

Hidden Treasures:

Microscopic Journey into
the World of Gemstones
& Antique Jewelry

Monday, April 6 at 11:00 am
JCA Community Room

Accredited senior gemologist and independent appraiser **Jake Talve-Goodman** with STL Gems, will present rare gemstones, diamonds, and antique treasures. Using a high-power microscope and display screen, he'll showcase the intricate details of unique mineral specimens and vintage jewelry.



Scott Alberici & Robert Row Duo

Wednesday, April 22 at 3:00 pm
JCA Community Room

Crown Center welcomes back the talented **Scott Alberici** on Violin and **Robert Row** on Piano. The duo is known for their superbly rich, warm, mellow and velvety sound.



The Body and the Soul

A Discussion with Rabbi Ze'ev Smason
Thursday, April 30 at 2:00 pm JCA Community Room



What is the relationship between the body and the soul? Why are we here, and what gives life lasting meaning? This inspiring presentation explores timeless questions about human purpose, the spiritual dimension of life, and how you can bring comfort and meaning at each stage of life.

circle@[crown cafe](#)

will be closed in observance
of Passover April 1 - 9,
reopening on Monday, April 13.

**PLEASE
NOTE:**

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

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.



Opera Theatre

Presentation on *A Streetcar Named Desire*

Thursday, April 23 at 2:00 pm
JCA Community Room

Opera Theatre of St. Louis presents a special program exploring *A Streetcar Named Desire*. The story follows Blanche DuBois, who seeks refuge with her sister Stella and domineering husband Stanley as he exposes her past and desire, which leads to tragedy. Learn more about this powerful opera and its unforgettable characters.

Chair Grooves Class

Fridays at 1:30 pm (No Class April 17)
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.

- 4/3: **The Darkest Hour** (2017)
- 4/10: **The Thursday Murder Club** (2025)
- 4/17: **Eleanor The Great** (2025)
- 4/24: **No Movie**

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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

Monday, April 6 and 20 at 2:30 pm
Art Studio & Crown Garden

Custom Foodscaping brings 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](#)

Create with **C O C A**

Tuesday, April 7 at 1:30 pm
Art Studio

Does the St. Louis weather have you dreaming of tropical destinations? Teaching artist, **Maria Ojascastro** will introduce the art of Dive into Pastels. Elevate your mood when creating ocean creatures with oil pastels. [RSVP \\$2](#)

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.

Bell Choir

Thursday, April 9 & 23 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](#)

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.



Happy Passover

Documentary: **Lost Kingdom of the Black Pharaohs**

Monday, April 13 at 2:30 pm
JCA Community Room

The Kush Empire was an ancient superpower that dominated the Nile Valley and rivaled the Egyptians. This 2017 documentary explores a new, cutting-edge investigation at a mysterious tomb that could reveal the secrets of this formidable lost kingdom.

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

Monday, April 13 at 3:00 pm
Art Studio

Join **Leora Balinsky**, 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.

Torah & Togetherness: Weekly Wisdom with Rabbi Finkelstein

Wednesdays at 11:00 am
No Class April 1 or 8
Crown Center Library

Crown Center welcomes **Rabbi Finkelstein** from Bais Abraham Congregation, for a weekly Torah portion study group. Participants will discuss how the portion's meaning can impact our lives.

Missouri Botanical Garden: **Room With a Bloom**

Thursday, April 16 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**

Exploring the Writing Process

Friday, April 17 at 11:00 am
Art Studio

Are you interested in learning more about creative writing and the various techniques writers utilize to shape their work? Whether you're curious about storytelling, poetry, or personal narratives, this class taught by **Scott Berzon** includes writing and discussion prompts that allow you to explore your mind and senses in new ways.

Antique Evening Bag Exhibit and Afternoon Tea

Tuesday, April 21 at 1:00 pm
JCA Community Room **See Ad**

CHAMP Assistance Dogs

Tuesday, April 21 at 3:00 pm
Weinberg Library

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

Scott Alberici & Robert Row Duo Performance

Wednesday, April 22 at 3:00 pm
JCA Community Room **See Ad**

Opera Theatre: Learn about A Streetcar Named Desire

Thursday, April 23 at 2:00 pm
JCA Community Room **See Ad**

Documentary: **Queen of Chess**

Monday, April 27 at 2:30 pm
JCA Community Room

This 2026 documentary profiles Hungarian chess prodigy **Judit Polgár** as she challenges champion Garry Kasparov breaking gender barriers.

Short Story Series

Tuesday, April 28 at 2pm
Art Studio

Features engaging readings and discussions centered on selected works of short fiction. Each session explores a different story or author, giving participants the opportunity to enjoy compelling narratives while examining themes, characters, writing style, and historical or cultural context. The series encourages thoughtful conversation and a shared appreciation of literature in an informal, welcoming setting.

Trifle Baking with Barb

Wednesday, April 29 at 3:00 pm
Culinary Kitchen

Crown favorite **Barb Bressler** returns to demonstrate how to make Trifle, a layered cake, pudding, whipped cream dessert. In this class, participants will enjoy samples and make their own to take home and bake. **RSVP \$2**

The Body and the Soul A Discussion with Rabbi Ze'ev Smason

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Antique Evening Bag

EXHIBIT AND AFTERNOON TEA

Tuesday, April 21 at 1:00 pm
JCA Community Room

A museum-quality exhibit that allows you to touch, feel and explore the artistry and craftsmanship of a century of bags.

The exhibit comes to life with swoon-worthy music, curated displays, fabulous photo opportunities and memories shared! Come for the show and stay for the Afternoon Tea service!



Gladys & Henry
crowncenter
 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 Follow us on

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
The Circle@Crown Cafe will be closed in observance of Passover April 1 - 9 reopening on Monday, April 13.				
If you are interested in a meal service during the week of Passover, please contact Client Services at 314-991-2055.				Egg Salad Lentil Soup IO
Grilled Cheese Tomato Bisque 13	Impossible Meatloaf Mashed Potatoes MEAL DELIVERY 14	Roasted Fish Vegetable Soup 15	Stir Fry Noodles Egg Drop Soup MEAL DELIVERY 16	Bagel & Lox Lentil Soup 17
Black Bean Burger Sweet Potato Fries 20	Baked Ziti Vegetable Soup MEAL DELIVERY 21	Supreme Pizza Minestrone Soup 22	Loaded Cornbread Casserole Cole Slaw MEAL DELIVERY 23	Egg Salad Salad 24
French Onion Meatballs Cole Slaw 27	Cassoulet Mixed Vegetable MEAL DELIVERY 28	Pancakes Impossible Sausage 29	Veggie & Cheese Omelet Hashbrowns MEAL DELIVERY 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.