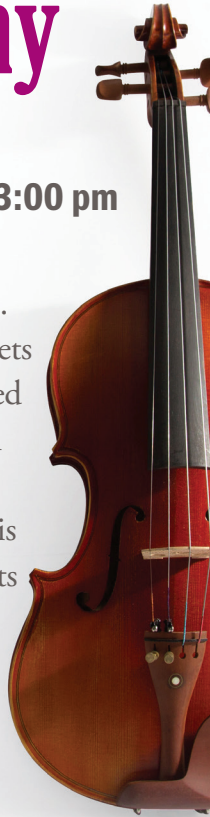


The Symphony at Crown

Monday,
June 1 at 3:00 pm

JCA Community Room

We're pleased to welcome back the SLSO. This very special program will include duets by Mozart and other composers performed by a string quartet who will share musical insights and answer questions from the audience. Don't miss the chance to see this performance at Crown. Enjoy refreshments and sweets during the performance. **RSVP**



ST. LOUIS
SYMPHONY
ORCHESTRA

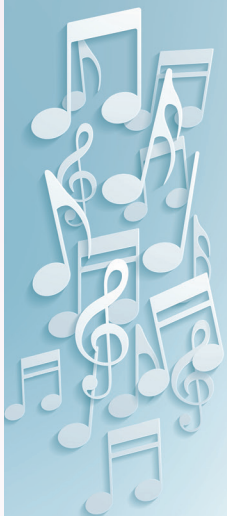
A Good Laugh

with Rabbi Ze'ev Smason

Thursday, June 4 at 2:00 pm

JCA Community Room

Laughter can lift, connect and give us hope. Rabbi Ze'ev Smason's special program will be a chance for us to gather together with friends and neighbors and celebrate all that is joyful.



The Larks Performance *from the Junior League of St. Louis*

Wednesday, June 3 at 3:00 pm JCA Community Room

The Junior League of St. Louis is a dynamic organization of women dedicated to advancing leadership and creating meaningful community impact through volunteerism, collaboration, and training. Join us for a delightful afternoon of live music and sweet treats as we celebrate and support these inspiring women, whose voices and service uplift communities across St. Louis.

**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.

CHAMP Assistance Dogs

Tuesday, June 16 at 2:00 pm Weinberg Library

Come spend time with CHAMP's service dogs! Learn the differences between assistance, therapy, and emotional support dogs including how they are trained as well as a demonstration of their skills. The dogs will demonstrate everything from turning on/off the lights to playing basketball.



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.

St. Louis Symphony Orchestra

Monday, June 1 at 3:00 pm
JCA Community Room **RSVP** See Ad

The Larks Junior League of St. Louis Performance

Wednesday, June 3 at 3:00 pm
JCA Community Room **RSVP** See Ad

Tai Chi Exercise

Tuesdays at 3:30 pm (No class June 16)
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.

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 Good “Laugh” with Rabbi Smason

Thursday, June 4 at 2:00 pm
JCA Community Room **See Ad**

Chair Grooves Class

Fridays at 1:30 pm
Weinberg Wellness Center
(No class June 19)

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.

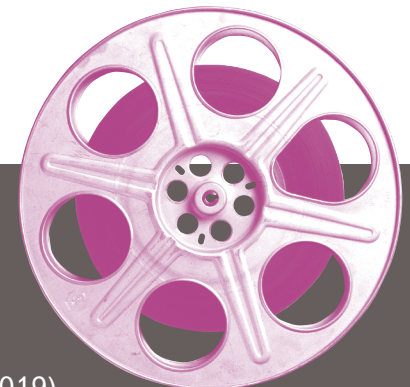
The Friday Movie Club

Fridays at 2:30 pm
JCA Community Room **See Ad**

Crown's Garden Society

Monday, June 8 & 22 2:30 pm
Art Studio & Crown Garden

Custom Foodscapes brings a Wellness Garden Program to Crown Center, offering residents a hands-on opportunity to connect with nature through edible gardening. Participants engage with nature caring for vegetables and herbs. Join us in cultivating a garden that nourishes both body and soul! **RSVP**



The Friday Movie Club

JCA Community Room

Enjoy a matinee **Fridays at 2:30 pm** with snacks and drinks served. Listening devices available.

6/5: **Remarkably Bright Creatures** (2026) 6/19: **No Movie**
6/12: **The Boy Who Harnessed the Wind** (2019) 6/26: **The Best of Enemies** (2019)

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.

Short Story Series

Tuesday, June 23 at 2:00 pm 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.



Bell Choir

Thursday, June 11 & 25 at 11:00 am
Weinberg 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**

To Everything There is a Season: A Jewish Discussion Group

Monday, June 15 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.

CHAMP Assistance Dogs

Tuesday, June 16 at 3:00 pm
Weinberg Library **See Ad**

Baking with Barb

Wednesday, June 17 at 3:00 pm
Culinary Kitchen in JCA Community Room

Crown favorite Barb Bressler demonstrates how to make Caprese bread. In this class, participants will enjoy samples and make their own to take home and bake. **RSVP \$2**

Missouri Botanical Garden: Room With a Bloom

Thursday, June 18 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**

Short Story Series

Tuesday, June 23 at 2:00 pm
Art Studio **See Ad**

Create with **C O C A**

Thursday, June 25 at 1:30 pm
Art Studio

Lace, leaves, bubble wrap, and more can be used to create actual or implied texture. In this workshop **Maria Ojascastro** will guide you through an exploration of mono-print techniques using Gelli plate printmaking. The creative process will be further explored with multimedia collaging. **RSVP \$2**

Exploring the Writing Process

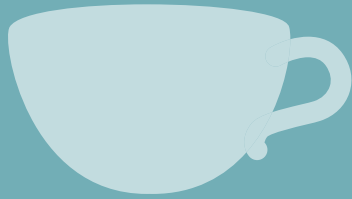
Friday, June 26 at 11:00 am
Art Studio

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.

circle@Crown CAFE

Did you know?

The Circle@Crown Cafe offers online ordering and curbside pickup. Please, visit: crowncenterstl.org/cafe



CAFE OPEN Monday-Thursday 8am-2pm
Certified Kosher Dairy, Cholov Stam by Vaad Hoer of St. Louis

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 Follow us on   

JUNE 2026

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
French Onion Impossible Meatballs Cole Slaw Fruit 1	Cassoulet Mixed Veggies MEAL DELIVERY 2	Pancakes Impossible Sausage 3	Veggie & Cheese Omelet Hash Browns MEAL DELIVERY 4	Tuna Casserole Soup 5
Egg & Impossible Chorizo Burrito Hashbrown 8	Grilled Salmon Baked Sweet Potato Fresh Fruit MEAL DELIVERY 9	Loaded Baked Potato Fruit 10	Spaghetti & Impossible Meat Sauce Italian Salad MEAL DELIVERY 11	Black Bean Quesadilla Soup 12
Veggie Southwest Wrap Fruit 15	Famous Circle@Crown Circle Salad Soup MEAL DELIVERY 16	Sloppy Joe Tator Tots 17	Potato Pierogi Casserole Fruit MEAL DELIVERY 18	Bagel & Lox Soup 19
Grilled Cheese Tomato Bisque 22	Impossible Meatloaf Mashed Potatoes MEAL DELIVERY 23	Roasted Fish Street Corn 24	Stir Fry Noodle with Tofu Soup MEAL DELIVERY 25	Circle@Crown Egg Salad Soup 26
Black Bean Burger Corn Salad Sweet Potato Fries 29	Baked Ziti Broccoli Soup 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.