

AUGUST 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



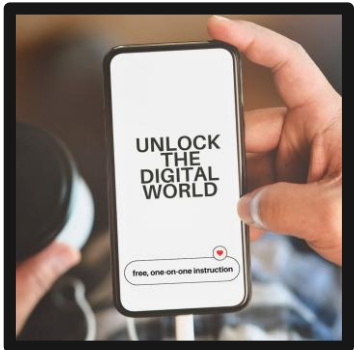
mirowitzcenter.org

Your Place to Connect



Get Your Game On!
***Every Monday – August 3, 10, 17, 24 & 31**
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.

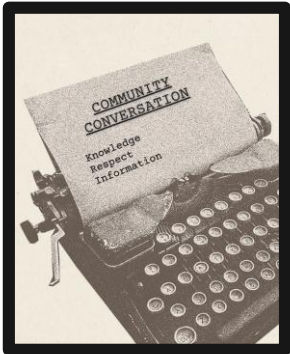


Tech Tutor
***Every Monday – August 3, 10, 17, 24 & 31**
10 AM to 2:30 PM (free & in person)

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, August 11
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.



Page to Stage:
How a Play Comes Alive
Tuesday, August 4
3 to 4 PM (free & in person)

Ever wonder how a script transforms into a full theatrical production? The **Repertory Theatre of St. Louis** brings that journey to life with an interactive Mirowitz Center program, using costumes, props, video clips, and storytelling. Participants get a first-hand look at the step-by-step creative process, from the initial script to the vibrant world on stage to show how a written page becomes a staged performance. No cost to register, but RSVP required.



Crafty Needles
***Every Wednesday – August 5, 12, 19 & 26**
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
“Stretch Bracelets”
Thursday, August 6
10 to 11:30 AM (\$5 & in person)

Calling all beginning, experienced, and wannabe crafters! Join the talented and enthusiastic **Anna Lehrke** for a crafting series at the Mirowitz Center, where inspiration, creativity, and a sense of community come together. Each 90-minute session is a standalone experience, featuring a new hands-on project you can proudly keep or gift. Crafting is more than just fun – it’s a boost for your mind, body, and spirit. So come for the crafts and stay for the joy! Register for one, two or three classes. Only a \$5 supply fee per session; RSVP required.



Google Workspace
Thursday, August 6
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.



1 PM Friday, August 7: *Of The People: Women of the Civil Rights Movement (2014)*

** in recognition of the Voting Rights Act*

1 PM Friday, August 14: *The Greatest Game Ever Played (2005)*

1 PM Friday, August 21: *The Last Rifleman (2023)*

*** in recognition of National Senior Citizens Day*

1 PM Friday, August 28: *Seniors: A Dogumentary (2023)*

**** in recognition of National Dog Day*

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



The ABCs of Judaism
Tuesday, August 11
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: *Praise, Like Sunlight, Helps All Things Grow*



Caring Together Monthly Support Group
Tuesday, August 11
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, August 12
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.



Virtual Museum Tours
Wednesday, August 12
12 NOON to 1:30 PM (free & in person)

Learn how to tour world-famous museums from the comfort of your home! Mirowitz Center Trainer **Jim Salih** explores virtual galleries, as well as digital tools that help bring art, architecture, and history to life. Participants will take virtual tours of the Louvre Museum and the American Museum of Natural History. No cost to register, but RSVP required.



Improv for Life
Thursday, August 13
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.



Safety Smarts 2026
Tuesday, August 18
1 to 2 PM (free & in person)

Scary headlines and crime statistics can be alarming. **Scott Biondo**, Director of Community Security for the Jewish Federation and broader St. Louis Jewish community, returns to the Mirowitz Center to help you increase situational awareness and personal confidence. Learn how to proactively protect yourself and your family without unnecessary worry. Scott has specialized training with law enforcement and federal agencies, including the United States Secret Service (USSS), Federal Bureau of Investigation (FBI), Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) and U.S. Department of Homeland Security (DHS). Sign up, stay safe! No cost to register, but RSVP required.



Passwords, Passkeys & More
Wednesday, August 19
12 NOON to 1:30 PM (free & in person)

Tired of resetting your password all the time? Mirowitz Center Trainer **Larry Edison** will 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.



Between the Covers Book Club
Thursday, August 20
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 August](#)
Who is Government? The Untold Story of Public Service by Michael Lewis



MindMatters Monthly Support Group
Tuesday, August 25
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.



Current Conditions in the Economy & Capital Markets
Tuesday – August 25
10 to 11 AM (free & in person)

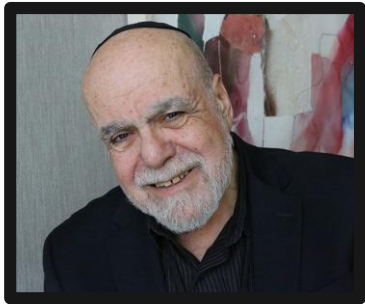
Looking for a thoughtful discussion about current conditions in the economy and capital markets, including the New York Stock Exchange and Wall Street? Then come to the Mirowitz Center and listen to **Mike Ferman**, former partner at RubinBrown Advisors and the founder and managing director of its financial planning and investment advisory practice. No cost to register, but RSVP required.

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



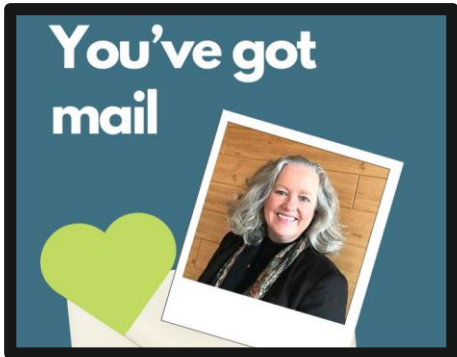
Intro to Chatting with AI (Artificial Intelligence)
Tuesday, August 25
12 NOON to 1:30 PM (free & in person)

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 also learn best practices that enhance privacy and security. No cost to register, but RSVP required.



The Rabbi is In
Wednesday, August 26
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.



Kindness Cards
Thursday, August 27
10 to 11 AM (free & in person)

Hosted by **Anna Lehrke**, this class offers the perfect opportunity to let the special people in your life know you're thinking of them, thank others for their kindness, or celebrate a meaningful occasion. Bring your own cards or choose from complimentary cards available. As a bonus, you'll receive a free postage stamp! Anna will make sure you have everything you need to create and send a personalized message that spreads kindness, fosters connection, and brightens someone's day. No cost to register, but RSVP required.



Scam Prevention & Online Safety
Thursday, August 27
1 to 2 PM (free & in person)

Retired cybersecurity executives **Bob Reany** and **Paul Moran** – who founded the nonprofit **Cyber Sages STL** – are using decades of IT and security experience to help older adults stay safe online. These experts will share practical strategies for recognizing phishing scams, protecting personal information, avoiding common fraud schemes, and navigating the internet with greater confidence.
No cost to register, but RSVP required.

Pssst! Want to learn even more? Don't miss the follow-up **Cyber Sages STL Workshop** at 2 PM Wednesday, September 2. This hands-on session, featuring one-on-one instruction, will enable you to ask detailed questions in an interactive setting and reinforce what you've learned.

Program co-sponsored by AARP St. Louis.



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

August 2026



Volunteer Spotlight

August 2026: Roberta Deutsch

Thank you, Roberta!



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.*