the intersection of the two. We will study a text related to the time of year as a jumping off point for conversation and connection.

Purim Celebration and HaShemesh Concert

Wednesday, March 4 at 3:00 pm

JCA Community Room

Crown Center will be celebrating the holiday of Purim with a celebration including entertainment from the band HaShemesh and a delicious treat of hamantaschen. We welcome back the talented musicians from the band HaShemesh who perform Israeli, Hassidic, Yiddish and Yemenite melodies.



PLEASE
NOTE:

Construction of the new Crown Center Phase II Building is scheduled to begin Spring 2026.

Forever Fitness Exercise**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.

Crown's Garden Society**Mondays at 2:30 pm**
March 2, 16 and 30
Art Studio & Crown Garden

Custom Foodscaping is excited to bring a Wellness Garden Program to Crown Center, offering residents a hands-on opportunity to connect with nature through edible gardening. Participants will engage in planning and planting vegetables and herbs to be moved to the raised garden beds this spring. Join us in cultivating a garden that nourishes both body and soul! **RSVP**

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. 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:
Weekly Wisdom****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 our lives.

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.

**Purim Celebration and
Concert with HaShemesh****Wednesday, March 4 at 3:00 pm**
JCA Community Room **See Ad****Chair Grooves Class****Fridays at 1:30 pm**
March 6, 20 and 27
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.

The Friday Movie Club**Fridays at 2:30 pm**
JCA Community Room

Enjoy a matinee every Friday with snacks and drinks served.

3/6: **No Movie**3/13: **People We Meet on Vacation**
(2026)3/20: **Gidget** (1959)3/27: **Train Dreams** (2025)**Soldiers Memorial
and Military Museum
Presentation****Monday, March 9 at 11:00 am**
JCA Community Room

Enjoy a presentation highlighting Soldiers Memorial and Military Museum's reopening after a \$30 million renovation, its core exhibition St. Louis in Service, upcoming Smithsonian traveling exhibits, and the free programs, tours, and volunteer opportunities available to the public. Learn about this incredible museum with a special presentation.

Documentary:**ABBA: Against the Odds****Monday, March 9 at 2:30 pm**
JCA Community Room

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

DOUGHNUTS: A DELICIOUS HISTORY**Tuesday, March 31 at 2:00 pm**
JCA Community Room

St. Louis County Library reference librarian **Hillary Peppers** delves into the cultural and historical evolution of the fried confection. Her talk traces the donut's origins—from its Dutch beginnings as "olykoeks" to the invention of the iconic hole—and highlights the Salvation Army's "Doughnut Lassies," who helped popularize donuts during WW1. Join us for a sweet talk with tasty treats.



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.

To Everything There is a Season: A Discussion Group Based on Jewish Text

Monday, March 9 at 3:00 pm

Art Studio [See Ad](#)

Create with **C O C A**

Tuesday, March 10 at 1:30 pm

Art Studio

Teaching artist, **Maria Ojascastro** will introduce the art of Sumi-e, a Japanese painting technique that uses black ink and simple brush strokes. Participants will learn how to paint plants that represent resiliency, gracefulness, courage and perseverance. [RSVP \\$2](#)

Bell Choir

Thursday, March 12 & 26 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](#)

History is in the Bag

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JCA Community Room [See Ad](#)

Hamantaschen Baking with Barb

Wednesday, March 18 at 3:00 pm

Culinary Kitchen

Crown favorite **Barb Bressler** returns to demonstrate how to make Hamantaschen for. In this class, participants will enjoy samples and make their own to take home and cook. [RSVP \\$2](#)

Crown Center Clean Speech Program

Thursday, March 19 at 11:00 am

Crown Center Library

Crown Center residents will participate in a city-wide initiative with 30+ participating organizations. For one month, our community will join in discussion sharing mindful speech for the betterment of humankind. This year's theme is Kavod Habrios/Words of Greatness.

Warm-Up Writing Workshop

Friday, March 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.

Documentary: M*A*S*H: The Comedy that Changed Television

Monday, March 23 at 2:30 pm

JCA Community Room

In this 2024 documentary, join the men and women who made M*A*S*H as they celebrate one of the most beloved, enduringly popular, often quoted and influential comedies ever created.

Passover Seder

Wednesday, March 25 at 3:00 pm

JCA Community Room [See Ad](#)

Doughnuts: A Delicious History

Tuesday, March 31 at 2:00 pm

JCA Community Room [See Ad](#)



▲ Crown Center welcomed students from The Community School for a drum circle.

PASSOVER SEDER

Wednesday, March 25 at 3:00 pm

JCA Community Room

Join your Crown Community for a special Passover Seder program led by **Rabbi Karen Bogard** of Central Reform Congregation. Experience the traditions of Passover while enjoying the symbolic foods of the holiday like charoset and matzo. The traditions of the seder will be highlighted in this special program. All are welcome!

RSVP



Gladys & Henry
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for Senior Living

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MARCH 2026

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
Beyond Bratwurst New Potatoes	2	Baked Ziti Broccoli <i>MEAL DELIVERY</i> 3	Impossible Burger Potato Soup	4	Shepherds Pie Fresh Fruit <i>MEAL DELIVERY</i> 5	6
Impossible Meatballs Coleslaw	9	Cassoulet Fresh Fruit <i>MEAL DELIVERY</i> 10	11	Pancakes Hard Boiled Egg	Veggie & Cheese Omelet Fresh Fruit <i>MEAL DELIVERY</i> 12	13
Egg Burrito Hashbrowns	16	Grilled Salmon Minestrone Soup <i>MEAL DELIVERY</i> 17	18	Loaded Baked Potato Vegetarian Chili	Spaghetti & Impossible Meat Sauce Fresh Fruit <i>MEAL DELIVERY</i> 19	20
Impossible Meat Tacos Corn Salad	23	Veggie & Cheese Pizza Side Salad <i>MEAL DELIVERY</i> 24	25	Impossible Sloppy Joe Tator Tots	Potato Pierogi Casserole Fresh Fruit <i>MEAL DELIVERY</i> 26	27
Grilled Cheese Tomato Bisque	30	Impossible Meatloaf Mashed Potatoes <i>MEAL DELIVERY</i> 31				

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.