

JUNE 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

Call

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

Online

www.mirowitzcenter.org

Community Partner



mirowitzcenter.org

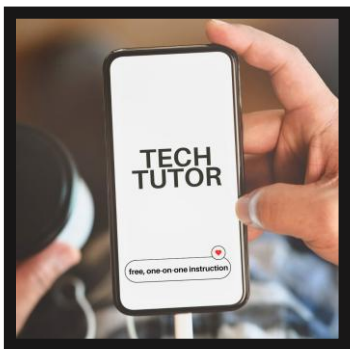
Your Place to Connect



Get Your Game On!

***Every Monday – June 1, 8, 15 & 29
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.



Tech Tutor: Hardware Helper

***Every Monday – June 1, 8, 15, 22 & 29
10 AM to 2:30 PM (free & in person)**

Every Monday, Mirowitz Center instructor, **Larry Edison**, helps you better understand and use software (apps) by breaking down complex concepts into clear, manageable steps. Bring all of your questions about phones, iPads, and computers to these one-on-one technology sessions. Sign up for a 30-minute or 1-hour session. No cost to register, but RSVP required.

*NOTE: Larry’s primary expertise is with Apple devices (iPhone and iPad), but he’ll try to find solutions even if you use a Windows or another non-Apple device.

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



The Week in Review

**Tuesday, June 2 & 16
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.

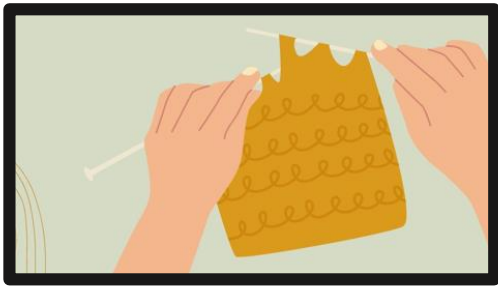


SENIOR PLANET
FROM **AARP**

Locate RX Drug Resources Online

**Tuesday, June 2
12 NOON to 1:30 PM (free & in person)**

Mirowitz Center Trainer **Ray White** explains the ins-and-outs of MedlinePlus, a reputable website providing information about prescription medications and possible side effects. Learn about *GoodRX*, *FamilyWize*, and *SingleCare*, as well as helpful tools for understanding drug costs, comparing pharmacy prices, and finding discounts and coupons. No cost to attend, but RSVP is required.



Crafty Needles

***Every Wednesday – June 3, 10, 17 & 24
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.



Crafting Corner with Anna Lehrke

**Thursday, June 4 and 18
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, two, three... or all 12 classes.

- **Vintage Lace Wall Art – 10 AM Thursday, June 4 (#9 of 12)**
 - **Suncatchers – 10 AM Thursday, June 18 (#10 of 12)**
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Beyond the Spotlight: Jewish Values in the Theatre

**Thursday, June 4
1 to 2 PM (free & in person)**

Second session in five-part series introducing the New Jewish Theatre's 2026 season and exploring Jewish themes in each production. Each Mirowitz Center session features insights from NJT's artistic team, discussions with a rabbi, and an exclusive discount on play tickets. No cost to register, but RSVP required.

"God of Carnage"

This darkly comic play follows two sets of Brooklyn parents brought together to resolve a playground altercation between their 11-year-old sons. Their polite attempt at diplomacy unravels as tensions rise, personalities clash, and social facades fall away. **Rabbi Elizabeth Hersh** of Temple Emanuel explores the play's themes, including conflict, civility, human nature, and how Jewish values can guide relationships and ethical decision-making in everyday life. Artistic Director **Rebekah Scallet** of NJT delves into the production itself (costumes, actors, and stage design).

Co-sponsored by The New Jewish Theatre



1 PM Friday, June 5: *My Left Foot* (1989)

1 PM Friday, June 12: *The Proposal* (2009)

1 PM Friday, June 19: *Glory* (1989)

**In recognition of Juneteenth holiday*

1 PM Friday, June 26: *Dave* (1993)

**Part of Mirowitz Center's "Celebrate America@250" series*

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

14-foot screen and top-notch sound system in the Mirowitz Center's JCA Multipurpose Room



MIROWITZ CENTER

You're invited to a Deluxe Brunch with Entertainment!

Co-sponsored by FEL (Friends Enjoying Life) and GGs (Gals on the Go), the Mirowitz Center men's and women's organizations.
ALL ARE WELCOME!

Save the Date
11 am on Sunday, June 7
Hosted in the Harvey & Wilma Gerstein Social Hall, located by the Mirowitz Center.

Live Entertainment
Enjoy nostalgic classics featuring talented songstress, **Samantha Seigel!**

Menu

- lox & bagels
- omelet bar & fixings
- scrambled eggs
- hash browns
- turkey sausage
- mini muffins
- fresh fruit
- beverages

RSVP
\$30 per person, all inclusive. Call (314) 733-9813 or register online. RSVP deadline is Tuesday, June 2.



The **ABCs** of Judaism
Tuesday, June 9
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: *Passion: Should You Curb Your Enthusiasm?*



Caring Together Monthly Support Group
Tuesday, June 9
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 10
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.

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



Tiles 'n Smiles
Wednesday, June 10
12 Noon to 4 PM (\$18 fee & 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. Registration required, \$18 fee.



SENIOR PLANET
FROM **AARP**

Cloud Storage
Wednesday, June 10
12 NOON to 1:30 PM (free & in person)

Everyone talks about "the cloud," but what is it, really? Mirowitz Center Trainer **Larry Edison** discusses the basics – a technology that stores documents, images, and other media files remotely, while also providing greater accessibility, reliability and protection for important data. You'll also learn about a few of the most popular services currently available to consumers. No cost to register, but RSVP required.



ST. LOUIS POST-DISPATCH

What's on Your Mind, Joe?
Thursday, June 11
1 to 2 PM (free & in person)

Political correspondent, author and proud Baby-Boomer **Joe Holleman** has penned newspaper columns ranging from "Life Sherpa" to "Political Fix." He's also written several books and frequently participates in lively debates on the local PBS "Donnybrook" program. So welcome Joe back to the Mirowitz Center and hear what's on his mind — including current events, interesting trends, and hometown issues. No cost to register, but RSVP required.



Improv for Life – Theatre Group
Thursday, June 11
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.



Timeless Tunes
Tuesday, June 16
2 to 3 PM (free & in person)

Are you ready to rock? Join **The Over-the-Hill Singers** at the Mirowitz Center for an entertaining show featuring Broadway showstoppers and the best hits from the 1920s, '30s and '40s. Come find out why this group of passionate older adults who love to sing and have fun are not over the hill at all – but on top of the world! No cost to register, but RSVP required.

Program provided with the GGs (Gals on the Go), the Mirowitz Center women's organization.



SENIOR PLANET
FROM AARP

Digital Genealogy Tools
Wednesday, June 17
12 NOON to 1:30 PM (free & in person)

You don't have to be a genealogy expert to find out about more about your ancestors and create your own digital family tree! Mirowitz Center Trainer **Daniel Landsbaum** not only highlights numerous websites and platforms, but also shows how to access free online resources, including those available from many public libraries. No cost to register, but RSVP required.



Between the Covers Book Club
Thursday, June 18
10 to 11 AM (free & online)

Monthly online book club facilitated by Reference Librarian **Hillary Peppers** for the Mirowitz Center. No cost to register, but RSVP required.

***Book selection for June**
***The Dictionary of Lost Words* by Pip Williams**



***Favorites & Crowd Pleasers:
St. Louis Symphony Quartet
Monday, June 22
2 to 3 PM (free & in person)***

This Mirowitz Center concert will feature popular works by Joseph Hayden and Florence Price, as well as crowd-pleasers like Mozart's Eine Kleine Nachtmusik and a fun Italian folksongs medley. Be prepared to be wowed by four amazing SLSO musicians: **Yoojin Lee** (violin) **Seul Lee** (violin), **Elizabeth Chung** (cello), and **Xi Zhang** (viola), who also curated this special program. No cost to register, but RSVP required.

Co-sponsored by St. Louis NORC.



***Earth, Wind & Fire:
History of Glassmaking in Antiquity
Tuesday, June 23
10 to 11 AM (free & in person)***

Trace the story of glassmaking with **Sid Goldstein**, former Associate Director and Curator of Ancient and Islamic Art at the Saint Louis Art Museum. At the Mirowitz Center, learn how techniques developed as early as the 2nd millennium BCE still influence the craft today. With the Roman invention of glassblowing, glass shifted from a rare luxury to everyday objects, reshaping both industry and daily life. No cost to register, but RSVP required.

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



***MindMatters Monthly Support Group
Tuesday, June 23
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.

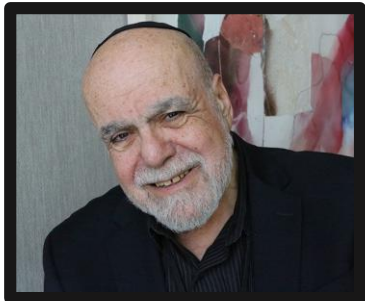
Program supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.



SENIOR PLANET FROM AARP

Everyday Uses of AI (Artificial Intelligence) **Tuesday, June 23** **12 NOON to 1:30 PM (free & in person)**

Everyone's talking about Artificial Intelligence (AI)! Mirowitz Center Trainer **Jim Salih** will show how AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology. No cost to register, but RSVP required.



The Rabbi is In **Wednesday, June 24** **3 to 4 PM (free & online)**

Every month, 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.



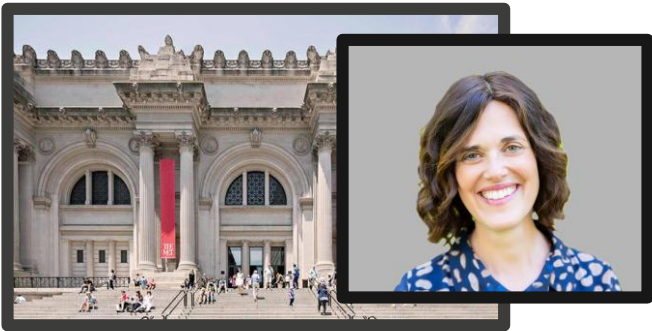
Mirowitz Center Exercise Classes ***Every Monday through Friday** **11:15 AM to 12 NOON** **(\$5 fee/class & in person)**

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

Celebrate America@250

Special six-part celebration honoring the 250th Anniversary of our nation's Declaration of Independence!



Celebrate America@250

Iconic American Art

12 NOON Thursday, June 18 (free & in person)

Just in time for our country's big birthday bash, come for a deep dive into the Metropolitan Museum of Art's most iconic American masterpieces. **Elana Kaplan**, an independent museum educator and lecturer, is back...but this time in person! Elana – a former St. Louisan and an educator at The Met for 25 years – will provide a virtual tour of the renowned and ever-evolving American Wing on the Mirowitz Center's 14-foot screen. No cost to register, but RSVP required.



Celebrate America@250

Movies @Mirowitz: "Dave"

1 PM Friday, June 26 (free & in person)

This 1993 political comedy stars **Kevin Kline** as an uncanny lookalike hired by the Secret Service to be a stand-in for the U.S. President. He becomes stuck in the role indefinitely after the president suffers a major stroke that his corrupt White House Chief of Staff wants to keep secret from the public as well as the First Lady, played by **Sigourney Weaver**. No cost to register, but RSVP required.



Celebrate America@250

Fiddlin' Around:

Diverse Heritage & Traditions of USA Strings

2 PM Tuesday, June 30 (free & in person)

Explore the often-overlooked historic role of African American fiddlers in shaping American folk music. **Diane McCullough** — founder and artistic director of the Scottish Partnership for Arts & Education and a docent with Opera Theatre of St. Louis — shares stories about how Black performers influenced our country's musical heritage and traditions we still treasure today. No cost to register, but RSVP required.

Celebrate America@250

Special six-part celebration honoring the 250th Anniversary of our nation's Declaration of Independence!



Celebrate America@250

SING-ALONG: You're a Grand Ol' Flag

2 PM Wednesday, July 1 (free & in person)

This spirited program showcases our nation's history, ideals, and traditions, from patriotic favorites to songs that tell the story of our country! Everyone's welcome, and participation is encouraged. Bring friends and neighbors to help celebrate timeless music from the great American songbook with professional musician **Robert Denison**. No cost to register, but RSVP required.



Celebrate America@250

Soldier of the American Revolution

1 PM Thursday, July 2 (free & in person)

Storyteller **Barnes M. Bradshaw** brings to life the remarkable true story of Joseph Plumb Martin, who enlisted in the American Revolution at just 15 years old. A compelling, costumed performance traces Martin's seven-year journey of marching, fighting, retreating, and surviving key battles — offering a deeply human view of the sacrifices made in the fight for freedom. No cost to register, but RSVP required.

*Program provided with the GGs (Gals on the Go),
the Mirowitz Center women's organization.*



Celebrate America@250

Reflections on Jewish Life in America

12 NOON Tuesday, July 14 (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.



Volunteer Spotlight

June 2026: Jordan Palmer

Who's having more fun than **Jordan Palmer**? He's an avid biker, hiker, snowboarder and beer lover – and proudly serves as the Chief Digital Content Officer at *The Jewish Light*.

In his position, Jordan educates and entertains us almost every weekday with interesting stories, insightful articles and irreverent jokes, plus, of course, *The Morning Light*. No wonder he was honored earlier this year with the 2026 Visionary Award for his work in the Jewish community.

Yet Jordan still finds time to regularly serve as a volunteer speaker at the Mirowitz Center, where he hosts one of our most popular series, “Why Is Jewish Humor So Darn Funny?” He kicked off his first program in late 2024, and since then has covered everyone from Sid Caesar and the Three Stooges to Gilda Radner, Lenny Bruce and Rob Reiner. Just last month, he saluted the genius of Mel Brooks, who's celebrating his 100th birthday on June 28.

We're proud to spotlight Jordan – who never fails to brighten the Mirowitz Center community with his wit, honesty and sense of irony. **Thank you, Jordan!**



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.