

# May 2024

## Monthly Program Guide



**Everyone is welcome!**



The Mirowitz Center offers a special place for older adults to connect and engage. Just take a quick look inside this guide, and you'll find a wide variety of online and in-person programs and events, all available at no or nominal cost. And we're conveniently located in the Covenant Place II Cahn Family Building on the Millstone Campus.

**TO REGISTER:**

**Email**

[program@mirowitzcenter.org](mailto:program@mirowitzcenter.org)

**Call**

[314-733-9813](tel:314-733-9813)

**Online**

[www.mirowitzcenter.org](http://www.mirowitzcenter.org)

**CLICK [HERE](#) FOR  
PRINTER-FRIENDLY VERSION  
OF OUR PROGRAM CALENDAR**

[mirowitzcenter.org](http://mirowitzcenter.org)

*Your Place to Connect*



***We Need to Talk: Maybe It's Your Meds***

**Wednesday, May 1**

**1 to 2:30 PM (free & in person)**

Do you wonder which over-the-counter products and dietary supplements are right for you? Or if any of your prescription medications could be causing a problem? As we grow older, our list of medications can lead to questions and confusion. No one understands that better than Hedva Barenholtz Levy, PharmD, a geriatric pharmacy specialist and author of *Maybe It's Your Medications*. Dr. Levy will discuss important safety aspects of prescription and nonprescription medications and explain the best ways to prevent medication-related problems. Even if you only take a few pills each day, mark your calendar! No cost to register, but RSVP required.

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***Paul is Dead***

**Wednesday, May 1**

**3 to 4 PM (free & in person)**

*Did you hear?* Paul is dead. In 1966, a rumor about The Beatles began to circulate, insisting that pop star Paul McCartney had tragically died in a car crash. University instructor Neil Davis delves into this bizarre chapter of Beatles history, which still stands as one of the most enduring hoaxes and urban legends of all time. No cost to register, but RSVP required.

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**May 2024**



***Fighting Bigotry & Hatred: ADL Heartland***

**Thursday, May 2**

**10:30 to 11:30 AM (free & in person)**

Did you know the mission of the ADL (Anti-Defamation League) is not just to fight all forms of antisemitism, but also to counter extremism and battle bigotry wherever and whenever it happens? The Regional Director of the local ADL Heartland office, Jordan Kadosh, is back to help answer tough questions about today's issues and headlines. With anti-Semitic incidents at an all-time high in the wake of the Oct. 7 attack in Israel, this topic couldn't be more timely. No cost to register, but RSVP required.



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***The Balancing Act***

**Thursday, May 2**

**1 to 3 PM (free & in person)**

If you missed this program last year, then get moving and sign up for a complimentary in-person consultation. The experts at RPI Therapy Services are back to discuss balance challenges and evaluate your overall stability! Appointments are only 10 minutes long. No cost to register, but RSVP required

*This program, co-sponsored by RPI Therapy Services and Senior Kollel, also is being provided with FEL (Friends Enjoying Life), the Mirowitz Center's men's organization.*



*“Life is like riding a bicycle. To keep your balance, you must keep moving.”*  
— Albert Einstein

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**May 2024**



## ***Spring Fling Concert***

**Wednesday, May 8**

**3 to 4:30 PM (free & in person)**

Barrelhouse-blues and ragtime pianist, Ethan Leinwand, wowed the Mirowitz Center last year with his amazing *Boogie Woogie & All That Jazz* program. Now he's back with his wife, Valerie Jo Kirchhoff ("Miss Jubilee") – and their springtime concert promises to be even more memorable. You don't want to miss this chance to see two of St. Louis' most entertaining performers! No cost to register, but RSVP required. Co-sponsored by the St. Louis Jazz Club.

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**SENIOR PLANET**  
FROM **AARP**

## ***Intro to Smartphone Photography***

**Thursday, May 9**

**1 to 2 PM (free & in person)**

Come learn about smartphone features like recording videos, adding filters to pictures, and using your camera's timer! Mirowitz Center Trainer Jim Salih also will go over basic camera tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will cover both Android devices and iPhones. No cost to register, but RSVP required.

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**May 2024**



***Towel Artistry Unleashed***

**Thursday, May 9**

**2:30 to 3:30 PM (free & in person)**

Ready to immerse yourself in a world of vibrant creativity? Join Contemporary Art Museum (CAM) staff and learn the art of transforming ordinary pieces of fabric into stunning canvases of expression. This hands-on class – inspired by artist Paul Chan's “Breathers” exhibition – promises a refreshing blend of imagination and fun, leaving you with your very own towel masterpiece. So don't wait to secure your spot in this colorful adventure! No cost to register, but RSVP required.

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***The Week in Review***

**Tuesday, May 14 & 28**

**10 to 11 AM (free & online)**

The news can be upsetting and concerning – so join the conversation with a community that values knowledge, respect, and the art of informed opinions! Expertly moderated by Harvey Gerstein and Marilyn Alton, “The Week in Review” is a forum for thoughtful discussion about the most pressing news stories of the week. No cost to register, but RSVP required.



*Program is provided with FEL (Friends Enjoying Life),  
the Mirowitz Center men's organization.*

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May 2024



***The ABCs of Judaism***

**Tuesday, May 14**

**12 NOON to 1 PM (free & in-person)**

Judaism has its own "ABCs" – teachings to guide your life. Join the engaging and inspiring Rabbi Ze'ev Smason at his monthly in-person program.

No cost to register, but RSVP required.

This month's topic: *Patience: Do Good Things Come to Those Who Wait?*

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***Yom Ha'Atzmaut Gathering with HaShemesh***

**Tuesday, May 14**

**3 to 4 PM (free & in person)**

Join us at Mirowitz Center on Israel's 76th birthday to hear Israeli and Jewish music with the St. Louis-based band HaShemesh. In a special concert recognizing Yom Ha'Atzmaut, Israel's Independence Day, the band will perform songs that reflect the country's history and culture. No cost to register, but RSVP required.

Co-sponsored by Congregation Temple Israel.

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May 2024



## SENIOR PLANET

FROM ~~AARP~~

### ***Using GovTrack.us Website***

**Wednesday, May 15**

**12 NOON to 1:30 PM (free & in person)**

In this hands-on workshop, Mirowitz Center Trainer Daniel Landsbaum explores the GovTrack.us website and its main features: identifying elected representatives, seeing how they vote, and learning about bills. With support from the Women's Auxiliary Foundation for Jewish Aged, the Mirowitz Center will provide a Chromebook computer for you to use during the program. No cost to register, but RSVP required. Don't wait, because class size is limited!

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St. Louis County **Library**

### ***Between the Covers Book Club***

**Thursday, May 16**

**10 to 11 AM (free & online)**

Reference Librarian Hillary Peppers facilitates an online book club every third Thursday of each month. No cost to register, but RSVP required.

**Book selection for May:**

***Eleanor and Hick* by Susan Quinn**

\*Don't forget! St. Louis County Library also is at the Mirowitz Center from 10 to 11 AM every other Friday. Reserve all of your library selections and, while you're at it, get a copy of the book club pick! This month the Library will be here May 3 and 17.

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**May 2024**



***Judaism's 10 Best Ideas!***

**Thursday, May 16**

**1 to 2 PM (free & in person)**

Join us for an interactive discussion, led by Judaic educator Richard Gavatin, about the book *Judaism's 10 Best Ideas: A Brief Guide for Seekers*, authored by Dr. Arthur Green, a renowned scholar and non-denominational teacher. Whether you are curious about Judaism or a seasoned student, you will discover new perspectives and insights to enrich your life. No need to read the book beforehand, just bring your questions and opinions. All are welcome! No cost to register, but RSVP required.

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***How America Won World War II***

**Thursday, May 21**

**10 to 11 AM (free & in person)**

This year, America commemorates the 80th anniversary of D-Day – June 6, 1944 – which brought the Allies' land, air, and sea forces together in the largest amphibious invasion ever. Join Ken Weintraub as he details the United States' pivotal role in World War II, including strategic leadership, transformative arms production and powerful industrial manufacturing that provided critical supplies to Great Britain and the Soviet Union. Learn how America's many contributions turned the tide and changed world history. No cost to register, but RSVP required.

*This program is provided with FEL (Friends Enjoying Life), the Mirowitz Center men's organization.*

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**May 2024**



## ***The Soul, the Body & the Afterlife***

**Tuesday, May 21**

**12 NOON to 1 PM (free & in-person)**

What is a “soul?” What happens after you die? Does Judaism believe in the afterlife? Join Rabbi Ze’ev Smason for this four-part series on topics you may not have studied in Sunday School! No cost to register, but RSVP required. Participate in one or all – prior attendance not required.

- February 20: Body & Soul (part 1)
- March 19: The Afterlife (part 2)
- April 16: Reincarnation & Resurrection (part 3)
- **May 21: *Dreams – Messages from Afar? (part 4)***

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**SENIOR PLANET**  
FROM **AARP**

## ***Gmail Tips & Tricks***

**Tuesday, May 21**

**1 to 2:30 PM (free & in person)**

This workshop covers important Gmail features like spell-checking, formatting emails, searching your inbox, adding a signature, and attaching files. Mirowitz Center Trainer Larry Edison will combine demos and hands-on practice, so you’ll have plenty of opportunities to ask questions and try out different features. With support from the Women’s Auxiliary Foundation for Jewish Aged, the Mirowitz Center will provide a Chromebook computer for you to use during the program. No cost to register, but RSVP is required. Don't wait, class size limited!

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**May 2024**



***Beyond the Spotlight: Jewish Values in the Theatre***

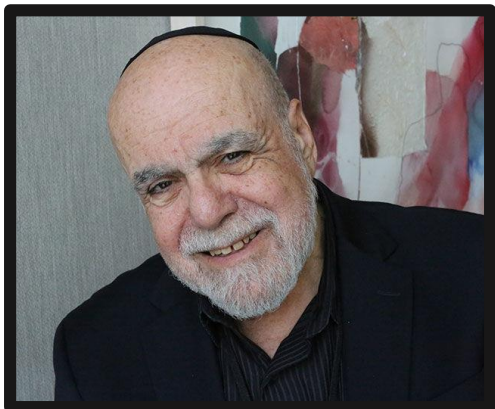
**Wednesday, May 22**

**1 to 2 PM (free & in person)**

This five-part series introduces the upcoming New Jewish Theatre (NJT) season and explores Jewish playwrights, characters, and values! Each session also includes insights from NJT's artistic team, discussions with a rabbi, and a discount on play tickets. Don't miss this chance to go 'beyond the spotlight' and discover the Jewish themes highlighted in NJT's productions! No cost to register, but RSVP required.

**Part #2: *We All Fall Down* by Lila Rose Kaplan  
with guest speaker Rabbi Amy Feder (Temple Israel)**

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***The Rabbi is IN!***

**Wednesday, May 22**

**3 to 4 PM (free & online)**

On the fourth Wednesday of every month, join Rabbi Neal Rose, Chaplain for Jewish Family Services (JFS), for a monthly discussion with a Jewish theme. No cost to register, but RSVP required.

*Program is co-sponsored by JFS of St. Louis.*

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**May 2024**



## **ST. LOUIS POST-DISPATCH**

### ***What's on Your Mind, Joe?***

**Thursday, May 23**

**1:30 to 2:30 PM (free & in person)**

*St. Louis Post-Dispatch* columnist Joe Holleman has lots of opinions! A political correspondent, author and proud Baby Boomer, Joe has penned newspaper columns ranging from "Life Sherpa" to "Political Fix", and frequently participates in lively debates on the local PBS "Donnybrook" program. This is a rare chance to interact with one of the most influential voices in St. Louis media! No cost to register, but RSVP required. Program co-sponsored by the St. Louis Press Club.



### ***MindMatters***

**Tuesday, May 28**

**Monthly – Every Fourth Tuesday**

**10 to 11 AM (free & in-person)**

Reflect & Connect: A safe, welcoming space to share experiences, feelings, and thoughts with other adults who are also facing the challenges of aging. The monthly group is led by Nicole (Nikki) Adams, MSW, LMSW, a trained facilitator with Provident Behavioral Health. No cost to register, but RSVP required.

*Supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.*

May 2024



## SENIOR PLANET FROM AARP

### *Virtual Museum Tours*

**Wednesday, May 29**

**12 NOON to 1 PM (free & in person)**

Learn how to tour world-famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? Mirowitz Center Trainer Daniel Landsbaum explores some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life! No cost to register, but RSVP required.

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### ***St. Louis Senior Olympics – Mahjongg Game Play***

**Thursday, May 30**

**12 NOON to 4 PM (registration/fee via The J)**

If you love Mahjongg, this is your chance to tile the town red! Don't miss this fun St. Louis Senior Olympics event, organized by The J and hosted at the Mirowitz Center. Co-sponsored by Senior Kolliel.

Doors open at noon; game play from 1 to 4 PM. Senior Kolliel will provide a free boxed lunch for registrants! Registration/fee via The J (314-442-3164)

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***Tech Tutor: Hardware Helper***

**\*Every Monday**

**10 AM to 3:30 PM (free & in-person)**

If you're looking for one-on-one assistance with technology devices or to acquire new skills, in-person appointments are available at the Mirowitz Center! Tech Tutor's in-person sessions are led by a qualified instructor, Larry Edison.

Sessions can be scheduled for 30 or 60 minutes. No cost to register, but RSVP required.

*This program is supported through a grant from  
the Women's Auxiliary Foundation for Jewish Aged.*



***Get Your Game On!***

**\*Every Monday**

**10 AM to 4 PM (free & in-person)**

Join us at the Mirowitz Center to play Mahjong, bridge, poker, or Mexican Train dominoes – whatever you like! You may bring your own snacks to enjoy and share. Complimentary coffee too!

Please plan to coordinate your group's schedule and any needed substitutions. All Mahj beginners are welcome – experienced volunteers are typically on hand to provide instructions and guidance. (If you're looking for other players, feel free to drop in to see what groups are available and/or are needing participants.) No cost to register, but RSVP required.

Game on!



### ***Mirowitz Center Exercise Classes***

**\*Monday through Friday**

**11:15 AM to 12 NOON (\$5 fee/class & in-person)**

All techniques and combinations are demonstrated both sitting and standing.

- Monday: “Fitness with an Edge” with instructor Lucy Foxman
  - Tuesday: “Music, Movement & Dance” with instructor Rachel Gross, RPI
  - Wednesday: “Strength & Conditioning” with instructor Rachel Gross, RPI
  - Thursday: “Tai Chi” with instructor Scott Uselmann, RPI
  - Friday: “Chair Yoga” with instructor Maxine Mirowitz
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### ***Mirowitz Center Community Singers with Robert Denison***

**\*Every Wednesday**

**2 to 3:30 PM (free & in-person)**

Sing the songs you love! Singers and non-singers – all are welcome! No experience is necessary. Learn from CDs, no printed music. Plus, the health benefits and FUN are immeasurable! No cost to register, but RSVP is required.

Professional musician Robert Denison conducts this group.  
Performance opportunities.

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**\*Every Friday – 1 to 3 PM**  
**(No cost to attend, but RSVP required)**

Friday, May 3:  
*“The Father”* (2020)

Friday, May 10:  
*“The Producers”* (2005)

Friday, May 17:  
*“George & Tammy”* (2022)

Friday, May 24:  
*“The Color Purple”* (2023 Musical)

Friday, May 31:  
*“Tina”* (2021 Documentary)

Enjoy movies on our 14-foot screen  
and top-notch sound system!  
**See you at the movies!**



## **Circle Talk**

This five-week, facilitated discussion group series is led by Holly Mathis, DNP, APRN, ANP-BC, a nurse practitioner and adjunct professor of nursing at Maryville University. Curriculum-based discussions that build meaningful connections – so join the conversation! “Enter as strangers, leave as friends” is the class motto. No cost to register, but RSVP required.

*The Mirowitz Center’s Mental Wellness Initiative is supported by a grant from the Women’s Auxiliary Foundation for Jewish Aged.*

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## **Guiding & Writing Autobiographies**

Writing an autobiography is a great way to memorialize thoughts and emotions as well as your experiences. Dr. Maxine Mirowitz, registered yoga teacher and leader of the Storywriter's Guild, helps provide six weeks of guidance and inspiration as you write your personal narrative. No cost to register, but RSVP required.

*This program supported by a grant from the Women’s Auxiliary Foundation for Jewish Aged.*

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# SENIOR PLANET

FROM **AARP**

The Mirowitz Center is partnering with *Senior Planet from AARP* to help older adults use technology to learn new skills, save money, get in shape, and make new friends. In fact, we were the first organization in Missouri to be licensed to teach *Senior Planet from AARP* technology training curriculum – and the only licensee in St. Louis County!

Classes and workshops are always free, but RSVP is required.

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***RE-OPENING SOON!!***

Watch for upcoming announcement about HJ Café's new menu and hours of operation!

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Honor the life,  
memory, or  
generosity of a  
loved one



Looking for a meaningful gift or special tribute? Donations and program sponsorships supporting Mirowitz Center programs are perfect for honoring family members, friends and neighbors. If you've enjoyed quality programming at the Mirowitz Center, please consider sending a tribute or making a donation.

**For more details, please email**  
**[info@mirowitzcenter.org](mailto:info@mirowitzcenter.org)**  
**or call 314-733-9813**

**Or, if you prefer to mail your donation, please  
make your check payable to:**

***Covenant Place Foundation***  
***#8 Millstone Campus Drive, Suite 2000***  
***St. Louis, MO 63146***