DECEMBER 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

MIROWITZ CENTER



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

Online
www.mirowitzcenter.org

Community Partner

Jewish Federation of St. Louis

December 2026



REMINDER:
LATE ARRIVAL POLICY

To help ensure a more enjoyable experience for everyone, we kindly remind you to **arrive on time** for all Mirowitz Center programs. Please note that we do not hold seats for late arrivals. At the scheduled start time, any available seats will be offered to attendees on standby. This means there may not be seating available if you arrive after a program begins, even if you have registered in advance. Entry may not be permitted 15 minutes after the scheduled start time.

Thank you for your understanding and consideration of our presenters and fellow attendees!



Gold Through the Ages:
Treasures of the Ancient World
Tuesday, December 1
11 AM to 12 NOON (free & in Chesterfield)

For thousands of years, gold has symbolized wealth, power, and beauty. In this fascinating Mirowitz Center presentation, **Sid Goldstein** – former Associate Director and Curator of Ancient and Islamic Art at the Saint Louis Art Museum (SLAM) – takes us on a journey from prehistory through the rise of Islam, exploring the magnificent treasures of Pharaonic Egypt and the sumptuous courts of Northern India under Shah Jahan. Discover how gold became currency and inspired exquisite jewelry and objects for both men and women. No cost to register, but RSVP required.

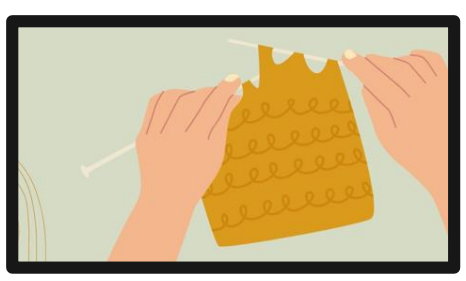
Program co-sponsored by The Jewish Community Center

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

Tiles ‘n Smiles
Wednesday – December 2
12 NOON to 4 PM ($18 & in person)

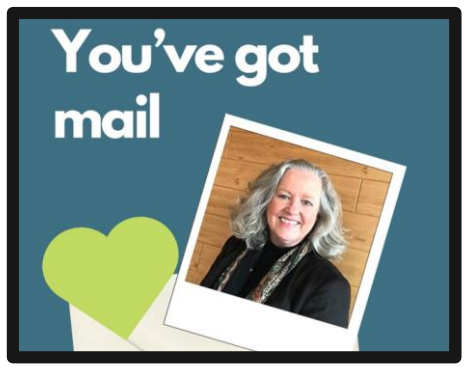
Do you love Mahjong? Then you won't want to miss this special Game Day at the Mirowitz Center! Doors open at 12 NOON. Gameplay from 1 to 4 PM. Everyone is welcome! Senior Kollel will provide kosher snacks and boxed lunches for registrants. Registration is required, $18 fee.

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Crafty Needles
***Every Wednesday – December 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.



*Kindness Cards: *Holiday Edition**
Thursday, December 3
10 to 11 AM (free & in person)

Join us for an hour dedicated to the lost art of writing cards

Rediscover the joy of sending handwritten cards this holiday season! Hosted by **Anna Lehrke** at the Mirowitz Center, this class offers a wonderful opportunity to spread holiday cheer, let loved ones know you're thinking of them, and express gratitude to those who have made a difference in your life. Bring your own **Chanukah** or **Christmas** cards or choose from complimentary cards available. As a bonus, you'll receive a free postage stamp. Simply drop your finished card in the mail slot on your way out! No cost to register, but RSVP required.



Podcasts at a Glance
Wednesday, December 3
2 to 3:30 PM (free & in person)

Why are so many people listening to podcasts, where can you find the most interesting programs, and which ones are the most popular? **Mirowitz Center Trainer Ray White** answers these questions – and explains the immense appeal of audio programs that deliver entertainment and information on all kinds of topics! No cost to register, but RSVP required.

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1 PM Friday, December 4: *Danny Collins* (2015)

1 PM Wednesday, December 11: *Chuck Berry: Hail! Hail! Rock 'n' Roll (1987)*

1 PM Friday, December 18: *The Man Who Invented Christmas* (2017)

1 PM Wednesday, December 23: *Unlikely Angel* (1996) **Special holiday showing*

1 PM Friday, December 25: *NO MOVIE – Closed for Christmas*

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

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Get Your Game On!

***Every Monday – December 7, 14, 21 & 28**
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.

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Current Conditions in the Economy & Capital Markets
Tuesday – December 8
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.



The ABCs of Judaism
Tuesday, December 8
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: ***Coincidence or Miracle? Chanukah and Other Moments That Defied the Odds***

Caring Together Monthly Support Group
Tuesday, December 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

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Grief & Bereavement Monthly Support Group
Wednesday, December 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

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Protecting Your Personal Information Online
Wednesday, December 9
12 NOON to 1:30 PM (free & in person)

Hey, be careful out there! This presentation covers the "ins and outs" of protecting personal information online. **Mirowitz Center Trainer Bob Reany** will share 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.



Artwork by Robert Denison

Songs of the Season Sing-Along
Wednesday, December 9
2 to 3 PM (free & in person)

Get into the holiday spirit with a joyful Mirowitz Center sing-along featuring beloved musical favorites! **Laura Kroft**, Director of Client Services at Covenant Place, will lead us through a festive mix of classic songs and seasonal favorites. Bring your friends and neighbors for a fun, feel-good celebration of the season! Everyone is welcome, and participation is encouraged. No cost to register, but RSVP required.

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SENIOR PLANET FROM AARP

Google Workspace
Thursday, December 10
11 AM to 12:30 PM (free & in Chesterfield)

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.

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



Improv for Life Theatre Group
Thursday, December 10
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 Mirowitz Center 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

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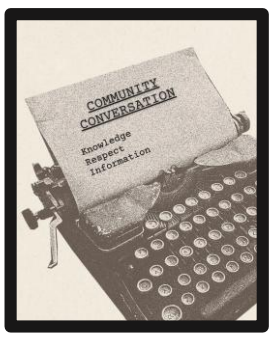


Tech Tutor
*Every Monday – December 14, 21 & 28
10 AM to 2:30 PM (free & in person)

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.

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The Week in Review
Tuesday, December 15 & 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 offers a thoughtful discussion about the most pressing stories of the week. No cost to register, but RSVP required.

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

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Christmas in Revolutionary America
Tuesday, December 15
1 to 2 PM (free & in person)

In the 16th and 17th centuries, many Europeans brought their values and customs along with them when they emigrated to the New World. Just in time for the holiday season, the Mirowitz Center welcomes historian **Barnes M. Bradshaw**, who will explore the regional and ethnic traditions immigrants introduced to America and how their beliefs shaped the ways they celebrated, or chose not to celebrate, Christmas. No cost to register, but RSVP required.



SENIOR PLANET FROM AARP

Intro to iPhone Photography
Wednesday, December 16
12 NOON to 1:30 PM (free & in person)

Learn about iPhone features like recording videos, adding filters to pictures, and using your camera's timer! **Mirowitz Center Trainer Jim Salih** also will go over basic camera tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will only cover iPhones.
No cost to attend, but RSVP required.

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Between the Covers Book Club
Thursday, December 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 December**
***The Bewitching* by Silvia Moreno-Garcia**

The Beatles: Abbey Road
Thursday, December 17
11 AM to 12:30 PM (free & in Chesterfield)

Abbey Road – one of the greatest Beatles albums of all time – includes such classics as "Come Together," "Here Comes the Sun," "I Want You (She's So Heavy)," and "Something." Plus, it may be the most famous album cover ever, with John, Ringo, Paul and George actually crossing Abbey Road! Join encore presenter, University instructor **Neil Davis**, in Chesterfield as he concludes his eight-part Mirowitz Center series about The Beatles' journey to stardom! No cost to register, but RSVP required.

Program co-sponsored by The Jewish Community Center

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

MindMatters Monthly Support Group
Tuesday, December 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 who also are 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

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SPECIAL MIROWITZ CENTER HOLIDAY MOVIE

MOVIES@MIROWITZ
Wednesday, December 23
1 to 2:30 PM (free & in person)

Enjoy *Unlikely Angel* (1996), a heartwarming Christmas comedy starring **Dolly Parton** as a country singer who gets an unexpected second chance to earn her angel wings by helping a widowed father and his children. Filled with humor, holiday magic, and a little heavenly intervention, this feel-good movie is a sweet way to celebrate the season!

Enjoy fantastic movies on the Mirowitz Center's 14-foot screen and top-notch sound system!
A first-rate movie-watching experience for all! No cost to register, but RSVP required.



Understanding Different Internet Plans
Wednesday, December 30
12 NOON to 1:30 PM (free & in person)

Faster is not always better! Learn about home internet options, so that you only pay for what you need. **Mirowitz Center Trainer Sid Levin** covers important terminology, from hotspot to bandwidth, and explains the best internet speeds for different kinds of activities like emailing and streaming. 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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MIROWITZ CENTER



Dinner is served!

Harvey & Wilma Gerstein Social Hall

4:30 pm Monday through Friday

Enjoy freshly prepared, nutritious, and affordable meals while dining together in the beautiful **Harvey & Wilma Gerstein Social Hall**.

Must be age 60 years or older to participate in this discounted Aging Ahead program – call 314-292-7693 to register.

Suggested donation is $5 per meal, but your choice (others may join at a cost of $10 per meal).

Everyone is welcome. No income-eligibility restrictions.

RSVP required.

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.