

June 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**



We are a public community center offering a special place for older adults in St. Louis County to connect and engage. Just take a quick look inside this guide, and you'll find a wide variety of events and programs – both in-person as well as online – all available at no or nominal cost. And the Mirowitz Center is conveniently located in the Covenant Place II Cahn Family Building on the Millstone Campus.

TO REGISTER:

Email

program@mirowitzcenter.org

Call

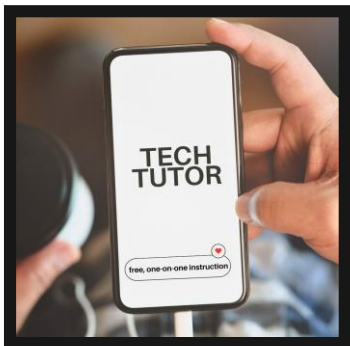
[314-733-9813](tel:314-733-9813)

Online

www.mirowitzcenter.org

mirowitzcenter.org

Your Place to Connect



Tech Tutor: Hardware Helper
***Every Monday – June 2, 9,16, 23 & 30**
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.



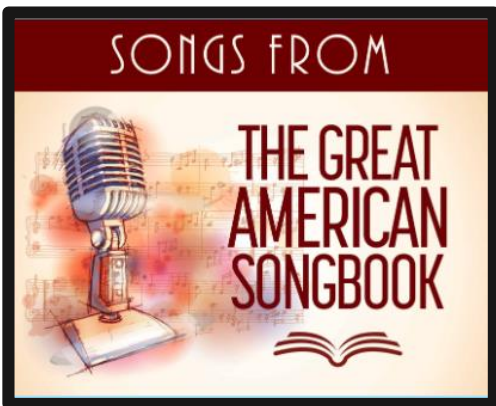
Get Your Game On!
***Every Monday – June 2, 9,16, 23 & 30**
10 AM to 4 PM (free & in person)

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.



Crafty Needles
***Every Wednesday – June 4, 11, 18 & 25**
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.



Legendary Music of Irving Berlin
Wednesday – June 4
2 to 3 PM (free & in person)

Step into a world of classic elegance and Broadway charisma with the Mirowitz Center Community Singers, led by the talented Robert Denison. Celebrate Irving Berlin's legendary music, featuring such unforgettable hits as "Puttin' on the Ritz," "Steppin' Out with My Baby," and "There's No Business Like Show Business." This performance promises to charm and delight, leaving you humming along way after the final note! No cost to register, but RSVP required.



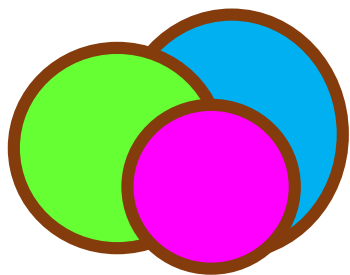
Digital Coupon Tools
Thursday, June 5
11 to 12:30 PM (free & in person)

Do you like saving money on groceries and everyday items? Then allow Mirowitz Center Trainer Jim Salih to introduce you to the world of digital couponing! Learn about coupon websites, apps, and databases as well as a variety of tools to help you get started – plus tips for getting the best deals. No cost to register, but RSVP required.



Why is Jewish Humor So Darn Funny? – PART 3
Thursday, June 5
1 to 2 PM (free & in person)

Jordan Palmer, Chief Digital Content Officer at the *St. Louis Jewish Light*, is back at the Mirowitz Center to continue unpacking the hallmarks and legacies of Jewish humor – which has been an essential part of the American entertainment industry for more than a century. No cost to register, but RSVP required. **TOPIC: The Three Stooges.*



Circle Talk
***Every Friday – June 6, 13, 20 & 27**
11 AM to 12 NOON (free & in person)

A facilitated discussion group 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.



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

- Friday, June 6: “*The Outfit*” (2022)
- Friday, June 13: “*Million Dollar Baby*” (2004)
- Friday, June 20: “*Mrs. Palrey at the Claremont* ” (2005)
- Friday, June 27: **No movie – attend the St. Louis Symphony Concert instead!**

***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, June 10
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 is 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.



Caring Together Monthly Support Group
Tuesday, June 10
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.

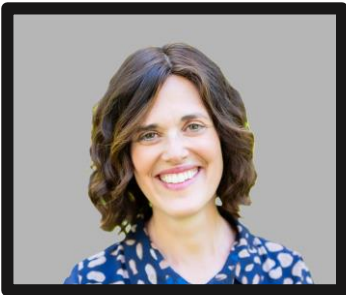
Supported by a grant from the Women’s Auxiliary Foundation for Jewish Aged.



Grief & Bereavement Monthly Support Group
Wednesday, June 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 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.



Summertime at The Met – Part 1 of 3
Wednesday, June 11
11 AM to 12 NOON (free & online)

Elana Kaplan, independent museum educator and lecturer, is back to host more virtual art tours for the Mirowitz Center. In this series, Elana focuses on the special joys of summer, including how artists capture the light, color and energy of the season’s long days. No cost to register, but RSVP required.

- **11 AM Wednesday, June 11, 2025 – Part 1: Beaches & Flowers**
- 11 AM Wednesday, July 9, 2025 – Part 2: Sunny Days & American Art
- 11 AM Wednesday, August 13, 2025 – Part 3: Songbirds & Their Habitats



Mirowitz Center Community Singers
***Every Wednesday – June 11, 18 & 25**
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.



Graphic Design Tools
Thursday, June 12
11 AM to 12:30 PM (free & in person)

Are you feeling creative? Then have some fun with user-friendly, graphic-design tools and create your own greeting cards, invitations, flyers, logos, and more. In this presentation, Mirowitz Center Trainer Daniel Landsbaum explores the popular design platform, Canva, and demonstrates Google Slides as well as Photoshop Express, the web-based, free version of Photoshop. No cost to register, but RSVP required.



The Balancing Act
Thursday, June 12
1 to 3 PM (free & in person)

“Life is like riding a bicycle. To keep your balance, you must keep moving.” — Albert Einstein

Get moving and sign up for a complimentary in-person consultation. The experts at RPI Therapy Services are back to discuss balance challenges and evaluate your overall stability! Remember, even minor balance problems may lead to falls and injury. RPI therapists will use the cutting-edge Biodex BioSway Balance System to screen participants for previously undetected balance issues. Appointments are 10 minutes long. Co-sponsored by Senior Kollel. No cost to register, but RSVP required.



Improv for Life – Rebekah Scallet, The New Jewish Theatre
Thursday, June 12
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.



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

Join Bob Cohn, Editor-In-Chief Emeritus of the St. Louis Jewish Light, for an online Mirowitz Center group every other month – on the second Friday – to discuss 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.



Moods & Meds
Friday, June 13
12 NOON to 1 PM (free & in person)

Although antidepressants are primarily used to treat depression, they also can be effective for various anxiety disorders as well as chronic pain conditions. To help you better understand how these common prescription medications work – and why they sometimes don’t – Hedva Barenholtz Levy, PharmD, BCPS, BCGP, is returning to the Mirowitz Center for a special presentation and Q&A session. No cost to register, but RSVP required.



The **ABCs** of Judaism
Tuesday, June 17
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: *The 10 Commandments: A Spiritual Guide to Personal Success*



Streaming & Smart TVs
Thursday, June 17
2 to 3:30 PM (free & in person)

Back by popular demand! Mirowitz Center Trainer Ray White introduces streaming: what it is, how to watch TV without cable, and the variety of content available. Every day, more and more people “cut the cord” and cancel their cable subscriptions. So learn how to use Smart TVs and streaming services like YouTube, Netflix, and Hulu – and start watching all of your favorite shows and movies online. No cost to register, but RSVP required.



4,000 Years of Jewish History in One Hour!
Tuesday, June 17
2 to 3 PM (free & in person)

This engaging presentation highlights significant events spanning thousands of years, each profoundly shaping the Jewish experience. Join speaker Richard Gavatin for an enlightening journey, and gain valuable insights into pivotal and transformative moments that influenced Jewish history. No cost to register, but RSVP required.



MindMatters Monthly Support Group
Tuesday, June 24
10 to 11 AM (free & in person)

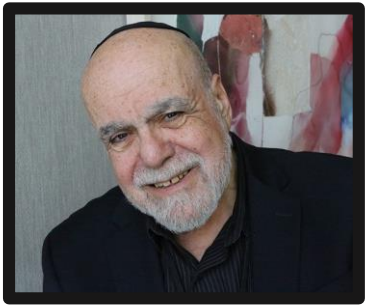
Monthly group led by Provident Behavioral Health facilitator Nicole (Nikki) Adams, MSW, LMSW. A safe, welcoming space at the Mirowitz Center to share experiences, feelings, and thoughts with other adults experiencing the challenges of aging. No cost to register, but RSVP required.

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



Google Workspace
Tuesday, June 24
12 NOON to 1:30 PM (free & in person)

Learn about free productivity tools like Docs, Sheets, Slides, Photos, and Drive – all offered by Google for personal projects as well as work-related applications. Mirowitz Center Trainer Larry Edison explores both practical and creative uses, and also demonstrates how to make the most out of these popular, no-cost Google templates. No cost to register, but RSVP required.



The Rabbi is IN!
Wednesday, June 25
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.



St. Louis County Library

Between the Covers Book Club
Thursday, June 26
10 to 11 AM (free & online)

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

***Book selection for June: *Puddin'* by Julie Murphy**

*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 June 13 and 27.



Tiles 'n Smiles: Senior Kollel Game Day Fun!
Thursday, June 26
12 NOON to 4 PM (\$18 & in person)

Do you love Mahjong? Then you won't want to miss this special Game Day at the Mirowitz Center! Doors open at 12 NOON. Gameplay from 1 to 4 PM. Everyone is welcome! Senior Kollel will provide kosher snacks and boxed lunches for registrants (\$18 fee).



St. Louis Symphony 2025
Friday, June 27
1 to 2 PM (free & in person)

Please join us in welcoming the renowned St. Louis Symphony Orchestra back to the Mirowitz Center – this beautiful concert features Assistant Concertmaster Hannah Ji and Associate Principal Violist Alejandro Valdepeñas. Be sure to mark your calendar, because you don't want to miss such a special group of incredibly talented, world-class musicians. No cost to register, but RSVP required.

Co-sponsored by St. Louis NORC.

June 2025



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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COMING SOON!



Doug Goldenberg and Scott Lefton, who founded and operate *Lefty's Bagels*, are now preparing to open *Lefty's Bagels and Café* at the Mirowitz Center in June. This new kosher-style location will offer a full café experience – serving breakfast items like omelets, pancakes, waffles, and challah French toast, as well as deli staples such as matzah ball soup, blintzes, and corned beef. See you there!