

# March 2026 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 nonprofit community center offering a public space 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](mailto:program@mirowitzcenter.org)

Call

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

Online

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

Community Partner



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

*Your Place to Connect*

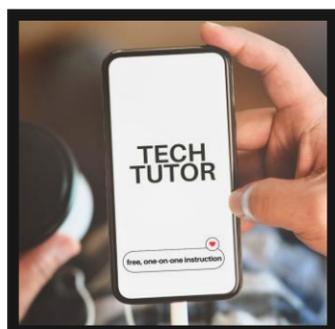


***Get Your Game On!***

**\*Every Monday – March 2, 9, 16, 23 & 30  
10 AM to 4 PM (free & in person)**

Bring whatever you like to **Game Day** – Mahjong, bridge, poker, dominoes in the Mirowitz Center's JCA Multipurpose Room. 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.

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***Tech Tutor: Hardware Helper***

**\*Every Monday – March 2, 9, 16, 23 & 30  
10 AM to 2:30 PM (free & in person)**

Mirowitz Center's tech teacher, **Larry Edison**, offers one-on-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.

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

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**SENIOR PLANET**  
FROM AARP

***Uber & Lyft Transportation***

**Wednesday, March 4**

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

No car? No problem! Smartphones sure have changed the way people hail a ride today! Hop on board with Mirowitz Center Trainer **Jim Salih** 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.

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***Crafty Needles***

**\*Every Wednesday – March 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 **Sandi Rich and Beth Van Horn** 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.

## ***Seventy-Six Trombones & More!!***

### ***The Music Man Concert*** **Wednesday, March 4** **2 to 3 PM (free & in person)**

Live the excitement of *The Music Man* with the Mirowitz Center Community Singers, as professional musician **Robert Denison** narrates the story, bringing this heartwarming musical-comedy classic to life in concert. Fall in love all over again with Marian the Librarian and Harold Hill, the con man who poses as a boys' band organizer. No cost to attend, but RSVP required

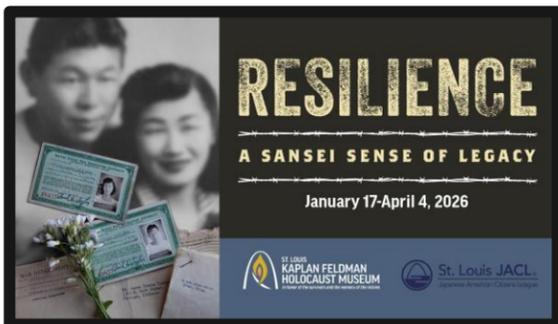
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### ***Crafting Corner with Anna Lehrke*** **Thursday, March 5 and 19** **10 to 11:30 AM (\$5 & in person)**

Calling all beginning, experienced, and wannabe crafters! The talented and enthusiastic **Anna Lehrke** leads a crafting series at the Mirowitz Center, where inspiration, creativity, and a sense of community come together. More than just fun – it's a boost for your mind, body, and spirit. So come for the crafts, and stay for the joy! Only a \$5 supply fee per session; RSVP required. Register for one or all 12 classes.

- **Decoupage Shell Tray – 10 AM Thursday, March 5 (#3 of 12)**
  - **Button Art – 10 AM Thursday, March 19 (#4 of 12)**
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### ***Fighting Bigotry & Hatred:*** ***A Sansei Sense of Legacy*** **Thursday, March 5** **12 NOON to 1:30 PM (free & in person)**

Explore the perspective of third-generation Japanese Americans, focusing on themes of memory, silence, incarceration, survival and identity. This 90-minute Mirowitz Center panel discussion features **Robb Nelson**, Exhibitions Coordinator at St. Louis Kaplan Feldman Holocaust Museum, and **Wendy Roll**, President of St. Louis Chapter of the Japanese American Citizens League (JACL). **Robin Hattori**, member of the JACL Board of Directors, serves as moderator. **Amy Moorman**, Director of Archives & Collections at the Museum, will introduce the panelists. No cost to register, but RSVP required.

*Part of Mirowitz Center's "Fighting Bigotry & Hatred" series.*

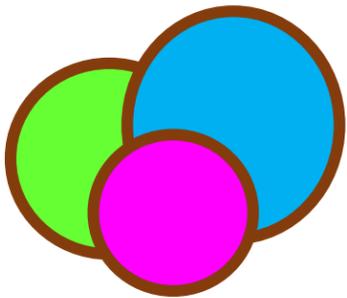
*Co-sponsored by Japanese American Citizens League, ADL Heartland, the American Jewish Committee, Jewish Community Relations Council of St. Louis, National Council of Jewish Women St. Louis, and St. Louis Kaplan Feldman Holocaust Museum.*

**March 2026**



***Get Your Taxes Done for Free!***  
**Schedule a 75-minute appointment**  
**Fridays only – through April 3**  
**9:30 am, or 11 am, or 12:30 pm**

AARP Foundation Tax-Aide provides in-person assistance at the Mirowitz Center at no charge, focusing on low-to-moderate income taxpayers and those over 50 (AARP membership not required). Volunteers are IRS-certified and trained to help file a variety of income-tax forms and schedules. No cost to register, but appointment required.



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

Facilitated discussion group series led by **Holly Mathis, DNP, APRN, ANP-BC**, a nurse practitioner and presenter with the local AARP Speakers Bureau. 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. No cost to register, but RSVP required.

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



- 1 PM Friday, March 6: “Midnight Run” (1988)**
- 1 PM Friday, March 13: “Wicked: For Good” (2025)**
- 1 PM Friday, March 20: “The First Wives Club (1996)**
- 1 PM Friday, March 27: “Liza: A Truly Terrific Absolutely True Story” (2024)**

***Free every Friday – no cost to register, but RSVP required.***

***14-foot screen and top-notch sound system in the JCA Multipurpose Room***



***How Did I Get Here?***  
**Monday, March 9**  
**11 AM to 1 PM (free & in person)**

A two-hour program focusing on how we arrive at the end of life, and, perhaps for the first time, how we actually start to live our own lives during this special phase. Welcome back **Ed Koslin**, who had a private psychotherapy practice for 50 years, and received a bachelor's degree, a master's degree, and a doctorate from Washington University in St. Louis. If you're wondering how you got here, just remember that the end-of-life chapter not only can last for years, but also presents its own unique excitements and joys. No cost to register, but RSVP required.



## ***The Week in Review*** **Tuesday, March 10 & 24** **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.*

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## ***The ABCs of Judaism*** **Tuesday, March 10** **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 in the Mirowitz Center's JCA Multipurpose Room. No cost to register, but RSVP required.

**This month's topic: *The People We Walk Past***

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## ***Our Brain: The Most Complex Machine in the Universe*** **Tuesday, March 10, 17 & 24** **2 to 3 PM (free & in person)**

Three-part Mirowitz Center series about the world's most powerful machine – the human brain – presented by **Richard Gavatin, M.Sc.**, pharmacist, neuroscience enthusiast, and initiator and co-chair of Kol Rinah congregation's Judaism & Science series. Gain new insights into how our brains make sense of the world around us, from billions of neurons constantly firing to the mysteries of memory, recognition, and reading. No cost to register, but RSVP required.

- ***“Neurons: Why So Many?” (Part #1) March 10***
- ***“All About Memory: Forget About It!” (Part #2) March 17***
- ***“How Come We Can Read?” (Part #3) March 24***



***Caring Together Monthly Support Group***  
**Tuesday, March 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, March 11**  
**10 to 11 AM (free & in person)**

Led by **Nicole (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.

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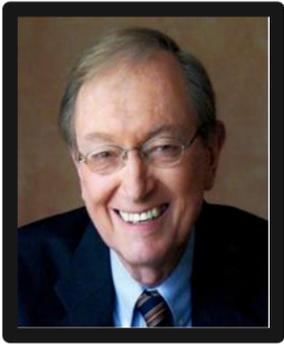
***Graphic Design Tools***  
**Wednesday, March 11**  
**12 NOON to 1:30 PM (free & in person)**

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. 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.



***Learn About Adult Day at The J***  
**Wednesday, March 11**  
**1 to 2 PM (free & in person)**

Don't wait until a crisis occurs to find out what makes the Adult Day Center (ADC) at The J so special. Come to the Mirowitz Center and learn how the ADC creates a calming, welcoming environment and makes life easier, for both caregivers and their loved ones. The ADC – which has been providing quality full-day programming for nearly 40 years – serves seniors and other adults with Alzheimer's disease/dementia, brain injuries, cognitive or physical disabilities, or diseases. No cost to register, but RSVP required.



**Rehearsal: *Mirowitz Center Community Singers***  
**\*Every Wednesday (rehearsals) – March 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.

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***AARP on the Frontlines: What Matters Most in Missouri?***  
**Thursday, March 12**  
**11 AM to 12 NOON (free & in person)**

AARP has been championing the priorities of older adults since 1958. Today, with 125 million Americans 50 years or older, AARP has members in every congressional district and is 100 percent nonpartisan. That means the organization has worked with every president, Congress, governor and statehouse. Please welcome **Jay Hardenbook**, AARP Missouri Advocacy Director, to the Mirowitz Center and hear more about what AARP is working on in Jefferson City and beyond – on your behalf! No cost to register, but RSVP required.

*Program co-sponsored by AARP St. Louis.*

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***Improv for Life – Theatre Group***  
**Thursday, March 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.

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***The New Era of American Power & Ideology***  
**Tuesday, March 17**  
**10 to 11 AM (free & online)**

How does the 2025 U.S. National Security Strategy address America's relationships with NATO allies and in the Western Hemisphere? How have ideas about American power, responsibility, and leadership evolved? **Dr. Mark Stern** describes America's changing role in the world and its approach to global challenges. Dr. Stern, who continues to educate adult learners, has served as Associate Emeritus Professor at Arizona State University since his 2015 retirement. No cost to register, but RSVP required.

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



***Legacy & Life Reflection – Four-part series***  
**Tuesday, March 17**  
**12 NOON to 1 PM (free & in person)**

Join **Rabbi Ze'ev Smason** for a thought-provoking and heartfelt series exploring timeless questions that shape our lives. Delve into the idea of ethical wills, using Jewish texts and writing prompts to help articulate the wisdom we want to pass down, not just for children, but for friends, community, and even our future, evolving selves. Part 2 of four-part series: *The Letter I Wish I'd Written: Passing Down Wisdom That Matters*. No cost to register, but RSVP required.

- **#3 of 4:** *The Wealth of a Grateful Soul* (April 21)
- **#4 of 4:** *The Planting of Seeds You'll Never See: Jewish Reflections on Impact & Memory* (May 19)



**SENIOR PLANET**  
FROM AARP

***Protecting Your Personal Information Online***  
**Wednesday, March 18**  
**12 NOON to 1:30 PM (free & in person)**

Hey, be careful out there! This presentation covers the “ins and outs” of protecting your personal information online. Mirowitz Center Trainer **Ray White** shares tips for maneuvering in cyberspace, such as browsing safely, recognizing online scams, and knowing when it's OK – or not – to share personal data. No cost to register, but RSVP required.



St. Louis County **Library**

***Between the Covers Book Club***  
**Thursday, March 19**  
**10 to 11 AM (free & online)**

Monthly online book club facilitated by Reference Librarian **Hillary Peppers** for the Mirowitz Center.

**[\\*Book selection for March](#)**  
***Fever in the Heartland* by Timothy Egan**

\*The St. Louis County Library will be at the Mirowitz Center from 10 to 11 AM Friday, March 27. Reserve all of your library selections and, while you're at it, get a copy of the March book club pick!



***Clean Speech, Shared Values***  
**Thursday, March 19**  
**1 to 2 PM (free & in person)**

**Rabbi Shmuel Greenwald** of Aish HaTorah St. Louis explores what Jewish tradition teaches about respectful communication and open-minded dialogue. Rabbi Greenwald reflects on how people of different backgrounds can focus on values we share – rather than what divides us – even when opinions and viewpoints clash. This Mirowitz Center program, inspired by timeless Jewish teachings, is part of the national Clean Speech Initiative, a month-long effort that promotes thoughtful conversation, mutual respect, and strong community connections. No cost to register, but RSVP required.



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

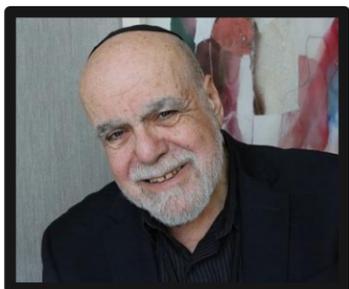
Monthly group led by Provident Behavioral Health facilitator **Nicole (Nikki) Adams**, MSW, LMSW. A safe, welcoming space at the Mirowitz Center for sharing experiences, feelings, and thoughts with other adults experiencing the challenges of aging. No cost to register, but RSVP required.

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



***Intro to Booking Vacation Stays Online***  
**Tuesday, March 24**  
**12 NOON to 1:30 PM (free & in person)**

Do you love to travel, but miss the comforts of home when you're away? Mirowitz Center Trainer **Jim Salih** introduces popular vacation rental sites, their common features, and how to find great deals. Learn how to choose your vacation rental wisely and stay safe while traveling. We'll also discuss budget-friendly alternatives to rentals, such as online platforms for home exchanges and housesitting! No cost to register, but RSVP required.



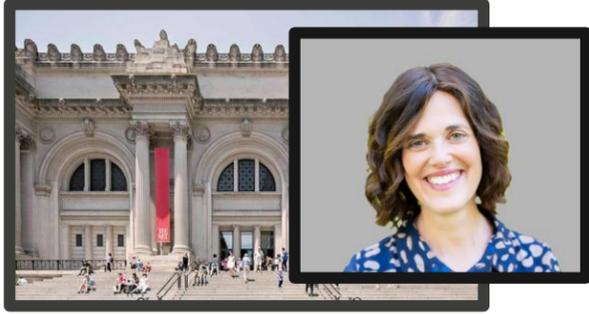
***The Rabbi is In***  
**\*Every Fourth Wednesday – March 25**  
**3 to 4 PM (free & online)**

The Mirowitz Center hosts former St. Louisan **Rabbi Neal Rose** – live from his new home in Canada – and his thoughtful online discussion with a Jewish theme. No cost to register, but RSVP required.



***Straighten Up and Fly Right***  
**Thursday, March 26**  
**1 to 2 PM (free & in person)**

Emmy Award-winning storyteller **Bobby Norfolk** returns to the Mirowitz Center with an engaging performance that blends music, humor, and timeless wisdom, inspired by the 1943 Nat King Cole classic "Straighten Up and Fly Right." Bobby invites us to reflect on living in harmony with the natural world – a gentle reminder that all things are connected, and, as Mother Nature herself might say, actions have consequences. No cost to register, but RSVP required.



***Ancient Egyptian Tomb Paintings  
& the Israelite Experience***  
**Monday, March 30**  
**11 AM to 12 NOON (free)**

**Two options: view program from home via Zoom,  
or watch in person at The J-Marilyn Fox Building in Chesterfield (live-streamed)**

Former St. Louisan, **Elana Kaplan**, an educator at New York's Metropolitan Museum of Art for 25 years, leads a virtual tour of some of the extraordinary artistic, historical, and cultural tomb paintings found in The Met's Ancient Egyptian Art Collection. Through her presentation, the Passover story and the Israelite experience in Egypt come vividly to life! No cost to register, but RSVP required.



**SENIOR PLANET**  
FROM AARP

***Streaming & Smart TVs***  
**Tuesday, March 31**  
**12 NOON to 1:30 PM (free & in person)**

**Mirowitz Center Trainer Ray White** will introduce 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.



***Try to Remember: Meds That Impact Cognitive Function***  
**Tuesday, March 31**  
**1 to 2 PM (free & in person)**

Worried about the potential impact of “high-risk” medications? Unintended side effects on your physical and mental wellness can be a concern, especially as we age. Perhaps you're looking for “age-friendly” alternatives? Then don't miss this special presentation and Q&A session by **Hedva Barenholtz Levy, PharmD, BCPS, BCGP**. Hedva is Director of HbL PharmaConsulting and author of *Maybe It's Your Medications: How to Avoid Unnecessary Drug Therapy and Adverse Reactions*. 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. RSVP required.**

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



## Dinner served

**4:30 pm Monday through Friday!**

Enjoy freshly prepared, nutritious, and affordable meals while dining together in the new

**Harvey & Wilma Gerstein Social Hall.**

Must be age 60 years or older to participate in this discounted Aging Ahead program, although others may join for only \$10 per meal.

**Please call [314-292-7693](tel:314-292-7693) to register the week prior.**

(Suggested donation is \$5 per meal, but your choice.)

Everyone is welcome – no income-eligibility restrictions.

See menu on next page. RSVP required.