

OCTOBER 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



Verdict at Nuremberg
Thursday, October 1
1 to 2 PM (free & in person)

In commemoration of the 80th anniversary of the October 1, 1946, Nuremberg verdict

Step into the aftermath of World War II, when the world confronted Nazi atrocities through the rule of law. At the Mirowitz Center, **Barnes M. Bradshaw** of *Historically Speaking* will explore how the tribunal set enduring precedents for international justice, holding leading figures of the Nazi regime accountable and reshaping our global understanding of crimes against humanity. No cost to register, but RSVP required.

NOTE: The following day, at 1 PM Friday, October 2, Movies@Mirowitz presents the 2025 psychological thriller, *Nuremberg*.



- 1 PM Friday, October 2: *Nuremberg (2025)**
**NOTE: running time of 2 hours, 28 minutes*
- 1 PM Friday, October 9: *The Second Best Exotic Marigold Hotel (2015)*
- 1 PM Friday, October 16: *Begin Again (2013)*
- 1 PM Friday, October 23: *Million Dollar Arm (2014)*
- 1 PM Friday, October 30: *The Theory of Everything (2014)*

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 – October 5, 12, 19 & 26**
10 AM to 4 PM (free & in person)

Bring Mahjong, bridge, poker, dominoes – whatever you like – to **Game Day** 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 – October 5, 12, 19 & 26**
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



Get Election Ready:
Absentee Ballot Notary Assistance
Tuesday, October 6
1 to 3 PM (free & in person)

Planning to vote absentee? Not sure if your ballot needs a notary signature? The Mirowitz Center is hosting the **National Council of Jewish Women St. Louis**, who are providing free notary services between 1 and 3 PM. They’ll help local voters like you determine whether your absentee ballot requires notarization and anything else you’ll need to make your voice heard in the upcoming election. No cost to register, but RSVP required.

Co-sponsored by National Council of Jewish Women St. Louis



Crafty Needles
***Every Wednesday – October 7, 14, 21 & 28**
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, October 8
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: Coloring is great way to relax and get into a creative state of flow.
Coloring pages and markers will be provided.



Getting the Most Out of Your iPhone
Thursday, October 8
11 AM to 12:30 PM (free & in Chesterfield)

Learn how to use your iPhone to its fullest potential with **Mirowitz Center Trainer Larry Edison**. We’ll cover tips and tricks for everyday tasks, explore useful apps, and show you how to customize your settings to make your device work for you. No cost to register, but RSVP required.



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



Improv for Life Theatre Group
Thursday, October 8
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. Everybody is welcome! No cost to register, but RSVP required.

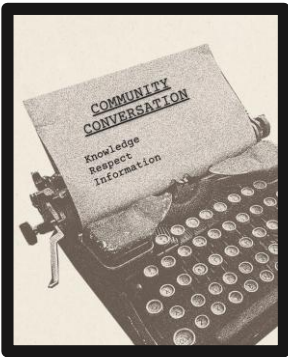
*Supported by a grant from the
Women’s Auxiliary Foundation for Jewish Aged*



Guiding & Writing Autobiographies
***Every Friday – Oct. 9, 16 & 30 and Nov. 6, 13 & 20**
12 NOON to 1 PM (free & in person)

Are you seeking connection, or a space to reflect more deeply? Writing an autobiography is a great way to memorialize thoughts and emotions as well as your own experiences. **Dr. Maxine Mirowitz** returns to the Mirowitz Center to provide guidance as you write your personal narrative. This six-part program enables you to express yourself in a safe and accepting environment. Writers of all levels, novice to advanced, are welcome! No cost to register, but RSVP is required. Class size limited to 10 participants.

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



The Week in Review
Tuesday, October 13
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



The ABCs of Judaism
Tuesday, October 13
12 NOON to 1 PM (free & in person)

Judaism has its own "ABCs" – teachings to guide your life. On the second Tuesday of each month, join **Rabbi Ze’ev Smason**, author of the book *Spiritual Sparks: A Reader*, at the Mirowitz Center for an engaging and inspiring discussion about a Jewish-themed subject. No cost to register, but RSVP required. Everybody is welcome!

This month: *Living With Joy*



Caring Together Monthly Support Group
Tuesday, October 13
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, October 14
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



Fighting Bigotry & Hatred:
Nazis Next Door
Wednesday, October 14
11 AM to 12:30 PM (free & in Chesterfield)

The St. Louis Kaplan Feldman Holocaust Museum’s exhibit, *Nazis Next Door: St. Louis Faces Nazism in the 1930s*, explores how local citizens chose to support – or resist – ideas of extremism and antisemitism. This 90-minute Mirowitz Center panel discussion features **Amy Moorman**, Director of Archives and Collections at the Museum, and **Robb Nelson**, Exhibitions Coordinator at the Museum, as well as **Emily Jaycox**, Special Project Historian at the Missouri Historical Society. **Jordan Palmer**, Chief Digital Content Officer for the *St. Louis Jewish Light*, will serve as moderator. 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, Jewish Federation of St. Louis, National Council of Jewish Women St. Louis, and St. Louis Kaplan Feldman Holocaust Museum



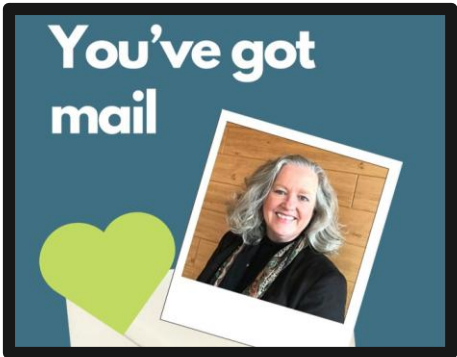
LOCATION: The J – Marilyn Fox Building – Marilyn & Sam Fox Campus
16801 Baxter Road, Chesterfield, MO 63005



Between the Covers Book Club
Thursday, October 15
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 October**
***The Art Spy* by Michelle Young**



Kindness Cards
Thursday, October 15
10 to 11 AM (free & in person)

Hosted by **Anna Lehrke**, this Mirowitz Center class offers the perfect opportunity to let 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.



Intro to Selling Online
Thursday, October 15
2 to 3:30 PM (free & in person)

Online marketplaces make it easy to sell almost anything – from unique collectibles and vintage fashion to handmade crafts! **Mirowitz Center Trainer Jim Salih** will introduce you to different online platforms for selling all kinds of items, plus cover some tips and best practices for avoiding scams. No cost to register, but RSVP required.



The White Album
Tuesday, October 20
11 AM to 12:30 PM (free & in Chesterfield)

Beneath the white-on-white cover art, *The White Album* features 30 tracks of mostly stripped-down material, spread across two vinyl records. This 1968 release was the ninth studio album for The Beatles and a stark contrast to their previous album, from cover art to eclectic music tracks — including the revolutionary "Helter Skelter", the retro "Back in the U.S.S.R.", and the orchestral "Good Night". Join encore presenter, University Instructor **Neil Davis**, as we continue our eight-part series (part 6 of 8) about The Beatles' journey to stardom! No cost to register, but RSVP required.

NEXT MONTH: "The Beatles: Paul is Dead?" – Thursday, November 5



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



What's New with Medicare in 2027?
Tuesday, October 20
1 to 2:30 PM (free & in person)



Wilma Schmitz, St. Louis Region Liaison and Trainer for Missouri's State Health Insurance Assistance Program, provides an update on the latest in Medicare and what kinds of revisions will be taking effect January 1, 2027. This year's Open Enrollment Period – when you can make changes to your Medicare coverage for 2027 – runs October 15 through December 7. No cost to register, but RSVP required.

NOTE: Call 314-733-9813 to schedule a free in-person/individual consultation. One-hour appointments are available from 9 am to 2 pm on Tuesday, October 27, and on Tuesday, December 1, at the Mirowitz Center.



St. Louis Classical Guitars Quartet
Wednesday, October 21
1 to 2 PM (free & in person)

Sit back, relax, and enjoy an afternoon with some of St. Louis' finest guitarists! Live music performed by **Paul Kreter, Jeffrey Sieth, Stephen Rekas, and Bob Wooldridge** — with beautifully arranged folk and popular tunes, specially adapted by Paul and Jeffrey for the ensemble. The Gateway Guitar Quartet's diverse repertoire spans centuries and continents, showcasing selections from the Renaissance, Baroque, and Classical periods, as well as music inspired by the rich musical traditions of countries such as Spain and Brazil. No cost to register, but RSVP required.



Passwords, Passkeys & More
Wednesday, October 21
2 to 3:30 PM (free & in person)

Tired of resetting your password all the time? **Mirowitz Center Trainer Bob Reany** 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.



Streaming & Smart TVs
Thursday, October 22
11 AM to 12:30 PM (free & in Chesterfield)

Mirowitz Center Trainer Daniel Landsbaum will introduce streaming: what it is, how to watch TV without cable, and the variety of content available. 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.



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



Haunted Houses of St. Louis
Thursday, October 22
2 to 3 PM (free & in person)



Just in time for Halloween, discover tales of ghostly encounters, mysterious legends, and some of our region's most fascinating figures. Whether you're a skeptic or a believer, this entertaining presentation is sure to leave you wondering what goes bump in the night. Join St. Louis County Reference Librarian **Hillary Peppers** for a look at our local haunted history, and then decide for yourself whether these notable St. Louisans actually ever departed?! No cost to register, but RSVP required.



Election Analysis
Tuesday, October 27
10 to 11 AM (free & online)

The 2026 midterm elections will have major implications for the future of American politics. Voters will decide control of the U.S. House and Senate, as well as numerous state legislative seats, while the results could also shape the direction of the Democratic and Republican parties. **Dr. Mark Stern** will examine what’s at stake for both parties and consider what the outcome could mean for the country and the 2028 presidential election. Since retiring in 2015, Dr. Stern has continued to educate adult learners and holds Associate Emeritus Professor status at Arizona State University.

NEXT MONTH: Dr. Stern returns on Tuesday, November 17, with “Post-Election Analysis.”

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



MindMatters Monthly Support Group
Tuesday, October 27
10 to 11 AM (free & in person)

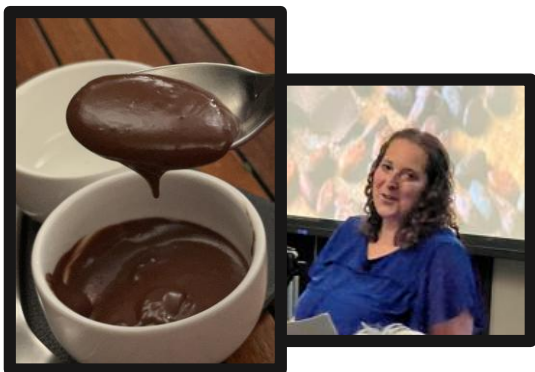
Monthly group led by Provident Behavioral Health facilitator **Nicole (Nikki) Adams**, MSW, LMSW. A safe, welcoming space at the Mirowitz Center for sharing experiences, feelings, and thoughts with other adults experiencing the challenges of aging. No cost to register, but RSVP required.

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



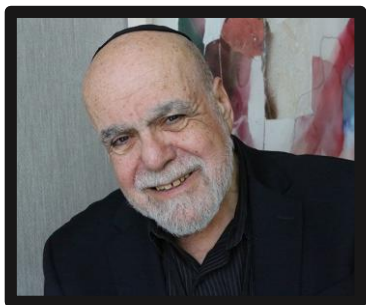
Google Maps
Tuesday, October 27
1 to 2:30 PM (free & in person)

Get a close-up look at your old neighborhood and childhood home! Visit different sites around the world, or simply get directions to your next appointment. With **Mirowitz Center Trainer Ray White**, learn how to use Google Maps for satellite imagery, street maps, and street-view perspectives. This versatile platform also has a route planner that incorporates your preferred transportation: car, bus, or walking. No cost to register, but RSVP required.



Chocolate Wars
Wednesday, October 28
1 to 2 PM (\$10 & in person)

Celebrate National Chocolate Day and Halloween with this deliciously entertaining program! **Marcie Handler** of Marcie’s Cocoa Life for a fascinating look at the legendary rivalry between chocolate giants Hershey and Mars. Discover the stories of Milton Hershey, Frank and Forrest Mars, and the family legacies that transformed their companies into household names. Enjoy tasty chocolate samples as you explore the history, personalities, successes, controversies, and lasting impact of two of the world’s most influential candy companies. Fee is \$10; RSVP required.



The Rabbi is In
Wednesday, October 28
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. Everybody is welcome! No cost to register, but RSVP required.



The Death of Compromise
Thursday, October 29
1 to 2 PM (free & in person)

In his new book, *The Death of Compromise*, St. Louis author **Aaron Perlut** points out that American democracy was actually built on tension, not trust, with a firm conviction that we could balance our competing ambitions into a workable "greater good." Come to the Mirowitz Center to hear Aaron reflect on how our nation — founded on the concept of self-government — struggles today with so many citizens believing compromise is no longer valuable as a moral discipline or civic virtue. 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.
Everybody 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.*