

December 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

Call

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

Online

www.mirowitzcenter.org

mirowitzcenter.org

Your Place to Connect



Tech Tutor: Hardware Helper

***Every Monday – December 2, 9, 16, 23 & 30
10 AM to 2:30 PM (free & in person)**

If you're looking for one-to-one assistance with technology devices or to acquire new skills, appointments are available at the Mirowitz Center! Tech Tutor's in-person sessions are led by tech teacher, Larry Edison. Sessions can be scheduled for 30 or 60 minutes. No cost to register, but RSVP required.

Program supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.



Get Your Game On!

***Every Monday – December 2, 9, 16, 23 & 30
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! 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!



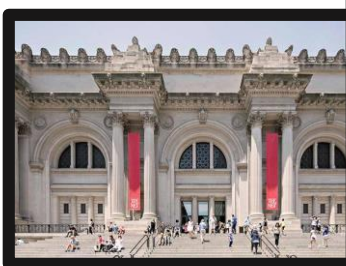
SENIOR PLANET
FROM AARP

Internet of Things: Healthcare

Monday, December 2

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

Come learn how the medical industry is embracing the "Internet of Things" (IoT) technology to treat patients remotely. Mirowitz Center Trainer Ray White explores cutting-edge devices from smart hearing aids to ingestible sensors, as well as popular telehealth apps! No cost to register, but RSVP required.



Winter Series with Elana Kaplan

Wednesday – December 4

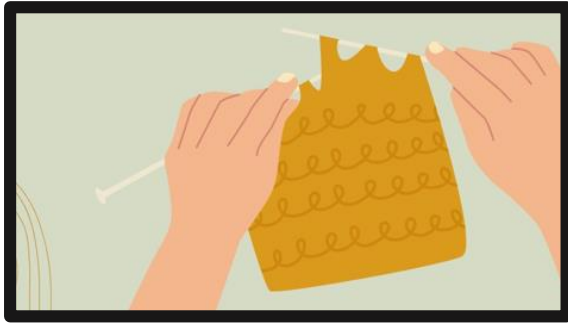
11 AM to 12 NOON (free & online)

Elana Kaplan, former St. Louisan and Museum Educator and Lecturer for New York's Metropolitan Museum of Art, is back for a special winter series. Attend all three sessions or just one; prior attendance not required. No cost to register, but RSVP required.

December 4 – Greek & Roman Art (Chanukah)

January 8 – Winter at The MET

February 5 – American Art (part 2)



Crafty Needles

***Every Wednesday – Dec. 4, 11 & 18
1 to 2 PM (free & in-person)**

Want to enhance your knitting or crocheting skills, or help teach others? Instructors make learning easy, accessible, and fun! From beginner to advanced, everyone can work on group projects, on their own, or just socialize with others. No cost to register, but RSVP required.



Songs of the Season

**Wednesday, December 4
2 to 3 PM (free & in person)**

Are you looking for some festive fun this winter? Don't miss this concert featuring the Mirowitz Center Community Singers – plus a special guest performer for a memorable duet! Adding to the program, conductor Robert Denison will share stories and background on the songs and the performers who made them famous. Everyone is welcome. No cost to register, but RSVP required.



Exploring the Documentary Hypothesis

Who Wrote The Five Books of Moses?

**Thursday, December 5
1 to 2:30 PM (free & in person)**

The Torah (*Five Books of Moses*) are sacred texts for major Western monotheistic faiths. But who wrote the Torah? (Hint: Not Moses!) Join Judaic educator Richard Gavatin for a thought-provoking discussion exploring the *Documentary Hypothesis*, a scholarly theory suggesting that the Torah, as we know it today, was composed by five distinct authors. No cost to register, but RSVP required.



Friday, December 6: “Priscilla” (2023)

Friday, December 13: “American Fiction” (2023)

Friday, December 20: “A Star is Born” (1976)

Friday, December 27: “Indiana Jones and the Dial of Destiny” (2023)

Free & in person every Friday – 1 to 3 PM

***14-foot screen and top-notch sound system**

No cost to attend, but RSVP required – see you at the movies!



The Week in Review
Tuesday, December 10 & 24
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, this is a forum for thoughtful discussion about the most pressing 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.



The ABCs of Judaism
***Every Second Tuesday – December 10**
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.

TOPIC: *Chanukah: Do You Believe in Miracles?*



Caring Together Support Group
***Every Second Tuesday – December 10**
2 to 3:30 PM (free & in person)

Caring for a loved one and finding it isolating? Led by Joan Hirst, MA, and Sarah Levinson, MA, of NORC-JFS St. Louis, this monthly group offers a safe space for connecting with others. Share caregiving experiences, access valuable resources, and receive peer support. Sign up for every month you plan to attend. No cost to register, but RSVP required.

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



Grief & Bereavement Support Group
***Every Second Wednesday – December 11**
10 to 11 AM (free & in person)

Led by Nikki Adams, MSW, LMSW – a trained facilitator with Provident Behavioral Health – this monthly group is a compassionate and supportive space for older adults to navigate the journey of grief. Share experiences, find comfort, and build connections. Sign up for every month you plan to attend. No cost to register, but RSVP required.

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



AARP Fraud Watch Network
Wednesday, December 11
1 to 2 PM (free & in person)

Scam artists often target older people because they have so much to lose. So if you think you're too smart to ever be defrauded, think again! Come learn about AARP's "Fraud Watch Network" from Dave Sapenaro, Volunteer State President & Executive Council Member of AARP Missouri. This national network – which provides online tips, resources and scam alerts, plus a judgment-free hotline staffed by trained specialists – is available to everyone. No cost to register, but RSVP required.

Program co-sponsored by 



Mirowitz Center Community Singers
***Every Wednesday – December 11 & 18**
2 to 3:30 PM (free & in person)



Sing the songs you love! Singers and non-singers – all are welcome! No experience is necessary. Professional musician, Robert Denison, conducts this group. No cost to register, but RSVP required.



Presidential Legacies: The Reagan Years
Thursday, December 12
11 AM to 12 NOON (free & online)

Learn more about President Ronald Reagan and his beloved First Lady Nancy. Three-part program presented by Leslie Flynn, Education Specialist at the Ronald Reagan Presidential Library & Museum in Simi Valley, California. Part 2 of 3 – prior attendance not required. No cost to register, but RSVP required.

Part of the Mirowitz Center's ongoing "Presidential Legacies" series.



Improv for Life Theatre Group
Thursday, December 12
2 to 3 PM (free & in person)

Whether you're new to improvisation, or have some experience, this class offers a supportive and playful environment with The New Jewish Theatre's Rebekah Scallet – a stage director, educator, and arts leader who has over 20 years of experience. No cost to register, but RSVP required.



On the Record with Bob Cohn
Friday, December 13
11 AM to 12 NOON (free & online)

Join Bob Cohn, Editor-In-Chief Emeritus of the St. Louis Jewish Light, every other month – on the second Friday – to discuss films, plays, articles, and books on issues of concern in our community. No cost to register, but RSVP is required.



Provided with FEL (Friends Enjoying Life), the Mirowitz Center men's organization.



Exploring Jewish Spirituality
Tuesday, December 17
12 NOON to 1 PM (free & in person)

Dive into thought-provoking topics, while gaining insights and wisdom from Jewish tradition at Rabbi Ze'ev Smason's four-part series on Jewish spirituality. A unique opportunity you won't want to miss! Please sign up for each session you plan to attend. No cost to register, but RSVP required.

- **11/19 - Kabbalah and Jewish Mysticism**
- **12/17 - What Do We Mean When We Say 'God'?**
- 1/21 - Divine Providence: Messages from Above?
- 2/18 - Does God Always Listen to our Prayers?



YouTube
Tuesday, December 17
2 to 3:30 PM (free & in person)

Do you associate YouTube with only silly cat videos? Fact is, people around the world watch more than one billion hours of video every day, including classic movies, how-to videos, news clips, and more. Mirowitz Center Trainer Daniel Landsbaum provides an overview of free content on YouTube, plus how to navigate the site with ease. You'll also get tips for viewing and sharing others' videos, and learn about uploading your own. No cost to register, but RSVP is required.



SENIOR PLANET
FROM AARP

Intro to X (formerly known as Twitter)
Wednesday, December 18
12 NOON to 1:30 PM (free & in person)

With Mirowitz Center Trainer Larry Edison, learn about X, the online platform formerly known as Twitter. A popular source for on-the-ground, breaking news class – from searching and following to posting and hashtags. No cost to register, but RSVP required.



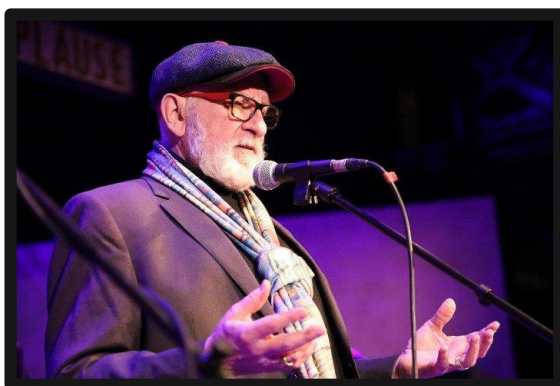
St. Louis County **Library**

Between the Covers Book Club
***Every Third Thursday – December 19**
10 to 11 AM (free & online)

Reference Librarian Hillary Peppers facilitates an online book club every third Thursday of each month.

***Book selection for December: *The Nature of Fragile Things* by Susan Meissner**

*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 December 6 and 20.



At the Intersection of Music, Poetry & Sacred Story
Thursday, December 19
1:30 to 2:30 PM (free & in person)

With a prolific career that includes three books and over ten CDs, Rabbi James Stone Goodman from Central Reform Congregation returns to the Mirowitz Center! Rabbi Goodman will sing songs, read poetry, and share sacred tales – helping you to experience a combination of the “old and new” through his creative and dynamic lens. No cost to register, but RSVP required.

Get Ready For The New Year!



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



Guiding & Writing Autobiographies

***Every Friday – Jan. 17, 24 & 31, and Feb. 7, 14 & 21**
12 NOON to 1 PM (free & in-person)

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

Program supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.