

February 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

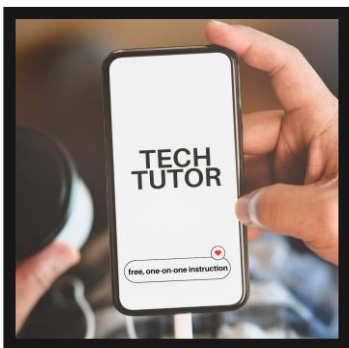
Your Place to Connect



Get Your Game On!

***Every Monday – February 3, 10, 17 & 24
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 – February 3, 17 & 24
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.



SENIOR PLANET
FROM AARP

Let's Chat on Video!

Tuesday, February 4

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

See who you're talking to with video chat apps like FaceTime and Skype! Join Mirowitz Center Trainer Ray White and find out more about commonly used, no- or low-cost apps, handy features, and helpful tips for presenting your best self on camera. A fun way to connect with family, friends, neighbors and others – wherever you are! No cost to register, but RSVP required.



Prostate Health & Wellness

Tuesday, February 4

2 to 3 PM (free & in person)

Let's talk about prostate health! Benign prostatic hyperplasia (BPH) becomes more common with age, so early education and understanding of treatment options are critical for men wanting to maintain their quality of life. Come hear Dr. Michael Johnson, a urologist with Washington University Physicians, as he discusses prostate screening, patient support services, research initiatives and more. Everyone is welcome – refreshments will be served. No cost to register, but RSVP required.



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



American Art
Wednesday, February 5
11 AM to 12 NOON (free & online)

Special three-part winter series with Elana Kaplan, former St. Louisan and an independent museum educator and lecturer. In February, Elana – an educator at the Metropolitan Museum of Art for 25 years – provides a virtual tour of The Met’s American Wing. Immerse yourself in beautiful American history and art, and just in time for President's Day! No cost to register, but RSVP required.



Crafty Needles
***Every Wednesday – February 5, 12, 19 & 26**
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 – February 5, 12, 19 & 26**
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.



***Eminent Domain Abuse and
Dr. H. Phillip Venable Memorial Park***
Thursday, February 6
1 to 2 PM (free & in person)

Come hear St. Louis Post-Dispatch journalist Tony Messenger tell the remarkable story about how Creve Coeur leaders and residents came together to right a historic wrong. Part of Mirowitz Center’s “Fighting Bigotry & Hatred” series. No cost to register, but RSVP required.

Presented in recognition of **Black History Month**

Co-sponsored by ADL Heartland, the American Jewish Committee, Jewish Community Relations Council of St. Louis, National Council of Jewish Women St. Louis, and St. Louis Kaplan Feldman Holocaust Museum.



Get Your Taxes Done for Free!

***Every Friday – February 7 through April 4
9:30 AM, or 11 AM, or 12:30 PM (free & in person)
Schedule a 75-minute appointment**

AARP Foundation Tax-Aide provides in-person assistance at no charge, focusing on low-to-moderate income taxpayers and those over 50 (AARP membership not required)

- Every year, AARP Foundation Tax-Aide volunteers are IRS-certified and specially trained to help file a variety of income-tax forms and schedules.
- Tax-preparation sites can be found at thousands of locations in all 50 states – from libraries and malls to banks and public community facilities like the Mirowitz Center!
- No cost to register, but RSVP required.



Movies @ Mirowitz

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

Friday, February 7: ***“Brooklyn” (2015)***

Friday, February 14: ***Don’t miss Valentine’s Day “Love Is In the Air!” concert with the Mirowitz Center Community Singers!***

Friday, February 21: ***“Annie Hall” (1977)***

Friday, February 28: ***Don’t miss “Musical Magic” concert with the Bucket List Trio!***

***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, February 11 & 25
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 **A*B****C**s of Judaism***

***Every Second Tuesday – February 11
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: *Free Love: Can We Love People Who Irritate Us?*



Caring Together Support Group

***Every Second Tuesday – February 11
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 – February 12
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.



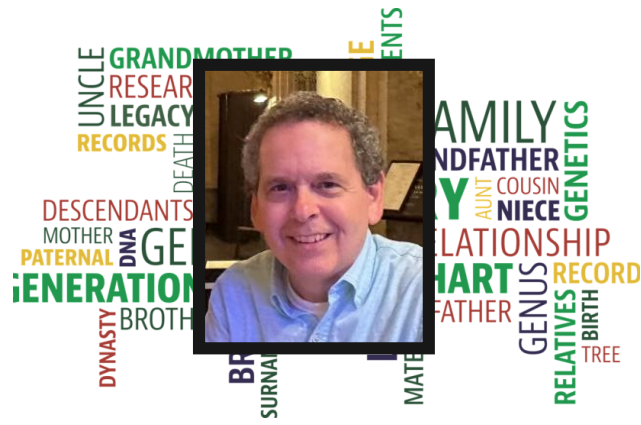
SENIOR PLANET
FROM AARP

Intro to TikTok

Thursday, February 13

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

When you hear "tick tock," do you think clocks....or a social-media platform where over 1 billion active users share short videos? Mirowitz Center Trainer Daniel Landsbaum introduces TikTok's common features, basics for creating an account, and more. No cost to register, but RSVP required.



Jewish Genealogy 101
Thursday, February 13
1 to 2 PM (free & in person)

Learn to trace your Jewish ancestry with Gary Kodner, an experienced genealogist. History holds great significance for the Jewish community, as reflected in the documentation of ancestry in the Torah and dedication to preserving cemeteries and memorials. This program will equip you with the tools to piece together your family's unique story! No cost to register, but RSVP required.



Improv for Life Theatre Group
Thursday, February 13
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.



On the Record with Bob Cohn
Friday, February 14
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.



Love Is In the Air!
Friday – February 14
1 to 2 PM (free & in person)

It's **Valentine's Day**, and love is in the air! Come join the Mirowitz Center Community Singers – led by Robert Denison – to celebrate the kind of music that makes lovers swoon at the first note. No cost to register, but RSVP required.

Co-sponsored by St. Louis NORC.



Exploring Jewish Spirituality
Tuesday, February 18
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?**



Intro to Paypal, Venmo & CashApp
Wednesday, February 19
1 to 2:30 PM (free & in person)

From sending grandkids money to making a contribution for a group gift, learn what person-to-person (P2P) payment apps can do for you! Mirowitz Center Trainer Daniel Landsbaum covers some of today's most popular P2P payment services. No cost to register, but RSVP required.



St. Louis County **Library**

Between the Covers Book Club
***Every Third Thursday – February 20**
10 to 11 AM (free & online)

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

***Book selection for February: *The Heaven and Earth Grocery Store* by James McBride**

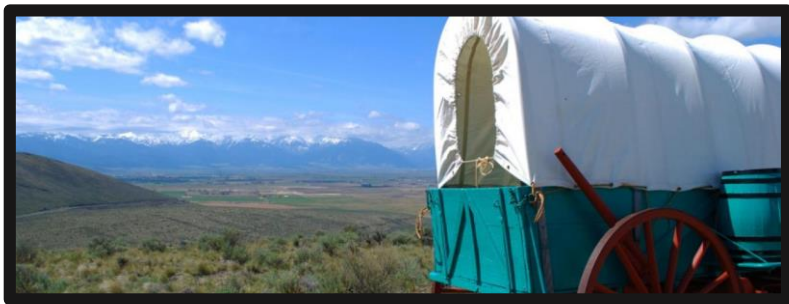
*St. Louis County Library also is at the Mirowitz Center from 10 to 11 AM every other Friday. Reserve all of your library selections and, while you're at it, get a copy of the book club pick! This month the Library will be here February 7th and 21st.



MindMatters Support Group
***Every Fourth Tuesday – February 25**
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.



The Journey West on the Oregon Trail
Tuesday, February 25
1 to 2 PM (free & in person)

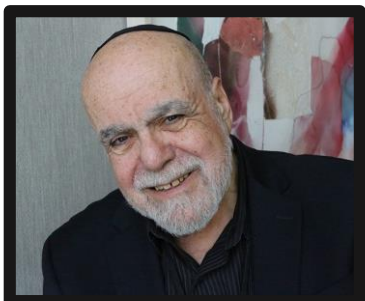
Don't miss this soliloquy by storyteller Barnes M. Bradshaw from Historically Speaking! Discover what motivated thousands to embark on the 2,400-mile Oregon Trail, facing perils and Triumphs – an unforgettable journey that transports you to the days of our nation's westward expansion and brings history to life through a captivating, costumed performance. No cost to register, but RSVP required.



SENIOR PLANET
FROM AARP

Digital Scrapbooking Tools
Wednesday, February 26
12 NOON to 1:30 PM (free & in person)

Say goodbye to paper cuts! Come hear about digital scrapbooking tools with Mirowitz Center Trainer Jim Salih, and learn a more convenient way to organize your photos and mementos using different tools that make it easy to create, share and print scrapbooks. No cost to register, but RSVP required.



The Rabbi is IN!
***Every Fourth Wednesday – February 26**
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.



Grace Bumbry In Her Own Words **Thursday, February 27** **1 to 2 PM (free & in person)**

Learn how opera singer Grace Bumbry – who grew up in segregated St. Louis – transcended racial perceptions and vocal categorizations, as she mastered both mezzo-soprano and soprano roles. Part of Mirowitz Center’s “Fighting Bigotry & Hatred” series, and presented by Diane McCullough, Opera Theatre of St. Louis Guild docent. No cost to register, but RSVP required.

Presented in recognition of **Black History Month**

Co-sponsored by ADL Heartland, the American Jewish Committee, Jewish Community Relations Council of St. Louis, National Council of Jewish Women St. Louis, and St. Louis Kaplan Feldman Holocaust Museum.



Musical Magic with the Bucket List Trio **Friday, February 28** **1 to 2 PM (free & in person)**

Join us for a musical performance by the Bucket List Trio, featuring musicians Stan Gill, Mike Smith, and David Runde. Prepare to be enchanted by a mix of your favorite songs, including "Mack the Knife," "I'm a Believer," "When You're Smiling," "Sweet Caroline," and more! This concert will have you singing along and checking off an item from your musical bucket list! 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 Charlie Foxman
- Tuesday: “Music, Movement & Dance” with instructor Xinye Wu, RPI
- Wednesday: “Strength & Conditioning” with instructor Ryan Hodap, RPI
- Thursday: “Tai Chi” with instructor Scott Uselmann, RPI
- Friday: “Chair Yoga” with instructor Maxine Mirowitz

UPCOMING PROGRAM

WHAT'S YOUR STORY?



“Guiding & Writing Autobiographies”

12 NOON *Every Friday (free & in person)

- **March 7, 14, 21 & 28**
- **April 4 & 11**

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 guidance and inspiration as you write your personal narrative. This six-part program enables you to express yourself in a safe and accepting environment. Writers of all levels, novice to advanced, are welcome – class size is limited to 10 participants.

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

No cost to register, but RSVP required.

Sign up online at mirowitzcenter.org (registration is simple and only requires your name, phone number and email address), or email program@mirowitzcenter.org, or call [314-733-9813](tel:314-733-9813).