

NOVEMBER 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 – November 2, 9, 16, 23 & 30**
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 – November 9, 16, 23 & 30**
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.



Front-Row Seat:
Two Decades of Change on
Missouri’s Highest Courts
Tuesday, November 3
11 AM to 12 NOON (free & in Chesterfield)

The third woman to serve on the Missouri Supreme Court, **Judge Mary Russell**, reflects on her time on the Court, expanding opportunities for women, and milestones that led to the historic female-majority. She also will share examples of the Court’s responsibility in statutory interpretation and give the audience an opportunity to interact with her regarding how they would have understood various statutes when presented with the issues. No cost to register, but RSVP required.



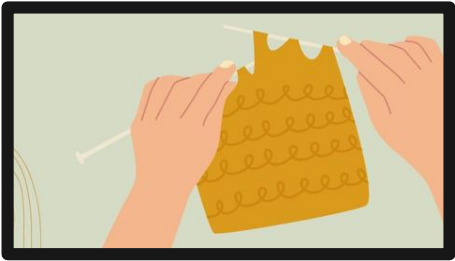
LOCATION: The J – Marilyn Fox Building – Marilyn & Sam Fox Campus
16801 Baxter Road, Chesterfield, MO 63005

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



How to Choose A New Computer
Wednesday, November 4
12 NOON to 1:30 PM (free & in person)

If you're looking for a new computer, **Mirowitz Center Trainer Larry Edison** can address some of the most common questions: Where to start? What's a reliable brand? How much should you budget? What technical specifications? Larry also will cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks. No cost to register, but RSVP required.



Crafty Needles
***Every Wednesday – November 4, 11, 18 & 25**
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.



Melodies of India: Diwali Concert
Wednesday – November 4
2 to 3 PM (free & in person)

Celebrate Diwali, one of India's most cherished holidays, with an uplifting afternoon of traditional Indian music! Join mridangam percussionist **Ram Lakshmanan**, vocalist **Vidya Anand**, and other musicians for a captivating performance at the Mirowitz Center. This special concert offers a joyful way to commemorate the culture, community, and songs of Diwali. Everyone is welcome! No cost to register, but RSVP required.



The Beatles: Paul is Dead?
Thursday, November 5
11 AM to 12:30 PM (free & in Chesterfield)

In 1966, a rumor started to circulate, with obsessed fans insisting that Paul McCartney tragically died in a car crash and had been secretly replaced by a look-alike. This bizarre chapter of Beatles history still stands as one of the most enduring hoaxes and urban legends of all time. University instructor **Neil Davis** continues his eight-part Mirowitz Center series (part 7 of 8) about The Beatles' journey to stardom! No cost to register, but RSVP required.

Next month: “The Beatles: Abbey Road” – Thursday, December 17



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



Stolen Words:
Hebrew Books from Theresienstadt Ghetto
Thursday, November 5
1 to 2 PM (free & in person)

Come to the Mirowitz Center and hear the fascinating story behind a special exhibition at Washington University in St. Louis – *Stolen Words: Hebrew Books from the Theresienstadt Ghetto*. **Sam Glauber**, Miriam Barr Librarian for Jewish and Near Eastern Studies, will discuss Hebrew books from the WashU collection that survived the Holocaust and bear remarkable stories of Jewish resilience and preservation. Everyone is welcome! No cost to register, but RSVP required.



- 1 PM Friday, November 6: *The Sheep Detectives* (2026)
- 1 PM Wednesday, November 11: *The Imitation Game* (2014)*
*NOTE: special showing for Veterans Day
- 1 PM Friday, November 13: **NO MOVIE – Storytelling Festival**
- 1 PM Friday, November 20: *Planes, Trains & Automobiles* (1987)
- 1 PM Friday, November 27: **NO MOVIE – Thanksgiving Holiday**

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



Intro to Chatting with AI (Artificial Intelligence)
Tuesday, November 10
11 AM to 12:30 PM (free & in Chesterfield)

Curious about using ChatGPT or Gemini, but not sure where to start? **Mirowitz Center Trainer Daniel Landsbaum** will explain 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.



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



The ABCs of Judaism
Tuesday, November 10
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. Everyone is welcome!

TOPIC: *Poultry in Motion - Discussion Topics for Thanksgiving Dinner*



Caring Together Monthly Support Group
Tuesday, November 10
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, November 11
10 to 11 AM (free & in person)

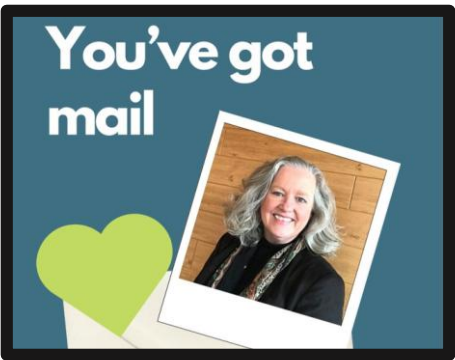
Led by **Nicole (Nikki) Adams**, MSW, LMSW – a trained facilitator with Provident Behavioral Health – this monthly group is a compassionate and supportive space for older adults to navigate the journey of grief. Share experiences, find comfort, and build connections at the Mirowitz Center. Sign up for 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



SPECIAL MIROWITZ CENTER MOVIE FOR VETERANS DAY
The Imitation Game
Wednesday, November 11
1 to 3 PM (free & in person)

The Imitation Game is a 2014 American biographical thriller starring Benedict Cumberbatch as Alan Turing, who devised new methods for decrypting German intelligence messages for the British government during World War II. The film, which also features Keira Knightley, was nominated for eight Academy Awards, and received an Oscar for Best Adapted Screenplay. No cost to register, but RSVP required.



Kindness Cards
Thursday, November 12
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.



Improv for Life Theatre Group
Thursday, November 12
2 to 3 PM (free & in person)

Are you looking for a fun, creative, and social activity to keep your mind sharp and your spirit young? Look no further than this improvisation group, led by **Rebekah Scallet**, Artistic Director of The New Jewish Theatre, and **John Wilson**, Director of Cultural Arts at The J. No scripts, no memorization, no pressure – just laughter and learning on the second Thursday of each month. No cost to register, but RSVP required.

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



Cowboy Music & Stories
Friday, November 13
1 to 2 PM (free & in person)



Yippee-ki-yay! Please join the Mirowitz Center in welcoming back the St. Louis County Library and its 47th annual **St. Louis Storytelling Festival Series**. Cowboy songster and storyteller **Andy Hedges** will entertain you with classic cowboy poetry, obscure cowboy songs and Dust Bowl ballads as he brings the American West to life. No cost to register, but RSVP required.



Post-Election Analysis
Tuesday, November 17
10 to 11 AM (free & online)

The votes have been counted, and the 2026 midterm elections will have significant implications for the direction of American politics. This Mirowitz Center program reviews what happened in key races for the U.S. House, Senate, and state legislatures – and what the results mean for the future of the Democratic and Republican parties. Join **Dr. Mark Stern** for an online analysis of the election results and a look at what they could mean for the country, Congress, and the political landscape leading into the 2028 presidential election. No cost to register, but RSVP required.

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



Jerry & Cherry Ragtime Duo
Tuesday, November 17
2 to 3 PM (free & in person)

Experience the lively and infectious rhythms of classic American ragtime as **Jerry Rabushka and Isaac Cherry** bring their unique blend of piano and vocals to the Mirowitz Center! "Jerry & Cherry" will have you tapping your feet and smiling from ear to ear. Don't miss this fun-filled concert filled with joy and nostalgia. No cost to register, but RSVP required.



Compassion for All
Wednesday, November 18
1 to 2 PM (free & in person)

Emmy Award–winning storyteller **Bobby Norfolk** returns to the Mirowitz Center, joined by **Rabbi Susan Talve** and **Rabbi James Stone Goodman** of Central Reform Congregation. Through storytelling, music, humor and conversation, they will explore what it means to live with compassion for one another, our communities, and the world around us. This special program invites us to consider how empathy, kindness and caring can shape the way we live and interact with all beings. No cost to register, but RSVP required.



Co-sponsored by Arts & Faith St. Louis, which brings diverse faith communities together through the arts, under its 2026 theme: “Compassion for All.”



Between the Covers Book Club
Thursday, November 19
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 November**
The Road to Tender Hearts by Annie Harnett



Tech Tips for Lifelong Learning
Thursday, November 19
12 NOON to 1:30 PM (free & in person)

Lifelong learning is fun and offers many benefits! There are hundreds of apps out there for every type of learner, and all kinds of interests. **Mirowitz Center Trainer Jim Salih** will introduce apps that help you learn different languages, explore the arts and art history, and even show you how to play instruments. If you want to learn it, there's an app for that! No cost to register, but RSVP required.



Beyond the Spotlight: Jewish Values in the Theatre
Thursday, November 19
1 to 2 PM (free & in person)

Final session in five-part series introducing the New Jewish Theatre’s 2026 – everyone is welcome!

“She Loves Me”

She Loves Me concludes this Mirowitz Center series with a romantic comedy about love, connection, and mistaken identities in an old-world shop. This beloved musical captures warmth, humor and endearing innocence — and has inspired such films as *The Shop Around the Corner* and *You’ve Got Mail*. **Rabbi Lori Levine** of Congregation Shaare Emeth will lead a discussion connecting the play’s themes to Jewish values, including community, connection, empathy, and timeless ways relationships bring meaning to our lives. Artistic Director **Rebekah Scallet** of NJT shares insights about the production itself (costumes, actors, and stage design). No cost to register, but RSVP required.

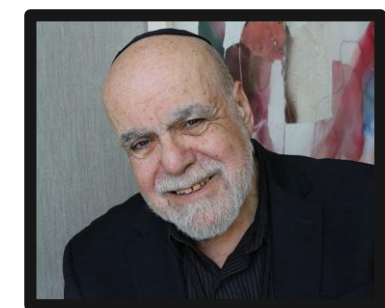
Co-sponsored by The New Jewish Theatre



MindMatters Monthly Support Group
Tuesday, November 24
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



The Rabbi is In
Wednesday, November 25
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. Everyone is welcome! 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
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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.***



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