

Crown Connection

MAY 2026



New Crown Center Phase II Groundbreaking Event

Wednesday, May 27 at 3:00 pm

JCA Community Room and Crown Center Front Entrance

We look forward to celebrating the groundbreaking of the new Tallin Building, an exciting next step for the Crown community.

The event will include a brief program along with photo opportunities to mark the occasion. A reception will follow, offering time to gather and celebrate this important milestone. **RSVP**



Crown Center Waiting List Opens

Beginning May 4, 2026 at 9am, we'll be accepting applications for our new Tallin Building.

Waiting lists will also be opening for subsidized Section 8 apartments in the Weinberg Building, Crown Center Phase 1 and The Tallin Building.

There are many ways to get an application packet:

DOWNLOAD www.crowncenterstl.org

EMAIL info@crowncenterstl.org

CALL (314)991-2055

VISIT the Crown office Monday - Friday, 10am-4pm



Crown Center is an equal housing opportunity community.

A Musical Celebration at Crown

Thursday, May 7 at 3:00 pm

JCA Community Room

Zoey Waldman-Shein, Director of Music Engagement, at Congregation Shaare Emeth will entertain with a variety of tunes. Some familiar, others original – featuring acoustic melodies throughout. Enjoy an afternoon of beautiful music with Zoey and our Crown Community.



**PLEASE
NOTE:**

Construction of the new Tallin Building has begun. **CROWN CENTER'S PARKING LOT IS FOR CROWN RESIDENTS ONLY.** Those attending programs or visiting the café are asked to park on Delcrest Drive. We are sorry for the inconvenience.

Chair Grooves Class

Fridays at 1:30 pm (No Class May 15)
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.

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, May 4 and 18 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 caring for vegetables and herbs in Crown's raised garden beds. Join us in cultivating a garden that nourishes both body and soul!

RSVP

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.

5/1: **Bohemian Rhapsody** (2018) 5/15: **50 First Dates** (2004)

5/8: **The Unlikely Pilgrimage of Harold Fry** (2023) 5/22: **Nuremberg** (2025)

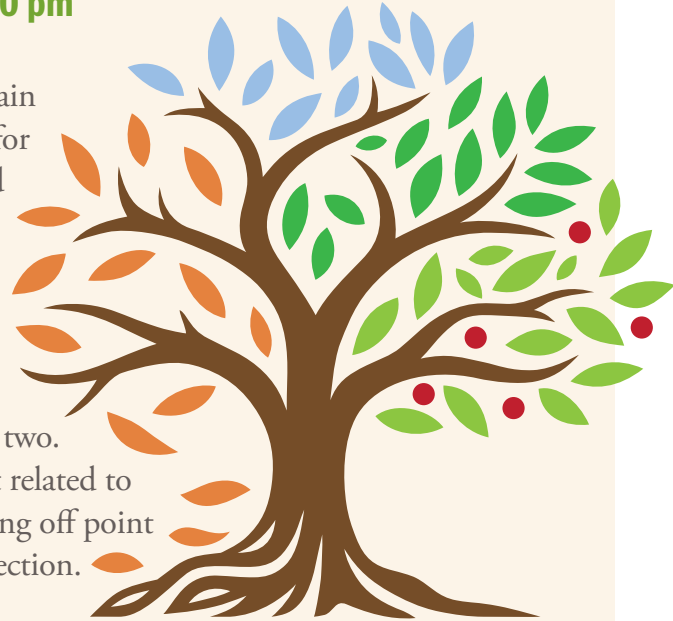
5/29: **All the Empty Rooms** (2025)

To Everything There is a Season:

A Jewish Discussion Group Based on Jewish Text

Monday, May 11 at 3:00 pm
Art Studio

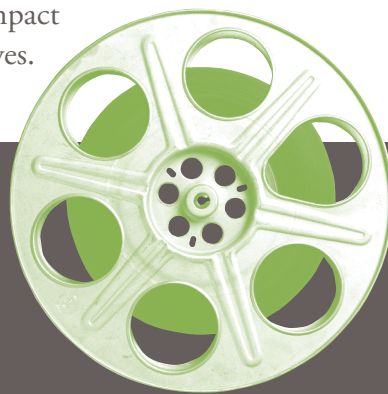
Join **Leora Balinsky**, Chaplain at Jewish Family Services, for a monthly group dedicated to discussing where we are situated in the Jewish calendar, the salient themes and challenges of this time in our lives, and the intersection of the two. We will study a Jewish text related to the time of year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



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 portion's 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.

A Musical Celebration at Crown

Thursday, May 7 at 3:00 pm
JCA Community Room [See Ad](#)

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

Monday, May 11 at 3:00 pm
Art Studio [See Ad](#)

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.

Tai Chi Exercise

Tuesdays at 3:30 pm (No class May 5)
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, May 14 & 28 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**

National Button Society Presentation

Thursday, May 14 at 2:00 pm
JCA Community Room

The World of Antique Buttons is visually rich and full of historical nuggets. During this video presentation you will learn history, art, fashion, and craft. **Barbara Weeks** of the National Button Society will share buttons and clothing on sales sample cards from the turn of the century.



Safety Smarts

with **Scott Biondo**

Monday, May 18 at 11:00 am
JCA Community Room **See Ad**

Create with **C O C A**

Tuesday, May 5 at 1:30 pm
Art Studio

Experience the joy of thick, expressive brushstrokes in this tactile impasto painting class. You'll learn how to mix modeling paste with vivid acrylics and apply color using a palette knife to build a richly textured, spring-inspired canvas. **RSVP \$2**

Baking with Barb

Wednesday, May 13 at 3:00 pm
Culinary Kitchen in JCA Community Room

Crown favorite **Barb Bressler** returns to demonstrate how to make Cinnamon Swirl Quick Bread. In this class, participants will enjoy samples and make their own to take home and bake. **RSVP \$2**



Legacy Frank Sinatra Presentation

Tuesday, May 26 at 2:00 pm
JCA Community Room

Step into the golden age of music and join us for a lively sing-along celebrating the legendary Frank Sinatra. With classic film clips, timeless songs, and on-screen lyrics, you'll be transported through Sinatra's unforgettable career – from his smooth Big Band beginnings to the dazzling Rat Pack days. This interactive experience invites you to sing along and relive the charm, swagger, and romance that defined an era.

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

Exploring the Writing Process

Friday, May 29 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. No prior writing experience necessary.

◀ Crown hosted a *Passever seder* for residents and community members.

SAFETY SMARTS with Scott Biondo

Monday, May 18 at 11:00 am

JCA Community Room

Discover practical ways to safeguard yourself in this engaging session with **Scott Biondo**, Director of Community Security for the Jewish Federation and the broader St. Louis Jewish community. Returning to Crown Center, Scott will share effective strategies to strengthen your situational awareness, boost personal confidence, and help reduce the risk of becoming a crime victim. With specialized training, Scott brings valuable real-world knowledge to apply in everyday life.



Gladys & Henry
**crown
center**
for Senior Living

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St. Louis, MO 63124-2166

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Call us (314) 991-2055

Find us online www.crowncenterstl.org

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MAY 2026

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
					Tuna Casserole Soup 1
Egg & Cheese Burrito with Impossible Chorizo, Mushrooms & Spinach Fruit 4	Grilled Salmon Soup MEAL DELIVERY 5	Loaded baked potato Fresh Fruit 6	Classic Spaghetti with Impossible Meat Sauce Salad MEAL DELIVERY 7	Black Bean Quesadilla Soup 8	
Southwest Wrap Soup 11	Famous Circle@Crown Circle Salad Vegetable Soup MEAL DELIVERY 12	Sloppy Joe Sandwich Tator Tots Fresh Fruit 13	Potato Pierogi Casserole Fresh Fruit MEAL DELIVERY 14	Lox & Bagel Lentil Soup Fresh Fruit 15	
Grilled Cheese Tomato Bisque Fresh Fruit 18	Impossible Meatloaf Fresh Fruit MEAL DELIVERY 19	Roasted Fish Vegetable Soup Fresh Fruit 20	Stir Fry Noodles Egg Drop Soup Fruit MEAL DELIVERY 21	Tuna Casserole Soup Fresh Fruit 22	
Black Bean Cheeseburger Salad Fresh Fruit 25	Baked Ziti Vegetable Soup Fruit MEAL DELIVERY 26	Supreme Veggie Pizza Soup Fresh Fruit 27	Loaded Cornbread Casserole Coleslaw MEAL DELIVERY 28	Circle@Crown Egg Salad Garden Side Salad Vegetable Soup Fresh Fruit 29	

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.