

January 2025 Program Guide

Everyone is welcome!



**Monday – Friday
8:30 AM to 5 PM**

**8 Millstone Campus Drive
Suite 2000
St. Louis, Missouri 63146-6004**



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



Movies @ Mirowitz

***Every Friday – January 3, 10, 17, 24 & 31
1 to 3 PM (free & in person)**

Friday, January 3: “Cocoon” (1985)

Friday, January 10: “One Life” (2023)

Friday, January 17: “The Rosa Parks Story” (2002)

Friday, January 24: “A Star is Born” (1976)

Friday, January 31: “Remembering Gene Wilder” (2023)

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

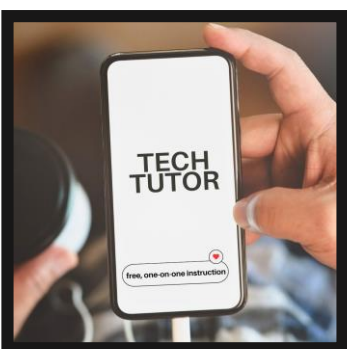
No cost to attend, but RSVP required – see you at the movies!



Get Your Game On!

***Every Monday – January 6, 13, 20 & 27
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!



Tech Tutor: Hardware Helper

***Every Monday – January 6, 13, 20 & 27
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.



The Week in Review
Tuesday, January 7 & 21
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.

**Exploring the
Supplementary
Hypothesis**



Who Wrote The Five Books of Moses?
Tuesday, January 7
1 to 2:30 PM (free & in person)

With Judaic educator Richard Gavatin, explore theories and historical figures who contributed to the formation of the Torah (Five Books of Moses), sacred texts for major Western monotheistic faiths. The "Supplementary Hypothesis" suggests there was an "original" Torah, now lost, and later authors added to it without making edits. No cost to register, but RSVP required.



Grief & Bereavement Support Group
***Every Second Wednesday – January 8**
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.



Winter at The Met with Elana Kaplan
Wednesday, January 8
11 AM to 12 NOON (free & online)

Special three-part winter series of virtual tours with Elana Kaplan, former St. Louisan and an independent museum educator and lecturer. In January, Elana – an educator at the Metropolitan Museum of Art for 25 years – covers some of The Met's most memorable winter scenes. Come learn more about how the winter solstice has inspired so many artists to express themselves with muted colors and soft light. No cost to register, but RSVP required.



Crafty Needles

***Every Wednesday – January 8, 15, 22 & 29
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.



Mirowitz Center Community Singers

***Every Wednesday – January 8, 15, 22 & 29
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, January 9
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 3 of 3 – prior attendance not required. No cost to register, but RSVP required.

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



SENIOR PLANET
FROM **AARP**

Getting Started with DuoLingo
Thursday, January 9
1 to 2:30 PM (free & in person)

Duolingo is a fun and free way to learn a new language! In this hands-on workshop with Mirowitz Center Trainer Daniel Landsbaum, discover how to download the app and create a profile. You'll also figure out how to start speaking a new language by the time the class ends! No cost to register, but RSVP required.



Improv for Life Theatre Group
Thursday, January 9
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 in theatre and improv. No scripts, no memorization, no pressure – just laughter and learning! No cost to register, but RSVP required.



The ABCs of Judaism
***Every Second Tuesday – January 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.

TOPIC: *The Eight Most Intelligent Things Ever Said*



Caring Together Support Group
***Every Second Tuesday – January 14**
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.



SENIOR PLANET
FROM AARP

Digital Genealogy Tools
Wednesday, January 15
12 NOON to 1:30 PM (free & in person)

Curious about your family's history? Mirowitz Center Trainer Jim Salih not only highlights numerous websites and platforms, but also shows how to access free online resources, including those available from many public libraries. No cost to register, but RSVP required.



St. Louis County **Library**

Between the Covers Book Club ***Every Third Thursday – January 16** **10 to 11 AM (free & online)**

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

***Book selection for January: *Table for Two* by Amor Towles**

*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 January 10 and 24.



Legacy of Biblical Women **Friday, January 17** **10:30 to 11:30 AM (free & in person)**

Delve into the lives of remarkable Jewish women from the Bible and explore their relevance to Jewish women today. Rabbi Brigitte Rosenberg of United Hebrew Congregation leads a discussion that bridges ancient narratives with contemporary perspectives. There are always new lessons to be gained from these enriching stories of history, spirituality and personal growth! Everyone is welcome. No cost to register, but RSVP required.

This program is provided with the GGs (Gals on the Go), the Mirowitz Center women's organization.



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.



Exploring Jewish Spirituality **Tuesday, January 21** **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 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.

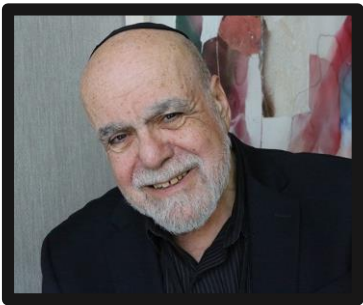
- 12/17 - What Do We Mean When We Say 'God'?
- **1/21 - Divine Providence: Messages from Above?**
- 2/18 - Does God Always Listen to our Prayers?



SENIOR PLANET
FROM AARP

Understanding Different Internet Plans **Wednesday, January 22** **12 NOON to 1:30 PM (free & in person)**

Faster is not always better! Come learn about home internet options, so that you only pay for what you need. Mirowitz Center Trainer Ray White covers important terminology, from hotspot to bandwidth, and explains the best internet speeds for different kinds of activities like emailing and streaming. No cost to register, but RSVP required.



The Rabbi is IN! ***Every Fourth Wednesday – January 22** **3 to 4 PM (free & online)**

On the fourth Wednesday of every month, join Rabbi Neal Rose for an online discussion with a Jewish theme. No cost to register, but RSVP required.



Sandy Koufax: Left Arm of God **Thursday, January 23** **1 to 2 PM (free & in person)**

Sandy Koufax – affectionately known for his "Left Arm of God" – played 12 seasons for the Dodgers (Brooklyn and Los Angeles) and is universally recognized as one of the all-time greatest pitchers. Come hear *St. Louis Post-Dispatch* columnist, Benjamin Hochman, celebrate the life and career of this intensely private athlete. No cost to register, but RSVP required.



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



MindMatters Support Group
***Every Fourth Tuesday – January 28**
10 to 11 AM (free & in person)

Monthly group led by Provident Behavioral Health facilitator Nicole (Nikki) Adams, MSW, LMSW. A safe, welcoming space to share experiences, feelings, and thoughts with other adults experiencing the challenges of aging. No cost to register, but RSVP required.

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



Birth of the Beatles
Tuesday, January 28
12 NOON to 1:30 PM (free & in person)

University instructor Neil Davis is back! This eight-part series kicks off with The Beatle's early days and concludes when new drummer Ringo Starr, manager Brian Epstein and producer George Martin arrive. The band was poised to help launch the "British Invasion," eventually changing almost everything – from the music scene to fashion and politics – in American culture! No cost to register, but RSVP required.



SENIOR PLANET
FROM AARP

Uber & Lyft Transportation
Thursday, January 30
1 to 2:30 PM (free & in person)

Smartphones sure have changed the way people hail a ride today! Hop on board with Mirowitz Center Trainer Daniel Landsbaum and explore ridesharing apps. Learn about two of the most popular options — Uber and Lyft — and the pros and cons of both. No cost to register, but RSVP required.

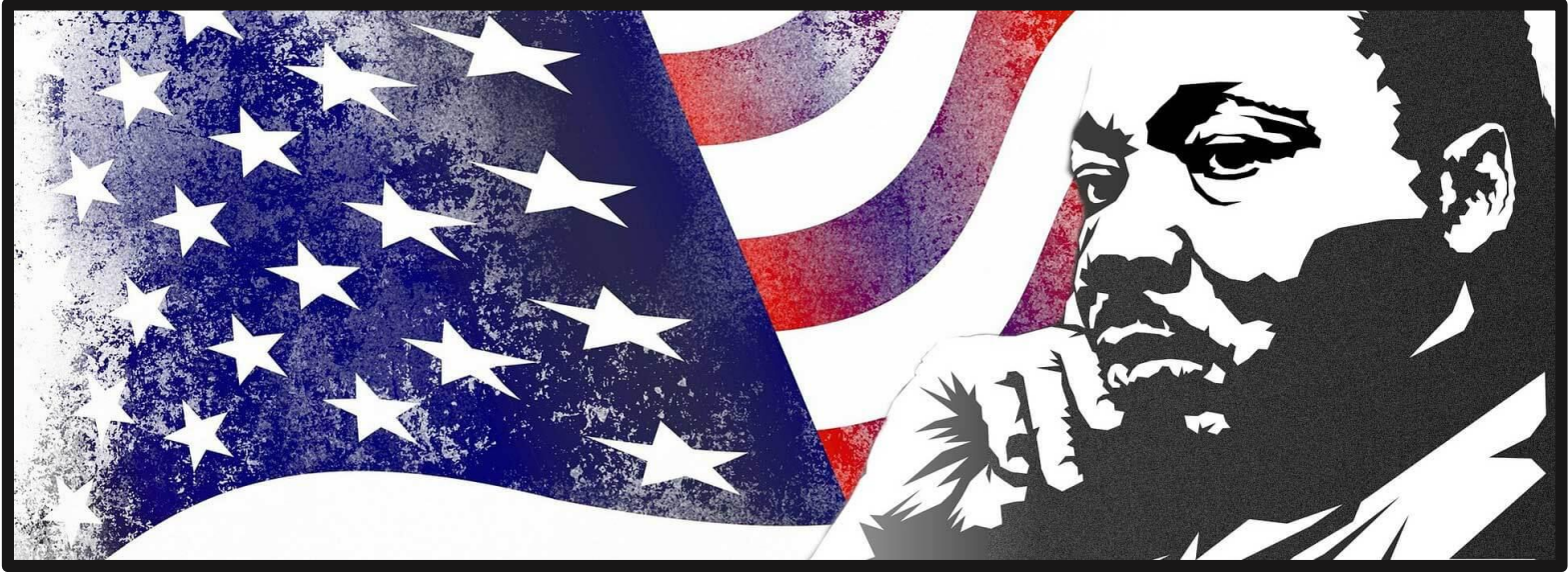


Mirowitz Center Exercise Classes
***Every Monday through Friday**
11:15 AM to 12 NOON
(\$5 fee/class & in person)

All techniques and combinations are demonstrated both sitting and standing.

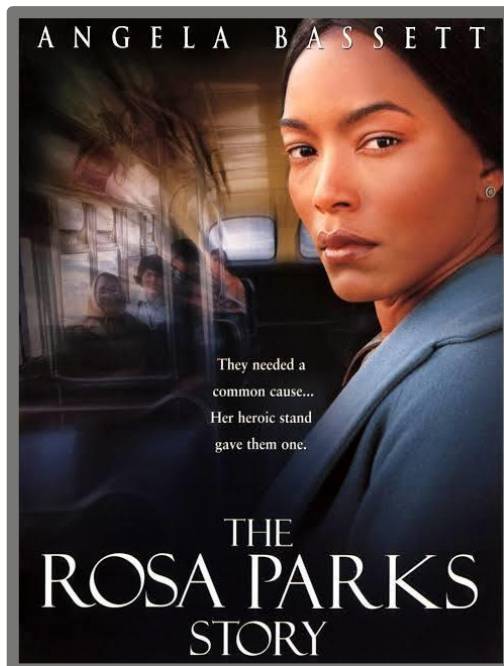
- Monday: "Fitness with an Edge" with instructor Lucy Foxman
- Tuesday: "Music, Movement & Dance" with instructor Rachel Gross, RPI
- Wednesday: "Strength & Conditioning" with instructor Rachel Gross, RPI
- Thursday: "Tai Chi" with instructor Scott Uselmann, RPI
- Friday: "Chair Yoga" with instructor Maxine Mirowitz

Martin Luther King Jr. Day



**On Monday, January 20, 2025,
our nation proudly commemorates MLK Day.
May we all be inspired to make the world a better place!**

Movies at Mirowitz!



At 1 pm Friday, January 17, the Mirowitz Center is screening *The Rosa Parks Story* movie in honor of Dr. Martin Luther King, Jr. This 2002 American television movie – starring Angela Bassett and Cicely Tyson – highlights the life of Mrs. Rosa Louise McCauley Parks and her actions in the civil rights movement.