

SEPTEMBER 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

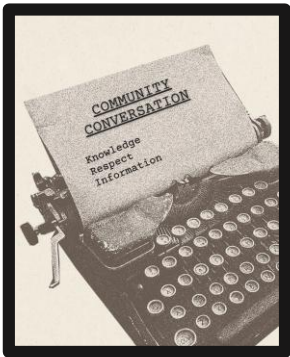
www.mirowitzcenter.org

Community Partner



mirowitzcenter.org

Your Place to Connect



The Week in Review
Tuesday, September 1, 15 and 29
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



Get Election Ready:
Registration, Election Info & More!
Tuesday, September 1
1 to 2 PM (free & in person)

Attorney **Denise Lieberman** discusses Missouri’s voting process, including registration basics, important deadlines, voter ID requirements, absentee voting, and different ways to cast your ballot. She is Director and General Counsel at the Missouri Voter Protection Coalition (MOVPC), a nonpartisan statewide network of voter advocates. No cost to register, but RSVP required.

Note: Do you need your absentee ballot application notarized? Join us at the Mirowitz Center for a special voter notarization event at 1 p.m. on Tuesday, October 6.

Program co-sponsored by the Jewish Community Relations Council of St. Louis, National Council of Jewish Women St. Louis, and Women's Voices Raised for Social Justice



Musical Magic
Wednesday, September 2
11:30 AM to 12:30 PM (free & in Chesterfield)

This musical performance by the **Bucket List Trio** features musicians Stan Gill, Mike Smith and David Runde. Prepare to be enchanted by a mix of your favorite songs. This concert will have you singing along and checking off your musical bucket list! No cost to register, but RSVP required.



LOCATION: The J – Marilyn Fox Building – Marilyn & Sam Fox Campus
16801 Baxter Road, Chesterfield, MO 63005



Crafty Needles
***Every Wednesday – September 2, 9, 16, 23 & 30**
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.



Cyber Sages STL Workshop
Wednesday, September 2
2 to 3 PM (free & in person)

Ready to put what you've learned into practice? Join retired cybersecurity executives **Bob Reany** and **Paul Moran** of Cyber Sages STL for this interactive follow-up workshop designed to build on concepts introduced in their Mirowitz Center presentation last month. Participants will receive hands-on guidance and practical support for applying cybersecurity best practices to their own devices and online activities. Bring your questions, reinforce your skills, and leave with greater confidence in protecting yourself online. No cost to register, but RSVP required.

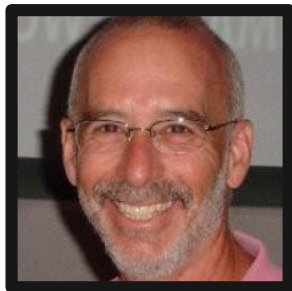
Program co-sponsored by AARP St. Louis



Crafting Corner with Anna Lehrke
Thursday, September 3
10 to 11:30 AM (\$5 & in person)

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. Only a \$5 supply fee per session; RSVP required.

This month: Beaded felt bowls with pre-cut felt patterns and a choice of beads.



Life Lessons Learned
Thursday, September 3
2 to 3 PM (free & in person)

"Do unto others..." "Slow and steady..." "If you can't say something nice..."

We've all heard these phrases, but how did they shape who we are today? Local author **Alan Spector** returns to the Mirowitz Center with a new program inspired by his book, *Life Lessons Learned: As My Dad (and Others) Used to Say*. Through humor, storytelling, and heartfelt insight, Alan brings timeless sayings to life, inviting us to rediscover lessons and reflect on our own personal experiences. No cost to attend, but RSVP required.



- 1 PM Friday, September 4: *Goodfellas* (1990)
- 1 PM Friday, September 11: ***closed for Rosh Hashanah Holiday**
- 1 PM Friday, September 18: *The Jazz Singer* (1980)
- 1 PM Friday, September 25: *Finding Vivian Maier* (2013)

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, September 8
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 Smaison** at his monthly in-person program in the Mirowitz Center's JCA Multipurpose Room. No cost to register, but RSVP required.

This month: *The Gift of Forgiveness: Freedom Begins When we Forgive*



Caring Together Monthly Support Group
Tuesday, September 8
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, September 9
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



Preparing for the Jewish High Holidays 5787
Wednesday, September 9
11 AM to 12:30 PM (free & in person at SLAM)

The Mirowitz Center is pleased to offer a private tour at the Saint Louis Art Museum (SLAM). Curated and led by docent **Bill Sitzer**, this 90-minute tour will feature extraordinary works in the Museum’s permanent collection considered through the lens of the Jewish experience. The tour is free, fully handicap accessible, and open to all! It will begin at the Information Center in the Museum’s modern wing, Taylor Hall, East Building, 1 Fine Arts Dr., St. Louis, MO 63110. No cost to register, but RSVP required.



Intro to Digital Wallets
Thursday, September 9
1 to 2:30 PM (free & in person)

Digital wallets on our smartphones allow us to go about our daily lives without ever needing to pull out our actual wallets. **Mirowitz Center Trainer Ray White** will review basic features of the most popular digital wallets – Apple Wallet and Google Wallet – and discuss their many uses beyond purchases. He’ll also cover features/considerations for security and privacy. If you can’t leave home without your phone or wallet, this program is for you! No cost to register, but RSVP required.



Blowing the Shofar: Welcoming Rosh Hashanah!
Thursday, September 10
1 to 2 PM (free & in person)

Hearing the blowing of the shofar — an ancient ram’s horn used in Jewish tradition — is one of the central mitzvot (commandments) of Rosh Hashanah. Come to the Mirowitz Center and join **Betsy and Ron Cytron** and **Debbie Sher** as they lead festive songs, share the stirring sound of the shofar, and present a brief overview of this important holiday. We’ll also enjoy some sweet treats as we celebrate the Jewish New Year 5787! Everybody is welcome! No cost to register, but RSVP required.



Improv for Life
Thursday, September 10
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. No scripts, no memorization, no pressure – just laughter and learning! Led by The New Jewish Theatre's **Rebekah Scallet**, a stage director, educator, and arts leader with more than 20 years of experience in theatre and improv. No cost to register, but RSVP required.

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



Get Your Game On!
***Every Monday – September 14 & 28**
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 – September 14 & 28**
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



That’s Entertainment
Tuesday, September 15
2 to 3 PM (free & in person)

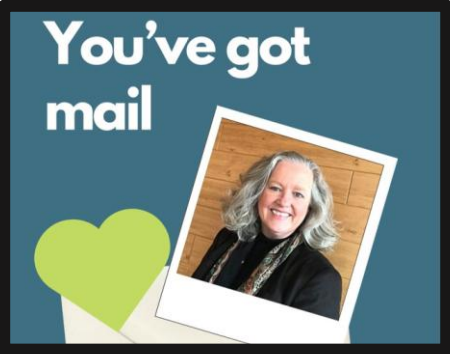
The **Ms. Missouri Senior Cameo Club** presents a crowd-pleasing variety show at the Mirowitz Center featuring talented performers aged 60 and above, who have participated in our state’s Senior America Pageant. Don't miss your chance to see their signature tambourine number or the tap dancing of **Queen Laura Ritchie**. No cost to register, but RSVP required.



Between the Covers Book Club
Thursday, September 17
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 September**
The Road to Tender Hearts by Annie Hartnett



Kindness Cards
Thursday, September 17
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 from the Mirowitz Center! 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.



SENIOR PLANET
FROM AARP
Anti-Virus & Malware-Removal Programs
Thursday, September 17
2 to 3:30 PM (free & in person)

Did you know that viruses are only one type of malware that can harm your computer? In this lecture, **Mirowitz Center Trainer Sid Levin** covers anti-virus programs and malware-remover software, and explains how these tools can be used to prevent and eliminate malware infections. Learn how to keep your devices safe! No cost to register, but RSVP required.



MindMatters Monthly Support Group
Tuesday, September 22
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



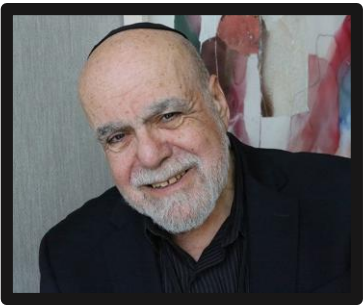
Sgt. Pepper's Lonely Hearts Club Band
Wednesday, September 23
11 AM to 12:30 PM (free & in Chesterfield)

Sgt. Pepper's Lonely Hearts Club Band is one of the most influential albums ever produced. Rolling Stone magazine described it as the most important rock n' roll album – unsurpassed in concept, sound, songwriting, cover art, and studio technology by the greatest band of all time. Join encore presenter, University Instructor **Neil Davis**, as we continue our eight-part series (part 5 of 8) about The Beatles' journey to stardom! No cost to register, but RSVP required.

Next Month: “The Beatles: The White Album” – Tuesday, October 20



LOCATION: *The J – Marilyn Fox Building – Marilyn & Sam Fox Campus*
16801 Baxter Road, Chesterfield, MO 63005



The Rabbi is In
Wednesday, September 23
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.



Beyond the Spotlight: Jewish Values in the Theatre
Thursday, September 24
1 to 2 PM (free & in person)

Fourth 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.

“Just for Us”

Alex Edelman’s comedy follows him as an anti-Semitic tweet unexpectedly leads to a meeting of White Nationalists in Queens, face-to-face with the people behind the keyboards. **Rabbi Brigitte Rosenberg** of United Hebrew Congregation will lead an engaging discussion that connects the play’s themes to Jewish values, including resilience, identity, and the ethical responsibilities we bear when confronting prejudice. Artistic Director **Rebekah Scallet** of NJT shares insights into the production itself (costumes, actors, and stage design). No cost to register, but RSVP required.

Co-sponsored by The New Jewish Theatre



Exploring the Meaning of Sukkot
Tuesday, September 29
3 to 4 PM (free & at Jewish Federation)

Leora Balinsky, chaplain at Jewish Family Services St. Louis, leads this cozy Mirowitz Center program under the Jewish Federation’s sukkah* on the Millstone Campus. She will explore how Sukkot’s timeless messages continue to resonate today, while discussing spiritual themes, rituals and symbolism. In addition, the lulav and etrog — the ritual palm branch and citron fruit used during the holiday — will be blessed and shaken in all directions as part of the mitzvah (commandment). No cost to register, but RSVP required.

LOCATION: ***Jewish Federation of St. Louis parking lot***
12 Millstone Campus Drive, St. Louis, MO 63146



Digital Coupon Tools
Wednesday, September 30
12 NOON to 1:30 PM (free & in person)

Do you like saving money on groceries and everyday items? **Mirowitz Center Trainer Ray White** will introduce the world of digital couponing and a variety of tools to help you get started. Learn about coupon websites, apps, and browser extensions as well as tips for getting the best deals. 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 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, Kahn Fund,
and Goldman-Prince Charitable Fund.*