



## CROWN'S GARDEN SOCIETY

### Wellness Garden Program

Monday, July, 6 & 20 at 2:30 pm

JCA Community Room & 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 will engage in the planting, tending, and harvesting of fresh vegetables, guided by **Mark Waterman**, an experienced horticulturist and educator. Join us in cultivating a garden that nourishes both body and soul! **RSVP**



## Aging...everybody's doing it!

Tuesday, July 14 at 9:30 am JCA Community Room

The Harvey A. Friedman Center for Aging at WashU will present background information on ageism, its impact, and how we can address it. Enjoy an intergenerational discussion with university students as we consider: What is ageism? How does it hurt? How can we combat it?



LET'S  
Celebrate  
4TH OF  
JULY

WITH MUSIC

and TREATS

Wednesday, July 1 at 3:00 pm  
JCA Community Room and Patio

We'll celebrate with a festive spread of snacks and cool summer refreshments. Enjoy genres from pianist **Robert Row** and his drummer who play 60s, 70s and 80s. It's a wonderful opportunity to enjoy celebrating the holiday together with friends and neighbors.

**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.

**4th of July****Musical Celebration**

Wednesday, July 1 at 3:00 pm

JCA Community Room and Patio [See Ad](#)**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, July 6 &amp; 20 2:30 pm

Art Studio & Crown Garden [RSVP](#) [See Ad](#)**St. Louis Strutters****Performance**

Tuesday, July 7 at 3:00 pm

JCA Community Room [See Ad](#)**Tai Chi Exercise**

Tuesdays at 3:30 pm (No class July 7)

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.

**Bell Choir**

Thursday, July 9 &amp; 23 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](#)

**Chair Grooves Class**

Fridays at 1:30 pm (No class July 3)

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.

7/3: **No Movie**7/10: **Denial** (2016)7/17: **Mrs. Harris Goes to Paris** (2022)7/24: **Green Book** (2018)7/31: **Raising Arizona** (1987)**Documentary:****Marty, Life is Short**

Monday, July 13 at 2:30 pm

JCA Community Room

Step inside Martin Short's world in this warm, star-studded 2026 documentary about the beloved comedian's showbiz journey and his unwavering joy for life.

**Card Making for International Friendship Day**

Thursday, July 30 at 3:00 pm

JCA Community Room

Please join us for an afternoon of card making with friends and neighbors. Enjoy snacks, music, and creative fun as we celebrate the friendships and connections that make our community so special. This is a time to relax, create something meaningful, and show gratitude for the friends who surround us with support, kindness, and joy.



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.

# ST. LOUIS STRUTTERS

**Tuesday, July 7 at 3:00 pm JCA Community Room**

The St. Louis Strutters perform fast-tapping high-kicking precision dance routines showcasing the rich history of skill and dedication. Their captivating performances are performed to a variety of professionally choreographed dance routines performed to all genres of music. Shows feature singers and story tellers and who engage audiences with first-rate entertainment.



## Aging...everybody's doing it!

Tuesday, July 14 at 9:30 am  
JCA Community Room [See Ad](#)

## Baking with Barb

Wednesday, July 15 at 3:00 pm  
Culinary Kitchen

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

## Create with **C O C A**

Thursday, July 23 at 1:30 pm  
Art Studio

Butterflies symbolize hope, resilience, and the transient beauty of life and are often seen as messengers of joy. Join "art for well-being" instructor **Maria Ojascastro** for a joyful exploration of pastels reminding you of your own ability to transcend and experience beauty. [RSVP \\$2](#)

## To Everything There is a Season: A Jewish Discussion Group

Monday, July 27 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.

## Short Story Series

Tuesday, July 28 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.

## International Friendship Day

Thursday, July 30 at 3:00 pm  
JCA Community Room [See Ad](#)

## Exploring the Writing Process

Friday, July 31 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 Center Waiting List is Open!

We're now accepting applications for our **new Tallin Building** and all rental plans in the Weinberg Building and Crown Center Phase 1. Apply today!



## To get an application packet:

**DOWNLOAD** [www.crowncenterstl.org](http://www.crowncenterstl.org)

**EMAIL** [info@crowncenterstl.org](mailto:info@crowncenterstl.org)

**CALL** (314)991-2055

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



Crown Center is an equal housing opportunity community.

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

8350 Delcrest Drive  
St. Louis, MO 63124-2166

Non-Profit Org  
US POSTAGE  
**PAID**  
St Louis Mo  
Permit No 820

Call us (314) 991-2055

Find us online [www.crowncenterstl.org](http://www.crowncenterstl.org)

Follow us on



JULY 2026

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			Roasted Fish Soup Fresh Fruit I	Stir Fry Noodle Egg Drop soup  MEAL DELIVERY 2	Bagel & Lox Fresh Fruit 3
Black Bean Burger Corn Salad 6	Baked Ziti Soup Fresh Fruit MEAL DELIVERY 7	Supreme Pizza Fresh Fruit 8	Loaded Cornbread Casserole Cole Slaw MEAL DELIVERY 9	Circle@Crown Egg Salad Garden Salad 10	
French Onion Meatballs (Impossible) Cole Slaw 13	Cassoulet Fresh Fruit MEAL DELIVERY 14	Pancakes Impossible Sausage Skillet Potatoes 15	Veggie & Cheese Omelet Hash Browns MEAL DELIVERY 16	Tuna Casserole Soup Fresh Fruit 17	
Egg Burrito Hash Browns Fresh Fruit 20	Grilled Salmon Baked Sweet Potato MEAL DELIVERY 21	Loaded Baked Potato Fresh Fruit 22	Spaghetti & Impossible Meat Sauce Italian Salad MEAL DELIVERY 23	Black Bean Quesadilla Vegetable Soup Fresh Fruit 24	
Southwest Wrap Fresh Fruit 27	Famous Circle Salad Fresh Fruit MEAL DELIVERY 28	Sloppy Joe Tator Tots 29	Potato Pierogi Casserole Fresh Fruit MEAL DELIVERY 30	Bagel & Lox Lentil Soup 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.