

Upcoming Events with Neighbors & Friends

NORC Staff

Contact Info

Program Reservations

Laura: 442-3255 or
norc@jccstl.org

Volunteer Requests

Joan: 442-3834 or
jfirst@jfedstl.org

Other Inquiries

Sarah: 442-3859 or
slevinson@jfedstl.org

NORC Program Locations

TGP

The Gathering Place,
Arts & Education Bldg,
2 Millstone Campus Dr

Cov II

Covenant Place
8 Millstone Campus Dr
Lower Level

JFED

Kaplan-Feldman Complex,
12 Millstone Campus Dr

Set up an appointment to review your Medicare plan options!

Get the information and support you need to select the Medicare health and drug plan that's right for you. Plans change every year, so it is important to review what is available based on your current needs during open enrollment (now through Dec 7). Schedule a personal consultation appointment with trained CLAIM volunteer.

Thurs, Nov 8 ■ 9am – 2pm ■ JFED ■ RSVP to 442-3255

Try out a new scene with Drama Group! No experience necessary.

Led by Sheri Lyn Terry, educator and artistic director of *A Star on Stage* and *Sensational Seniors*, participants will increase creative skills, improve memory and concentration, boost self-confidence, and enjoy a positive group experience. Enjoy Group meets weekly for 8 weeks. Open to all. Advance registration required.

NORC members: \$10/8-week session. Non-NORC members: \$15/8-week

Tues, Nov 20- Jan 22 ■ 6 – 7:30pm ■ Covenant II ■ RSVP: 442-3255

Creative Expressions Art Group

Led by Artist Joanne Szapszewicz, members use art and creativity to express thoughts and emotions. Journal required for class. Space is limited. Meets monthly.

Weds, 11/21 ■ 10:30 – 11:30am ■ TGP ■ RSVP to 442-3255

Cybersecurity Basics

Learn how to best protect yourself when using personal computers and smart phones. Leave with increased awareness of how the scammers operate and what you can do to prevent becoming hacked. Led by Diana Matthis, Central Services, IT and Project Manager at Jewish Federation of St. Louis.

Mon, 12/3 ■ 1:30 – 3pm ■ TGP ■ RSVP to 442-3255

Learn about ROM® Dance with OASIS and Katherine Meirink, PT

This innovative exercise combines medically recommended range-of-motion exercises with the mind/body principles of Tai Chi. Learn about the seven-minute

dance sequence that incorporates all major joint motions in the body to reduce stress and relieve pain without strenuous movements.

Weds, 12/5 ■ 1 – 3pm ■ TGP ■ RSVP to 442-3255

JOIN PAGE TURNERS, NORC's NEW BOOK CLUB!

Calling all readers! Bring your favorite book to share and enjoy a lively discussion and light refreshments! Page Turners is organized BY and FOR NORC members and friends. Group will meet on the 3rd Friday of the month.

Fri, 1/18 ■ 1 – 2:30pm ■ TGP ■ RSVP to 442-3255

Lunch & Learn: What's in your Medicine Cabinet?

Understand basic maintenance of medicine cabinet, things needed just in case, expiration dates, disposal of items and more. Bring brown bag lunch and enjoy discussion. Presented by AW Health Care.

Mon, 12/17 ■ 12 – 1pm ■ TGP ■ RSVP to 442-3255



Life in Israel –Young Adults Perspective

Join Lir Barazani and Snir Dagan, Israeli teens who are deferring their army service for one year to be in St. Louis for a service year, for a lively discussion about their home and culture.

Fri, 1/11 ■ 11am – 12pm ■ TGP ■ RSVP to 442-3255

Master the Basics of your iPhone with this 3-Part Series

Back by popular demand, Larry Edison returns to teach another series. Please commit to attending all 3 sessions and bring fully charged Apple iPhone, Apple ID and Apple Password. Space is limited.

Weds, 1/17, 1/24, and 1/31 ■ 4 – 5pm ■ TGP ■ RSVP to 442-3255 ■



Frank Lloyd Wright, A Film by Ken Burns and Lynn Novick (2-parts)

Learn of the great American architect who believed he was destined to redesign the world..

Mon, 11/12 and Mon, 12/10 ■ 1 – 2:15pm ■ TGP ■ RSVP to 442-3255 ■

Thomas Jefferson, A Film by Ken Burns (3-parts)

Learn of the author of the Declaration of Independence, voice of new era of democratic government, and residing President through countries expansion with Louisiana Purchase and more.

Mon, 1/14 ■ 1 – 2:15pm ■ TGP ■ RSVP to 442-3255 ■



NORC Bus Trips

FOR ALL TRIPS:* Payment required at reservation –checks payable to NORC** and **mail to Jewish Federation of St. Louis, Attn: NORC, #12 Millstone Campus Dr, 63146**
Meet at the Gathering Place at the J ■ **RSVP - Laura 442-3255*** ■ Space is limited.

Gateway Arch

Join NORC for a tour of the newly renovated Museum of Westward Expansion. - Trace the story of Native Americans, explorers, pioneers, and rebels - all who made America possible. *NORC members: \$10/person. Non-NORC members: \$15/person. Payment due at time of RSVP.*

**Thurs, 12/6 ■ 1 – 3pm
Advance registration required.**

Old Court House for Holiday Concert

Enjoy sounds of the holidays with this free concert. Plus, visit the historic court house and museum. *NORC members: \$10/person. Non-NORC members: \$15/person. Payment due at time of RSVP.*

**Weds, 12/12 ■ 10:15am–3:15pm ■
Advance registration required.**

Soldiers Memorial Military Museum Tour

Visit the newly renovated museum that honors military service, veterans and their families. Group tour of World War I and the Great War included. *NORC members: \$14/person. Non-NORC members: \$19/person. Payment due at time of RSVP.*

**Thurs, 1/24 ■ 9:15am–2:30pm
Advance registration required.**

Coffee Concert at Powell Hall

Enjoy the music of Mozart and Brahms, performed by the St. Louis Symphony. Concert begins at 10:30am. *Tickets with bus transportation: \$37.50/person. Tickets only: \$27.50.*

**Fri, Feb 8 ■ 9:30am-1:30pm
Payment must be received by 1/16.
Advance registration required**

Dine Out with NORC

Enjoy dinner with friends. Cost of meal on own. RSVP to Joan at 442-3834

**Thurs, 11/15 ■ O'Fallon Brewery (45 Progress Pkwy) ■ 4:30- 6:30 pm
Thurs, 12/13 ■ Pasta House (700 N New Ballas Rd) ■ 4:30- 6:30 pm**

