

# Crown Connection

## Crown Center's High Holiday Concert

**Friday, September 18 at 3:00 pm**

JCA Community Room

We welcome back the popular **Shakshukah Band** to entertain the Crown community with Jewish/Hebrew music in celebration of this year's high holidays. You're invited to dance and sing along during the concert.

Refreshments included. **RSVP**



## Baking With Barb

**Wednesday, September 9 at 3:00 pm**

Culinary Kitchen

Crown favorite Barb Bressler returns to demonstrate how to make Apple Spice Cake. In this class, participants will enjoy samples and make their own to take home and bake.

**RSVP**



## Celebrate Sukkot with Florence Schachter

**Wednesday, September 30 at 3:00 pm**

JCA Community Room and the Crown Center Sukkah

In celebration of the fall harvest holiday of Sukkot, Crown Center will gather as a community in the Sukkah to learn about how to best celebrate this special holiday. Refreshments included. **RSVP**



## Grateful & Rich

### The Art of Enough by Rabbi Smason

**Thursday, September 10 at 2:00 pm**

JCA Community Room

What does it mean to feel truly rich at the time of year when we reflect on the past year and look towards the next, having less to do with what we own and more how we see our lives. **Rabbi Ze'ev Smason** leads an engaging discussion on gratitude and the joy that comes from appreciating what we have. Stories, wisdom, and humor give a fresh perspective on a more meaningful life. **RSVP**



**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.

## Tai Chi Exercise

**Tuesdays at 3:30 pm**  
(No class 9/8)

**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.

## Labor Day Celebration

**Wednesday, September 2 at 3:00 pm**  
**JCA Community Room** [See Ad](#)

## Grief Learning Group with Family Care Health Center

**Thursday, September 3 at 1:00 pm**  
**Art Studio** [RSVP](#) [See Ad](#)

## L'shana Tova

### לשנה טובה

Wishing you a happy Rosh Hashanah from Crown Center's Board and Staff.



# Bell Choir Performance

**Thursday, September 24 at 11:00 am**  
**JCA Community Room**

Over the past year friends and neighbors have been enjoying making beautiful music using handheld chimes and perfecting their craft. Now it is time to put on a performance for their community. Enjoy coffee and pastries as you listen to music performed by Crown Center's Bell Choir. [RSVP](#)



## Chair Grooves Class

**Fridays at 1:30 pm** (No Class 9/18)  
**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.

9/4: **Enola Holmes 3** (2026)  
9/11: **Worth** (2020)  
9/25: **Spider-Man: No Way Home** (2021)

## Forever Fitness Exercise

**Mondays at 1:30 pm**  
No Class 9/7 & 9/21  
**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.

## Baking with Barb

**Wednesday, September 9 at 3:00 pm**  
**Culinary Kitchen** [RSVP](#)

## Bell Choir Class

**Thursday, September 10 at 11:00 am**  
**Wellness Center** [RSVP](#) [See Ad](#)

Crown hosts a bell choir in which participants can enjoy making beautiful music with friends and neighbors using handheld chimes; no musical training needed.

## Grateful and Rich: The Art of Enough by Rabbi Smason

**Thursday, September 10 at 2:00 pm**  
**JCA Community Room** [See Ad](#)

## Crown's Garden Society

**Monday, September 14 & 28 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](#)

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.

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

**Monday, September 14 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.

## Create with COCA Watercolor Cards

**Thursday, September 17 at 1:30 pm**  
Art Studio **RSVP \$2**

Do you know someone leaving for a new adventure, meaning to send a thank you card, or want to wish someone well? COCA Artist **Maria Ojascastro** will give you lots of inspiration, direction and materials to create handmade watercolor cards.

## 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.

## Exploring the Writing Process

**Friday, September 18 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.

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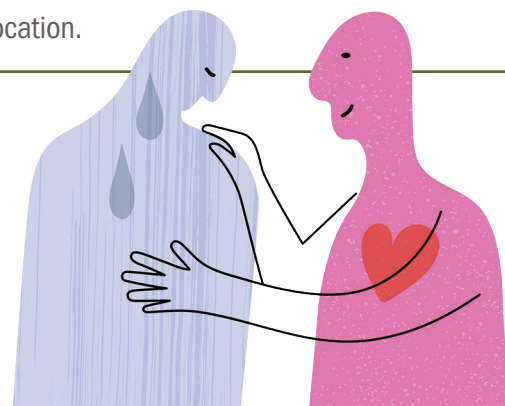
## Bell Choir Performance

**Thursday, September 24 at 11:00 am**  
JCA Community Room

Over the past year friends and neighbors have been enjoying making beautiful music using handheld chimes and now they are ready to show you what they have been working on. Enjoy coffee and pastries as you listen to music performed by Crown Center's bell choir. **RSVP See Ad**

## Celebrate Sukkot with Florence Schachter

**Wednesday, September 30 at 3:00 pm**  
JCA Community Room and  
the Crown Center Sukkah **RSVP See Ad**



# GRIEF GROUP

with Family Care Health Center

**Thursday, September 3**  
**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.

## Short Story Series

**Tuesday, September 29 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.



**Wednesday,  
September 2  
at 3:00 pm**

**JCA Community Room**

# LABOR DAY CELEBRATION

Come Celebrate Labor Day with music and treats. Enjoy a festive spread of snacks and cool summer refreshments. It's a wonderful opportunity to enjoy the holiday together with friends and neighbors. **RSVP**

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

8350 Delcrest Drive  
St. Louis, MO 63124-2166

Non-Profit Org  
US POSTAGE  
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Call us (314) 991-2055 Find us online [www.crowncenterstl.org](http://www.crowncenterstl.org) Follow us on   

SEPTEMBER 2026

| <i>Monday</i>                                                          | <i>Tuesday</i>                                                                   | <i>Wednesday</i>                                         | <i>Thursday</i>                                                                                                        | <i>Friday</i>                                                           |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
|                                                                        | Plant-Based Meatloaf<br>Mashed Potatoes<br>Fresh Fruit<br><i>MEAL DELIVERY</i> 1 | Roasted Fish<br>Street Corn<br>Fresh Fruit 2             | Stir Fry Noodle<br>Egg Drop Soup<br>Fresh Fruit<br><i>MEAL DELIVERY</i> 3                                              | Bagel & Lox<br>Lentil Soup<br>Fresh Fruit 4                             |
| Black Bean Burger<br>Sweet Potato Fries<br>Fresh Fruit 7               | Circle@Crown Egg Salad<br>Garden Salad<br>Soup<br><i>MEAL DELIVERY</i> 8         | Supreme Veggie Pizza<br>Soup<br>Fresh Fruit 9            | Loaded Cornbread<br>Casserole<br>Creamed Corn<br>Cole Slaw<br><i>MEAL DELIVERY</i> 10                                  | Grilled Salmon<br>Carrot Souffle<br>Challah Roll<br>Roasted Potatoes 11 |
| French Onion Meatballs<br>(Plant-Based)<br>Cole Slaw<br>Fresh Fruit 14 | Cassoulet<br>Mixed Vegetables<br>Fresh Fruit<br><i>MEAL DELIVERY</i> 15          | Pancakes<br>Skillet Potatoes<br>Fresh Fruit 16           | Veggie & Cheese Omelet<br>Hash Browns<br>Fresh Fruit<br><i>MEAL DELIVERY</i> 17                                        | Tuna Casserole<br>Lentil Soup<br>Fresh Fruit 18                         |
| Egg Burrito<br>Hash Browns<br>Fresh Fruit 21                           | Blintz Souffle<br>Bagel & Cream Cheese<br>Fruit<br><i>MEAL DELIVERY</i> 22       | Loaded Baked Potato<br>Chili<br>Fresh Fruit 23           | Spaghetti<br>Italian Salad<br>Fresh Fruit<br><i>MEAL DELIVERY</i> 24                                                   | Black Bean Quesadilla<br>Vegetable Soup<br>Fresh Fruit 25               |
| Southwest Veggie Wrap<br>Carrots<br>Mixed Fruit 28                     | Circle Salad<br>Vegetable Soup<br>Fresh Fruit 29                                 | Sloppy Joe (Plant-Based)<br>Tator Tots<br>Fresh Fruit 30 | The Cafe will be closed<br><b>Monday, September 7</b> for Labor Day and<br><b>Monday, September 21</b> for Yom Kippur. |                                                                         |

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.