

Crown Center Waiting List is Open!



We're now accepting applications for the Weinberg Building, Crown Center Phase I and the new Tallin Building (opening late 2027).

Be part of a vibrant new chapter at Crown Center as we add 68 more affordable, high-quality independent living apartments to our community.



Now is the perfect time to apply and start enjoying an active, healthy lifestyle.

APPLY TODAY!

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.

ROUTE 66: THE NATIONAL MOTHER ROAD

Thursday, August 6 at 2:00 pm

JCA Community Room

We are going to "get our kicks on Route 66". Join us for a presentation that is a guided look at Route 66 through St. Louis, from the Old Chain of Rocks Bridge and Crown Candy Kitchen to the Chase Park Plaza, Carl's Drive-In and the legendary Coral Court Motel. We'll talk about the Museum of Transportation, the Red Cedar Inn's Route 66 Museum, plus a look at the Neon Museum of St. Louis. The program includes music and film clips celebrating the Mother Road.



Gateway Harmonica Group Performance

Wednesday, August 26 at 3:00 pm

JCA Community Room

Crown Center invites you to attend the performance of The Gateway Harmonica Group. The group consists of 10 to 15 performers playing on a variety of harmonicas. Experience a broad repertoire of musical styles that evoke memories of bygone eras.



**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.

Art of Poetry

Monday, August 3 at 11:00 am
Art Studio

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.

ART WITH

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A Monthly Art Program with
COCA (Center of Creative Arts)

**Thursday, August 13
at 1:30 pm**

Art Studio

DRAW YOUR PET

Did you know that pets encourage playfulness and laughter to boost your immune system and increase your energy? In this class, **Maria Ojascastro** will teach you to use inking pens and watercolor to create a pet portrait to celebrate the human-animal bond. Please email a photo of your pet to epolinsky@crowncenterstl.org before 8/22. If you didn't or do not have a pet and still want to paint, we'll provide photos so you can "adopt a pet for the day." **RSVP \$2**




Crown's Garden Society

Monday, August 3 & 17 at 2:30 pm
Art Studio & Crown Garden

Custom Foodscapes 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 keeping up our luscious garden and harvesting our ripe crops. 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.

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.

Chair Grooves Class

Fridays at 1:30 pm
(No class 8/7 & 8/28)
Weinberg Wellness Center

Join Jazz Movement Artist **Erin Morris** for a fun dance class at Crown Center emphasizing great music and coordination. Explore footwork, arm movements, rhythms, 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.

8/7: **Song Sung Blue** (2025)
8/14: **Voicemails for Isabelle** (2026)
8/21: **The Theory of Everything** (2014)
8/28: **The 24th** (2020)

Route 66

The National Mother Road

Thursday, August 6 at 2:00 pm
JCA Community Room **See Ad**

To Everything There is a Season: A Jewish Discussion Group

Monday, August 10 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. **See Ad**

Short Story Series

Tuesday, August 11 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.

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.

Bell Choir

Thursday, August 13 & 27
at 11:00 am

Weinberg Wellness Center **RSVP** See Ad

Create with COCA

Thursday, August 13 at 1:30 pm

Art Studio **RSVP** \$2 See Ad

CHAMP Assistance Dogs

Tuesday, August 18 at 3:00 pm

Weinberg Library See Ad

Missouri Botanical Garden: Room With a Bloom

Thursday, August 20 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



Documentary: Toni Morrison: The Pieces I am

Monday, August 24 at 2:30pm

JCA Community Room

This intimate and artfully crafted 2019 documentary explores the life and legacy of a legendary storyteller. Through her remarkable body of work, it examines the powerful themes she has explored throughout her literary career, offering a thoughtful portrait of the woman behind the stories.

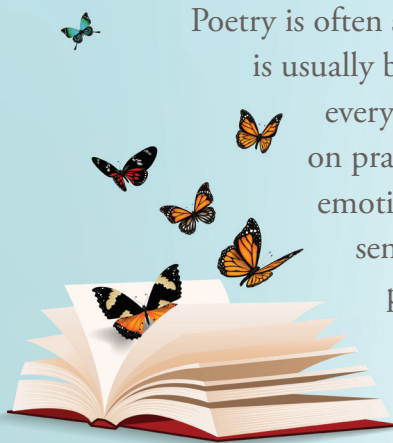
Gateway Harmonica Group Performance

Wednesday, August 26 at 3:00 pm

JCA Community Room See Ad

Art of Poetry

Monday, August 3 at 11:00 am Art Studio



Poetry is often seen as difficult to understand, but that is usually because it uses language differently than everyday conversation. Rather than focusing on practical communication, poetry expresses emotions, personal experiences, and a deeper sense of self. These workshops aim to help participants become better listeners and develop a greater appreciation for both poetry and the people they encounter in everyday life.

Baking with Barb

Wednesday, August 19 at 3:00 pm

Culinary Kitchen

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

Exploring the Writing Process

Friday, August 28 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.

CHAMP Assistance Dogs



Tuesday,
August 18
at 3:00 pm

JCA Community Room

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



Bell Choir

Thursday, August 13 & 27
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**



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   

AUGUST 2026

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Black Bean Burger Corn Salad Sweet Potato Fries 3	Baked Ziti with Broccoli Vegetable Soup MEAL DELIVERY 4	Supreme Pizza Mixed Vegetables 5	Cornbread Casserole Cole Slaw MEAL DELIVERY 6	Circle@ Crown Egg Salad Garden Salad Vegetable Soup 7
French Onion Meatballs (Plant-based) Cole Slaw 10	Cassoulet Mixed Vegetables MEAL DELIVERY 11	Pancakes Skillet Potatoes 12	Veggie & Cheese Omelet Hash Browns MEAL DELIVERY 13	Tuna Casserole Lentil Soup Roasted Carrots 14
Egg Burrito Hash Browns 17	Grilled Salmon Minestrone Soup MEAL DELIVERY 18	Loaded Baked Potato Chili 19	Spaghetti Italian Salad Garlic Bread MEAL DELIVERY 20	Black Bean Quesadilla Vegetable Soup 21
Southwest Veggie Wrap Carrots 24	Circle Salad Vegetable Soup MEAL DELIVERY 25	Sloppy Joe (Plant-based) Tater Tots 26	Potato & Feta Pierogi Casserole Mixed Vegetables MEAL DELIVERY 27	Bagel & Lox Lentil Soup 28
Classic Grilled Cheese Savory Tomato Bisque 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.