

# May 2025 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)

**Monday – Friday  
8:30 AM to 5 PM**

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

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

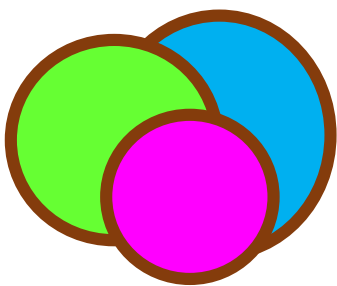
*Your Place to Connect*



***Yom Ha'Atzmaut Commemoration***  
**Thursday, May 1**  
**1 to 2 PM (free & in person)**

In recognition of Israel's Independence Day, join us at the Mirowitz Center for a concert with the band Shakshuka, featuring musicians Ron Cytron, Hal Goldsmith, Dave Propper, Annie Gottesman, and Betsy Cytron. Named after a popular spicy Israeli breakfast dish, Shakshuka performs Jewish and Israeli music with a unique twist! No cost to register, but RSVP required.

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***Circle Talk***  
**\*Every Friday – May 2, 9, 16, 23 & 30**  
**11 AM to 12 NOON (free & in person)**

A facilitated discussion group series led by Holly Mathis, DNP, APRN, ANP-BC, a nurse practitioner and presenter with the local AARP Speakers Bureau. These curriculum-based discussions at the Mirowitz Center help build meaningful connections and reduce isolation and loneliness. *“Enter as strangers, leave as friends”* is the class motto. Join the conversation! A limited number of participants, so sign up early! No cost to register, but RSVP required.

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

- Friday, May 2: *“Looking for an Echo”* (2000)
- Friday, May 9: *“The Sting”* (1973)
- Friday, May 16: *“The Phantom Open”* (2021)
- Friday, May 23: *“The Miracle Club”* (2023)
- Friday, May 30: *“Belfast”* (2021)

**\*14-foot screen and top-notch sound system**  
**No cost to attend, but RSVP required – see you at the movies!**





**Active Aging Resource Fair**  
**Sunday, May 4**  
**12 NOON to 4 PM (free & in person)**

AARP St. Louis is partnering with the Mirowitz Center to bring together dozens of companies and organizations into one convenient location to help you learn about available resources for aging well and staying active and engaged. Opportunities to participate in exercise classes, technology workshops and AARP HomeFit demonstrations!



**Get Your Game On!**  
**\*Every Monday – May 5, 12 & 19**  
**10 AM to 4 PM (free & in person)**

Bring whatever you like to Mirowitz Center’s Game Day – Mahjong, bridge, poker, dominoes. Please plan to coordinate your group's schedule and any needed substitutions. Complimentary hot coffee and iced tea, too! No cost to register, but RSVP required.



**The Week in Review**  
**Tuesday, May 6, & Tuesday, May 27**  
**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 Mirowitz Center forum offers a 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.*



***Gardening Tech at a Glance***

**Tuesday, May 6**

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

Spring is the perfect time to learn about different types of gardening tech! Review popular apps with Mirowitz Center Trainer Ray White, who will explain features that help identify plants and can even design a garden. Find out if technology can give you a green thumb! No cost to register, but RSVP required.

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***Crafty Needles***

**\*Every Wednesday – May 7, 14, 21 & 28**

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

Want to enhance your knitting or crocheting skills, or help teach others? Mirowitz Center 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.

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***Mirowitz Center Community Singers***

**\*Every Wednesday – May 7, 14, 21 & 28**

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

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



***Intro to Managing Your Privacy***  
**Thursday, May 8**  
**12 NOON to 1:30 PM (free & in person)**

Come learn about some essential Internet privacy tips with Mirowitz Center Trainer Jim Salih. Review how ads target us online, how to limit tracking, and where to find browser settings and extensions to better control how our information is shared. No cost to register, but RSVP required.

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***Improv for Life – Rebekah Scallet, The New Jewish Theatre***  
**Thursday, May 8**  
**2 to 3 PM (free & in person)**

Whether you're new to improvisation, or have some previous experience, this Mirowitz Center 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.

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***Guiding & Writing Autobiographies***  
**\*Every Friday – May 9, 16, 23 & 30, and June 6 & 13**  
**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 at the Mirowitz Center to help provide six weeks of guidance and inspiration as you write your personal narrative. No cost to attend, but RSVP required.

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

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***Tech Tutor: Hardware Helper***  
**Monday, May 12, & Monday, May 19**  
**10 AM to 2:30 PM (free & in person)**

Mirowitz Center's tech teacher, Larry Edison, offers one-to-one technology sessions every Monday. Whether you have an Apple, Android, or Windows device, Larry will provide individual attention and assistance tailored to your needs and questions. No cost to register, but RSVP required.





***The ABCs of Judaism***  
**Tuesday, May 13**  
**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 at the Mirowitz Center. No cost to register, but RSVP required.

This month's topic: *Fundamental Truths That Will Change Your Life*



***Caring Together Monthly Support Group***  
**Tuesday, May 13**  
**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 at the Mirowitz Center. 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 Monthly Support Group***  
**Wednesday, May 14**  
**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 at the Mirowitz Center. 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.*



***Between the Covers Book Club***  
**Thursday, May 15**  
**10 to 11 AM (free & online)**

Reference Librarian Hillary Peppers facilitates an online Mirowitz Center book club every month.

**\*Book selection for May: *James* by Percival Everett**

\*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 2 and 16.



***This House***  
**Thursday, May 15**  
**1 to 2 PM (free & in person)**

Come to the Mirowitz Center and discover the haunting beauty of a commissioned world-premiere opera – set in a Harlem brownstone – that explores identity, heritage and the passage of time. Kathy Sitzer from Opera Theatre of Saint Louis shares the story, provides historical context, and features excerpts from a previous collaboration between composer Ricky Ian Gordon and Pulitzer Prize winner Lynn Nottage and her daughter Ruby Aiyo Gerber. No cost to register, but RSVP required.

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***Rubber Soul***  
**Tuesday, May 20**  
**1 to 2 PM (free & in person)**

In October 1965, The Beatles were faced with an impossible task: produce a new album of original music for a Christmas release. Within one month, the band emerged with their sixth studio album and what many consider to be one of their best: “Rubber Soul.” *Rolling Stone* magazine has ranked it as one of the greatest albums of all time. Join encore presenter, University Instructor Neil Davis, at the Mirowitz Center as we continue our eight-part series about The Beatles' journey to stardom! No cost to register, but RSVP required.

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***Intro to Chatting with AI***  
**Thursday, May 22**  
**12 NOON to 1:30 PM (free & in person)**

Curious about using ChatGPT or Gemini, but not sure where to start? Mirowitz Center Trainer Daniel Landsbaum explains how to write questions for Artificial Intelligence that are specific enough to prompt useful and effective responses. Explore tips for using generative AI chat programs to help them work for you – and learn best practices that enhance privacy and security. No cost to register, but RSVP required.



***Beyond the Spotlight: Jewish Values in the Theatre***  
**Thursday – May 22**  
**1 to 2 PM (free & in person)**

This five-part series at the Mirowitz Center 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.

**Session #2:** Rabbi Andrea Goldstein of Congregation Shaare Emeth focuses on *The Heidi Chronicles*, examining emerging Jewish themes and connections to feminism and the women's movement.



***MindMatters Monthly Support Group***  
**Tuesday, May 27**  
**10 to 11 AM (free & in person)**

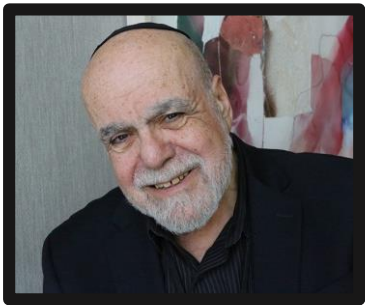
Monthly group led by Provident Behavioral Health facilitator Nicole (Nikki) Adams, MSW, LMSW. A safe, welcoming space at the Mirowitz Center to share experiences, feelings, and thoughts with other adults experiencing the challenges of aging. No cost to register, but RSVP required.

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



***Passwords, Passkeys & More***  
**Tuesday, May 27**  
**1 to 2:30 PM (free & in person)**

Tired of resetting your password all the time? With Mirowitz Center Trainer Larry Edison, review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure. No cost to register, but RSVP required.



***The Rabbi is IN!***  
**Wednesday, May 28**  
**3 to 4 PM (free & online)**

Every month, the Mirowitz Center hosts Rabbi Neal Rose and his thoughtful online discussion with a Jewish theme. No cost to register, but RSVP required.





***Medical Ethics & Decisions***  
**Thursday, May 29**  
**1 to 2 PM (free & in person)**

Dr. Erin Bakanas, with Washington University's Division of Palliative Medicine, comes to the Mirowitz Center to talk about how medical technology has prolonged life expectancies – as well as how ethical difficulties sometimes arise when families need to make hard decision about treatments such as resuscitation, mechanical ventilation, and artificial nutrition/hydration, while still respecting patients’ desires. No cost to register, but RSVP required.

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***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. RSVP required.**

- 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
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