Gladys & Henry crown center for Senior Living

Crown Connection

NOVEMBER 2026

Crown Center OPEN HOUSE

Thursday, November 5 at 3:00-5:00 pm

Crown Center is an equal housing opportunity community.

Parking in our Crown lot is limited. Street parking is available on Delcrest Drive.

For more information or to RSVP: Contact Amy at 314-991-2055 or amaupin@crowncenterstl.org.

COME SEE WHAT MAKES CROWN CENTER FEEL LIKE HOME. Join us to learn about affordable one- and two- bedroom apartments for adults 62+. Also enjoy guided community tours, musical entertainment, raffle prize drawings, tastes of Crown, and information about leasing an apartment.

Intergeneration Drum Circle with Community School

Friday, November 20 at 12:00 pm
JCA Community Room

Get ready to smile, laugh, and make some music! Join our first-grade friends from Community School as they lead us in a lively, interactive drum circle. Tap, drum, and create rhythms together while enjoying the energy and enthusiasm of these young musicians. Come join the fun—you'll leave feeling a little more youthful!

A Journey through Fashion

Monday, November 2 at 11:00 am
JCA Community Room

Join **Lisa Thompson,** founder of The Modern Classic Society and curator of an exhibit at St. Louis Lambert International Airport, for a fun and fascinating journey through fashion. Explore the history of women's clothing, past trends, and discover the art of creating your own unique looks. Enjoy a selection of clothing to mix, match, and play with—all while celebrating timeless style. **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.

11/26

Scott Alberici & Robert Row Duo

Wednesday, November 4 at 3:00 pm
JCA Community Room

Enjoy lively music from **Scott Alberici** on clarinet and **Robert Row** on piano and vocals. Their fun, energetic performance will have you tapping your toes and ready to dance! RSVP

A Journey Through Fashion

Monday, November 2 at 11:00 am
JCA Community Room See Ad

Scott Alberci & Robert Row Duo Performance

Wednesday, November 4 at 3:00 pm
JCA Community Room RSVP See Ad

Grief Learning Group with Family Care Health Center

Thursday, November 5 at 1:00 pm
Art Studio

Introducing a new program that focuses of 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.

Crown Center Open House

Thursday, November 5
3:00-5:00 pm RSVP See Ad

Exploring the Writing Process

Friday, November 6 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.

The Friday Movie Club

Fridays at 2:30 pm
JCA Community Room

Enjoy a matinee every Friday with snacks and drinks served.

- 11/6: **The Guernsey Literary and Potato Peel Pie Society** (2018)
- 11/13: **Ordinary Angels** (2023)
- 11/20: **Solo Mio** (2026)
- 11/27: **No Movie**

Crown's Garden Society

Monday, November 9 & 23 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. Last chance of the season to participate in preparing the garden for the winter. Join us in cultivating a garden that nourishes both body and soul! RSVP

Short Story Series

Tuesday, November 10 at 2:00 pm
Art Studio

Features engaging readings and discussions centered on selected works of short fiction. Explore a story or author, taking the opportunity to enjoy compelling narratives while examining themes, characters, writing style, and historical context. The series encourages thoughtful conversation and appreciation of literature in an informal setting.

Living Well with Vision Loss

Wednesday, November 11 at 2:00 pm
JCA Community Room See Ad

Bell Choir

Thursday, November 12 & Monday, November 30 at 11:00 am
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.

Generation Jazz Orchestra with Swing Dancers

Thursday, November 12 at 3:00 pm
JCA Community Room RSVP See Ad

RSVP = RSVP required. RSVP to Crown Center at (314) 991-2055.

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.

The Art of Poetry

Friday, November 13 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.

To Everything There is a Season: A Jewish Discussion Group

Monday, November 16 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 themes and challenges of our time, and the intersection of the two. Study a Jewish text related to the time of year.

Create with COCA Pan Pastel Portraits 101

Tuesday, November 17 at 1:30 pm
Art Studio

Both novice and practiced artists will enjoy learning portrait proportions. COCA artist **Maria Ojascastro** will teach you how to use highly pigmented and buttery Pan Pastels to bring your portrait to life. RSVP $2

Baking with Barb

Wednesday, November 18 at 3:00 pm
Culinary Kitchen

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

Intergeneration Drum Circle with Community School

Friday, November 20 at 12:00 pm
JCA Community Room RSVP See Ad

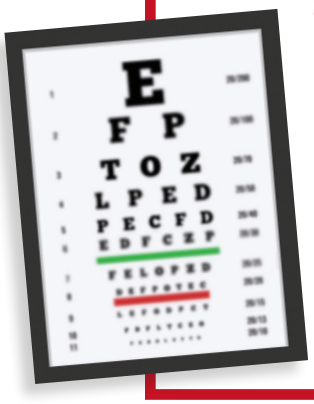
Documentary: HUZ Drawn to Life

Monday, November 30 at 2:30 pm
JCA Community Room

An intimate portrait of artist Ron Husband, who broke barriers as the first Black animator at Walt Disney Animation Studios. Husband navigated high-pressure reviews while making vital contributions to animated classics. HUZ: Drawn to Life is a celebration of perseverance, faith, and the enduring power of mentorship.

Living Well with VISION LOSS

Wednesday, November 11 at 2:00 pm
JCA Community Room



You will learn about *St. Louis Society for the Blind and Visually Impaired* services and the various diseases that can cause visual impairment and/or blindness.

Fitness Opportunities

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.

Tai Chi Exercise

Tuesdays at 3:30 pm (No Class 11/24)
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.

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 11/27)
Weinberg Wellness Center

Join Jazz Movement Artist **Erin Morris** for a fun dance class at emphasizing great music and coordination. Explore footwork, arm movements, rhythms, and musical sequences in a fun and engaging way.

Generation Jazz Orchestra with Swing Dancers

Thursday, November 12 at 3:00 pm

JCA Community Room

Welcome the **Generation Jazz Orchestra** for an afternoon of toe-tapping music, lively swing dancing, and plenty of fun! Sit back, enjoy the incredible sounds, or get up and dance along. Come ready to smile, move, and enjoy a great time with friends!

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**

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Impossible Meatballs Cole Slaw Fruit 2	Cassoulet with Mixed Vegetables Fruit *MEAL DELIVERY* 3	Pancakes with Impossible Sausage Skillet Potatoes Fruit 4	Veggie & Cheese Omelet Hash Browns Fruit *MEAL DELIVERY* 5	Tuna Casserole Lentil Soup Fruit 6
Egg & Impossible Chorizo Burrito Hash Browns Fruit 9	Impossible Sloppy Joe Tater Tots Fruit *MEAL DELIVERY* 10	Loaded Baked Potato Vegetarian Chili Fruit 11	Impossible Spaghetti Italian Salad Fruit *MEAL DELIVERY* 12	Black Bean Quesadilla Vegetable Soup Fruit 13
Southwest Wrap Refried Beans Fruit 16	Impossible Shepherd's Pie Split Pea Soup Fruit *MEAL DELIVERY* 17	Baked Salmon Baked Sweet Potato Fruit 18	Potato Pierogi Casserole Impossible Sausage Fruit *MEAL DELIVERY* 19	Bagel & Lox Spread Mushroom Soup Fruit 20
Classic Grilled Cheese Tomato Soup Fruit 23	Stir Fry Noodles with Tofu Soup Fruit *MEAL DELIVERY* 24	Baked Fish Street Corn Fruit 25	Impossible Meatloaf Mashed Potatoes Green Beans 26	Circle@Crown Egg Salad Muffin Soup 27
Black Bean Burger French Fries Fruit 30	Cafe is closed November 26 & 27 in observance of Thanksgiving			

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.