

JULY 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

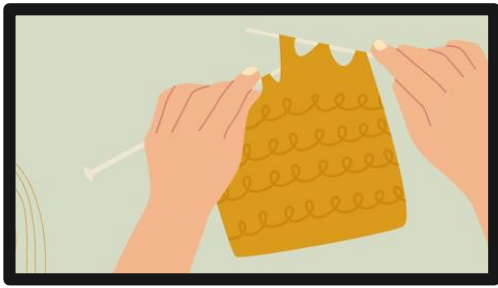
www.mirowitzcenter.org

Community Partner



mirowitzcenter.org

Your Place to Connect



Crafty Needles

***Every Wednesday – July 1, 8, 15, 22 & 29
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.



Celebrate America @250

SING-ALONG: You're a Grand Ol' Flag
Wednesday, July 1
2 to 3 PM (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.

Program co-sponsored by AARP St. Louis.



Crafting Corner with Anna Lehrke

Thursday, July 2 and 16
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.

- **Keepsake Card Booklets – 10 AM Thursday, July 2 (#11 of 12)**
- **Paper Clip Charms – 10 AM Thursday, July 16 (#12 of 12)**



SENIOR PLANET
FROM AARP

Uber & Lyft Transportation

Thursday, July 2
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 **Daniel Landsbaum** 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 attend, but RSVP is required.



Celebrate America@250

Soldier of the American Revolution

Thursday, July 2

1 to 2 PM (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 co-sponsored by AARP St. Louis, and provided with the GGs (Gals on the Go), the Mirowitz Center women's organization.



1 PM Friday, July 3: **Cancelled for Independence Day Holiday**

1 PM Friday, July 10: **The Greatest Showman (2017)**

1 PM Friday, July 17: **Thelma & Louise (1991)**

1 PM Friday, July 24: **Where the Crawdads Sing (2022)**

1 PM Friday, July 31: **CODA (2021)**

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



Get Your Game On!

***Every Monday – July 6, 13, 20 & 27**

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 – July 6, 13, 20 & 27
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, July 7 & 21
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.



Fighting Bigotry & Hatred: ADL Heartland

**Tuesday, July 7
1 to 2 PM (free & in person)**

The mission of the ADL (Anti-Defamation League) continues: to stop defamation of Jewish people and to secure justice and fair treatment to all. The Mirowitz Center welcomes back **Jordan Kadosh**, Regional Director of the local ADL Heartland office, which is on the frontlines every day fighting antisemitism and hate while building community through meaningful partnerships. Also learn how to respond to tough questions about today's issues and headlines. No cost to register, but RSVP required.

Part of the Mirowitz Center's "Fighting Bigotry & Hatred" series. Co-sponsored by ADL Heartland, American Jewish Committee, Jewish Community Relations Council of St. Louis, National Council of Jewish Women St. Louis, and the St. Louis Kaplan Feldman Holocaust Museum.



Grief & Bereavement Monthly Support Group
Wednesday, July 8
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.



SENIOR PLANET
FROM AARP
YouTube
Wednesday, July 8
12 NOON to 1:30 PM (free & in person)

People around the world watch more than one billion hours of video every day, including classic movies, how-to videos, news clips, and more. **Mirowitz Center Trainer Jim Salih** provides an overview of free content on YouTube, and shows how to navigate the site with ease. Also get tips for viewing and sharing others' videos, and learn about uploading your own. No cost to attend, but RSVP is required.



Advance STL 2026

We're All Invested in Our Hometown!
Thursday, July 9
11 AM to 12:30 PM (free & in person)

Frustrated by the direction our metro area is headed, including a downtown that's often vacant and perceived as crime-ridden? Enter local Wells Fargo Marketing Executive **Jeff Leonard**, a key contributor to the "Advance STL" series in the St. Louis Business Journal over the last three years. The ongoing series has explored what's needed to thrive relative to other cities, with a strong focus on our front door: downtown. Come have a conversation with Jeff at the Mirowitz Center, and see how we can all work together to take some responsibility and transform our region. No cost to register, but RSVP required.



Improv for Life – Theatre Group
Thursday, July 9
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.



Celebrate America@250

Reflections on Jewish Life in America

Tuesday, July 14

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**, author of the book *Spiritual Sparks: A Reader*, at his monthly in-person program in the Mirowitz Center's JCA Multipurpose Room. No cost to register, but RSVP required.

Program co-sponsored by AARP St. Louis.



***Caring Together* Monthly Support Group**

Tuesday, July 14

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.



SENIOR PLANET
FROM AARP

Streaming & Smart TVs

Wednesday, July 15

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.



***Between the Covers* Book Club**

Thursday, July 16

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 July**
***Tom Lake* by Ann Patchett**



The Balancing Act
Thursday, July 16
1 to 3 PM (free & in person)

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

If you missed this program last year, then get moving and sign up for a complimentary in-person consultation. The experts at **RPI Therapy Services** are back at the Mirowitz Center 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. No cost to register, but RSVP required.



SENIOR PLANET
FROM AARP

Protecting Your Personal Information Online
Tuesday, July 21
12 NOON to 1:30 PM (free & in person)

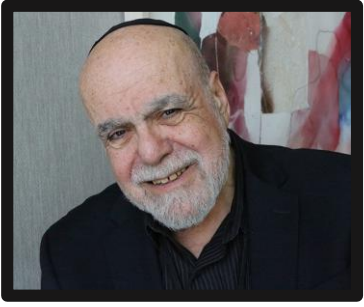
Hey, be careful out there! This presentation covers the “ins and outs” of protecting your personal information online. Mirowitz Center Trainer **Daniel Landsbaum** shares tips for maneuvering in cyberspace, such as browsing safely, recognizing online scams, and knowing when it’s OK – or not – to share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



GeoSTL: History of Geospatial Intelligence in St. Louis
Tuesday, July 21
2 to 3 PM (free & in person)

Meet **Mark Munsell**, Executive Director at **GeoSTL**, a local nonprofit focused on showcasing the geospatial ecosystem in the bi-state area. Mark, a retired senior intelligence officer, previously served at the renowned National Geospatial-Intelligence Agency (NGA) in such roles as Chief Technology Officer and as its first Chief Artificial Intelligence Officer. You may have already heard about geospatial technology – and how it has mapped everything from World War II battlefields to the raid against Bin Laden – but this is your opportunity to learn how it’s hiding in plain sight right here in our hometown. No cost to register, but RSVP required.

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



The Rabbi is In
Wednesday, July 22
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.



LUCAS PLACE:
The Lost Neighborhood of St. Louis' Gilded Age
Thursday, July 23
1 to 2 PM (free & in person)

Explore the lost neighborhood that was home to remarkable institutions and St. Louis' wealthiest families during the Civil War and Gilded Age. **Andy Hahn**, Executive Director of Campbell House Museum and author of *Mapping St. Louis*, uncovers this forgotten quarter, including the Campbell House, the first Saint Louis Art Museum, the city's first public high school, and the original site of Congregation Shaare Emeth. Join us at the Mirowitz Center as Andy brings Lucas Place's architecture, people, and civic vision back to life! No cost to register, but RSVP required.

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



MindMatters Monthly Support Group
Tuesday, July 28
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

Intro to PayPal, Venmo & CashApp
Tuesday, July 28
12 NOON to 1:30 PM (free & in person)

From sending grandkids money to making a contribution for a group gift, learn what person-to-person (P2P) payment apps can do for you! Mirowitz Center Trainer **Ray White** covers some of today's most popular P2P payment services, including PayPal, Venmo, and CashApp. He'll also explain some of the basic functions of these services, how they compare, and tips for using them safely. No cost to register, but RSVP required.



Lost Date-Night Restaurants
Wednesday, July 29
2 to 3 PM (free & in person)

From candlelit destinations like Tony's to neighborhood spots like The Parkmoor and Busch's Grove, this program revisits places where countless first dates, anniversaries, and lifelong memories were made. Join local historian and *Lost Tables* creator **Dr. Harley J. Hammerman** at the Mirowitz Center for a nostalgic journey through St. Louis restaurants that defined date nights during the '70s, '80s, and '90s. Through vintage photographs, stories, and menus, Dr. Hammerman brings to life the places of a bygone era where romance, food, and culture came together. No cost to register, but RSVP required.

*Provided with FEL (Friends Enjoying Life) and the GGs (Gals on Go),
the Mirowitz Center men's and women's organizations.*



Beyond the Spotlight: Jewish Values in the Theatre
Thursday, July 30
1 to 2 PM (free & in person)

Third 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.

"JOB"

A gripping psychological thriller that follows an employee at a large tech company who has been placed on leave after becoming the subject of a viral video. **Rabbi Andrew Terkel** of JFNA Student to Student leads a thought-provoking discussion connecting the play's themes to Jewish values, including ethics, community, and how we care for those in need in the digital age. Artistic Director **Rebekah Scallet** of NJT shares insights into the production itself (costumes, actors, and stage design).

Co-sponsored by The New Jewish Theatre



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](#)



Volunteer Spotlight

July 2026: Larry Edison

Using his skillsets as a pastor and a rep for Apple products, **Larry Edison** is known for delivering technology instruction with an incredibly kind demeanor. Since 2021, as part of Mirowitz Center’s “Tech Tutor” program, Larry has provided weekly one-on-one sessions teaching individuals how to use their Apple devices. He’s especially popular because of his knack for patiently breaking down complex concepts into clear, manageable steps.

This unique combination of expertise, patience and compassion also makes Larry a highly effective *Senior Planet from AARP* trainer at the Mirowitz Center – the only organization licensed to teach *Senior Planet* technology curriculum to older adults in St. Louis County.

Five years ago, the *St. Louis Jewish Light* recognized him as one of the Jewish community’s “unsung heroes.” Today, we sing the praises of volunteers like Larry who continue to show up, day after day, in support of the Mirowitz Center and its mission to keep older adults active, healthy and engaged. **Thank you, Larry!**



Dinner is served!

Harvey & Wilma Gerstein Social Hall

4:30 pm Monday through Friday

Enjoy freshly prepared, nutritious, and affordable meals while dining together. Must be age 60 years or older to participate in this discounted Aging Ahead program, although others may join for only \$10 per meal.

There are no income-eligibility restrictions.

Everyone is welcome, but RSVP required.

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

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

Thank you to program funders: Aging Ahead, Covenant Place Foundation, Jewish Federation of St. Louis, JCA Charitable Foundation, and Goldman-Prince Charitable Fund.