

Missouri Voter Protection Coalition Presentation

Tuesday, October 6 at 2:00 pm
JCA Community Room

Attorney **Denise Lieberman**, Director at the Missouri Voter Protection Coalition, will provide a nonpartisan presentation on voting rights and resources, focusing on issues that may be relevant to seniors; expired IDs, absentee, accessible and curbside voting. Learn about voter registration and the permanent absentee list. **RSVP**



Open Enrollment

Presentation by Missouri State Health Insurance Assistance Program

Tuesday, October 13 at 3:30 pm AND
Thursday, October 15 at 9:30 am
JCA Community Room

What's new for Medicare in 2027? Attend this presentation by **Wilma Schmitz**, Trainer for MO Ship. Learn about changes that can be made during Medicare's open enrollment period.

RSVP

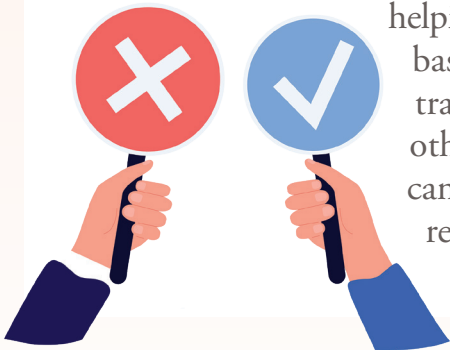


Seniors Count Presentation: What is Proposition S?

Monday, October 12 at 11:00 am
JCA Community Room

Learn more about Proposition S which is a non-partisan property tax levy on the November 2026 ballot. The proposed levy would provide additional funding for essential services for St. Louis County residents age 60 and older

helping fund community-based services such as transportation and other supports that can help older adults remain healthy, safe, and independent.



Metro Travel Training

Thursday, October 8
2:00 pm

JCA Community Room

This program is designed to teach seniors 60+ and those with disabilities how to use Metrobus and MetroLink, safely and efficiently. Learn the history of Metro, the services provided, the coverage area, and how to access travel training services.



**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.

10/26

Grief Learning Group with Family Care Health Center

Thursday, October 1 at 1:00 pm

Art Studio **RSVP** See Ad

Chair Grooves Class

Fridays at 1:30 pm (No Class 10/16)

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.

10/2: **A Beautiful Day in the Neighborhood** (2019)

10/9: **Don't Say Good Luck** (2026)

10/16: **No Movie**

10/23: **Arthur the King** (2018)

10/30: **Twilight** (2008)

Forever Fitness Exercise

Mondays at 1:30 pm

Weinberg Wellness Center

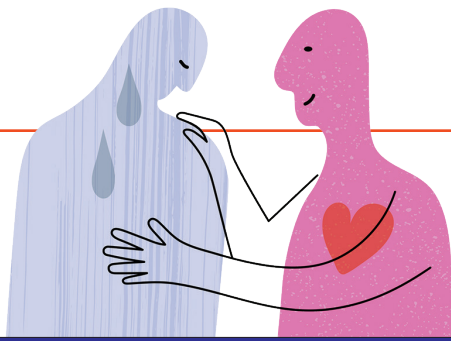
Join **Leigh Cohen** for this Senior Chair Fitness Program designed to promote health, happiness, and a sense of community. This program offers a safe and joyful group exercise experience that focuses on balance, strength, cardio, and flexibility.

Over the Hill Singers

Thursday, October 15
at 3:00 pm

JCA Community Room

Crown welcomes back the Over the Hill Singers performing songs of their era...the 20's, 30's, 40's, 50's plus Broadway Shows. Sing along to familiar tunes. **RSVP**



GRIEF GROUP

with Family Care Health Center

Thursday, October 1
at 1:00 pm Art Studio

Introducing a new program that focuses on learning tools to best deal with grief. Together, we will explore aspects of loss, change, and disappointment including anticipating unexpected losses, the physical impacts of grief and strategies for coping before, during, and after a difficult event. Together, the group will decide the priorities for each monthly discussion.

Documentary: Mike Wallace Is Here

Monday, October 5 at 2:30 pm

JCA Community Room

For over fifty years, *60 Minutes* fearsome newsmen Mike Wallace went head-to-head with the 20th century's most influential figures. Relying on archival footage, the documentary interrogates the interrogator, tracking Mike's storied career and troubled personal life while unpacking how broadcast journalism has evolved.

Missouri Voter Protection Coalition Presentation

Tuesday, October 6 at 2:00 pm

JCA Community Room

Attorney **Denise Lieberman**, Director at the Missouri Voter Protection Coalition, will provide a nonpartisan presentation on voting rights and resources, focusing on issues that may be relevant to seniors; expired IDs, absentee, accessible and curbside voting. Learn about voter registration and the permanent absentee list. **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.



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, October 8 & 22 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.

Metro Travel Training

Thursday, October 8 at 2:00 pm
JCA Community Room [See Ad](#)

The Art of Poetry

Friday, October 9 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.

Seniors Count Presentation: What is Proposition S?

Monday, October 12 at 11:00 am
JCA Community Room [See Ad](#)

Crown's Garden Society

Monday, October 12 & 26 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](#)

Open Enrollment Presentation

Tuesday, October 13 at 3:30 pm
Thursday, October 15 at 9:30 am
JCA Community Room [See Ad](#)

Baking with Barb

Wednesday, October 14 at 3:00 pm
Culinary Kitchen

Crown favorite Barb Bressler returns to demonstrate how to make Éclair Cake. 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, October 15 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](#)

Over the Hill Singers Performance

Thursday, October 15 at 3:00 pm
JCA Community Room [See Ad](#)

To Everything There is a Season: A Jewish Discussion Group

Monday, October 19 at 3:00 pm
Art Studio

Join **Leora Balinsky**, Chaplain at Jewish Family Services, to discussing where we are in the Jewish calendar, the salient themes and challenges of this time in our lives, and the intersection of the two. Study Jewish text to spark conversation and connection.

Create with COCA Autumn Harvest: Oil Pastels

Tuesday, October 20 at 1:30 pm
Art Studio

Did you plant a garden or enjoy a farmer's market this season? COCA artist **Maria Ojascastro** will teach you how to use oil pastels to create an artwork inspired by the abundance of the Autumn harvest. [RSVP \\$2](#)

CHAMP Assistance Dogs

Tuesday, October 20 at 3:00 pm
JCA Community Room

Special opportunity to make homemade dog treats for your furry friend or our CHAMP's service dogs while experiencing a brief bit of bliss.

Exploring the Writing Process

Friday, October 23 at 11:00 am
Art Studio

Learn about about creative writing and techniques writers use to shape their work. Are you curious about story-telling, poetry or personal narratives? **Scott Berzon** discusses writing and discussion prompts to explore your mind and senses in new ways. No prior writing experience necessary.

Short Story Series

Tuesday, October 27 at 2:00 pm
Art Studio

Enjoy engaging readings and discussions centered on selected works of short fiction. Explore a new story or author and 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.

Crown Center Waiting List is Open!

We're now accepting applications for our **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

EMAIL 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 Follow us on   

OCTOBER 2026

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Shemini Atzeret: Saturday, October 3 Simchat Torah: Sunday, October 4			Loaded Cornbread Casserole Cole Slaw Fruit <i>MEAL DELIVERY</i>	Egg Salad Vegetable Soup Fruit
French Onion Meatballs (Plant-based) Cole Slaw Fruit	Cassoulet with Mixed Vegetables Fruit <i>MEAL DELIVERY</i>	Pancakes with Sausage (Plant-based) Skillet Potatoes Fruit	Veggie & Cheese Omelet Hash Browns Fruit <i>MEAL DELIVERY</i>	Tuna Casserole Lentil Soup Fruit
Egg & Chorizo Burrito (Plant-based) Hash Browns Fruit	Sloppy Joe (Plant-based) Tator Tots Fruit <i>MEAL DELIVERY</i>	Loaded Baked Potato Chili and Cheese Fruit	Spaghetti Bolognese (Plant-based) Italian Salad Green Beans <i>MEAL DELIVERY</i>	Black Bean Quesadilla Vegetable Soup Fruit
Southwest Wrap Refried Beans Sundried Tomato Wrap Fruit	Shepard's Pie Vegetable Soup Fruit <i>MEAL DELIVERY</i>	Grilled Salmon Baked Sweet Potato Fruit	Potato Pierogi Casserole Sausage (Plant-based) Fruit <i>MEAL DELIVERY</i>	Bagel & Lox Mushroom Soup Fruit
Black Bean Burger French Fries Fruit	Plant Based Chicken Parmesan Pasta Fruit <i>MEAL DELIVERY</i>	Supreme Pizza Veggie Salad Fruit	Cornbread Casserole Creamy Cole Slaw Fruit <i>MEAL DELIVERY</i>	Egg Salad Tomato & Cucumber Salad Fruit

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.

Please note that all our meals that contain 'meat' are vegetarian. We use plant-based meat that provides the amount of protein required by state guidelines. Dietitian Approved.