

March 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 – March 3, 10, 17, 24 & 31
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 – March 3, 10, 17, 24 & 31
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.



St. Louis Cardinals of the '60s

Tuesday, March 4

10 to 11 AM (free & in person)

Who can forget the excitement of the 1960s St. Louis Cardinals and legendary players such as pitcher Bob Gibson, third-baseman Ken Boyer, left-fielder Lou Brock and center-fielder Curt Flood? Certainly not Ed Wheatley – President of the St. Louis Browns Historical Society and author of the book, *St. Louis Cardinals: Everything You Need to Know*. Join Ed and relive those thrilling pennant races, two memorable World Series championships (1964 and 1967), and the unique challenges and triumphs that shaped this tumultuous decade. No cost to register, but RSVP required.



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



Crafty Needles

***Every Wednesday – March 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 – March 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.



SENIOR PLANET
FROM AARP

Anti-Virus & Malware – Removal Programs
Thursday, March 6
12 NOON to 1:30 PM (free & in person)

Did you know that viruses are only one type of malware that can harm your computer? In this lecture Mirowitz Center Trainer Daniel Landsbaum covers anti-virus programs and malware-remover software, and explains how these tools can be used to prevent and eliminate malware infections. Learn how to keep your devices safe! No cost to register, but RSVP required.



Guiding & Writing Autobiographies

***Every Friday – March 7, 14, 21 & 28 and April 4 & 11
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.



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

Friday, March 7: “*Queen Bees*” (2021)

Friday, March 14: “*Cabaret*” (1972)

Friday, March 21: “*Unsung Hero*” (2024)

Friday, March 28: “*When Harry Met Sally*” (1989)

***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, March 11
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 – March 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: *Purim: Can Good Emerge From Dire Situations?*



***Caring Together* Support Group**
***Every Second Tuesday – March 11**
2 to 3:30 PM (free & in person)

Caring for a loved one and finding it isolating? Led by Joan Hirst, 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 – March 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.



Hamantashen Baking for Purim
Wednesday, March 12
1:30 to 2:30 PM (\$10 & in person)

Get ready to celebrate Purim with a hands-on baking experience! Master baker Chana'la Rubinfeld will teach the art of dough preparation, filling, and shaping delicious hamantashen, the iconic triangular treats of this Jewish holiday, without making a mess in your kitchen! Plus, you'll leave with a batch of your very own hamantashen to share. (\$10 fee for baking supplies). RSVP required.

*Co-sponsored by Chabad of Chesterfield
and provided with the GGs (Gals on the Go),
the Mirowitz Center Women's Organization.*

March 2025



Beyond the Spotlight: Jewish Values in the Theatre
Thursday, March 13
12:30 to 1:30 PM (free & in person)

An engaging five-part series that explores emerging Jewish themes in the plays. Each session features insights from The New Jewish Theatre's artistic team, lively discussions with a rabbi, and a special discount on play tickets. Set against the backdrop of rising Nazism, *Cabaret* examines Jewish life, identity, and assimilation as the Holocaust looms. Rabbi Amy Feder of Congregation Temple Israel will lead this thought-provoking discussion. No cost to register, but RSVP required

Co-sponsored by The New Jewish Theatre.



SENIOR PLANET
FROM AARP

How to Choose a New Computer
Thursday, March 13
1 to 2:30 PM (free & in person)

This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? Mirowitz Center Trainer Daniel Landsbaum also will cover operating systems and compare alternatives to the traditional computer such as tablets and Chromebooks. No cost to register, but RSVP required.



Improv for Life Theatre Group
Thursday, March 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.



Current Conditions in the Economy & Capital Markets
Tuesday – March 18
10 to 11 AM (free & in person)

Mike Ferman, a former partner at RubinBrown Advisors and the founder and managing director of its financial planning and investment advisory practice, will discuss current conditions in the economy and capital markets, including the New York Stock Exchange and Wall Street. No cost to register, but RSVP required.



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

March 2025



St. Louis Symphony 2025
Tuesday, March 18
1:30 to 2:30 PM (free & in person)

Spring is just around the corner, and it's the perfect time to welcome back the St. Louis Symphony Orchestra! This beautiful concert – featuring Assistant Concertmaster Hannah Ji and Associate Principal Violist Alejandro Valdepeñas – promises to uplift everyone who's yearning for longer days, warmer temps and blooming flowers. No cost to register, but RSVP required.

Co-sponsored by St. Louis NORC.



St. Louis County **Library**

Between the Covers Book Club
***Every Third Thursday – March 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 March: *Finlay Donovan is Killing It* by Elle Cosimano**

*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 March 7th and 21st.



SENIOR PLANET
FROM AARP

Intro to Selling Online
Thursday, March 20
1 to 2:30 PM (free & in person)

Want to make some extra money while decluttering? Online marketplaces make it easy to sell almost anything – from unique collectibles and vintage fashion to handmade crafts! Mirowitz Center Ray White introduces different online platforms for selling all kinds of items, plus cover some tips and best practices for avoiding scams. No cost to register, but RSVP required.



Sand, Ships, and Synagogues:
Reflections on Archaeological Discoveries
Tuesday, March 25
10 to 11 AM (free & in person)

Sid Goldstein, former Associate Director and Curator of Ancient and Islamic Art at the Saint Louis Art Museum, shares captivating stories from his archaeological journeys across Israel and Turkey – including a defining moment in his career while working in Sardis in Western Turkey. Sid will discuss the site's monumental ancient synagogue, the features of which continue to reshape our understanding of Jewish communities in antiquity. Don't miss this fascinating exploration of history, art and discovery! No cost to register, but RSVP required.

*Program is provided with FEL (Friends Enjoying Life),
and the GG's (Gals on the Go), the Mirowitz Center men's and women's organizations.*



MindMatters Support Group
***Every Fourth Tuesday – March 25**
10 to 11 AM (free & in person)

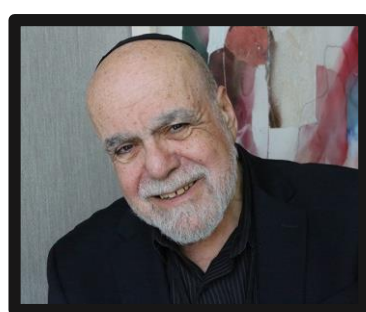
Monthly group led by Provident Behavioral Health facilitator Nicole (Nikki) Adams, MSW, LMSW. A safe, welcoming space to share experiences, feelings, and thoughts with other adults experiencing the challenges of aging. No cost to register, but RSVP required.

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



The Beatles Launch the British Invasion
Tuesday, March 25
1 to 2:30 PM (free & in person)

University instructor Neil Davis is back! This eight-part series picks up in late 1962, when The Beatles stepped into EMI studios for the first time, meeting producer George Martin. Over the next 18 months, the Fab Four released four No. 1 singles and two No. 1 albums. Who could have ever foreseen that four shaggy-haired young men from Liverpool would launch the British Invasion, charm reporters and fans, and change the music industry and world forever? No cost to register, but RSVP required.



The Rabbi is IN!
***Every Fourth Wednesday – March 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.



***Fighting Bigotry & Hatred:
Lindbergh Legacy***
Thursday – March 27
1 to 2 PM (free & in person)

Charles Lindbergh may have been the "Pride of St. Louis," but his legacy is complicated. Last year, the *St. Louis Jewish Light* published a groundbreaking article about this very disturbing point: Lindbergh was an international celebrity with a loud microphone and a great admiration for Nazi Germany and Adolf Hitler, passionately arguing against U.S. involvement in World War II. This 90-minute panel discussion features Shula Neuman, who researched and wrote the article; Ellen Futterman, Editor-in-Chief of the *Jewish Light*; and Helen Turner, Director of Education at the St. Louis Kaplan Feldman Holocaust Museum. No cost to register, but RSVP required.

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.



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