

Upcoming Events with Neighbors & Friends

NORC Staff Contact Info

Program Reservations

Laura: 442-3255 or
norc@jccstl.org

Volunteer Requests

Joan: 442-3834 or
jhirst@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

What is UP with Weights and Weight Training?

Incorporating weight training into your daily routine has physical, mental and even social benefits. JCC Fitness will share benefits and demos.



Thurs, 1/10 ■ 1 –2pm ■ TGP ■ **RSVP: 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**

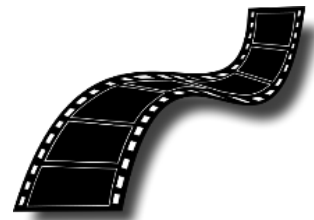
Frank Lloyd Wright, A Film by Ken Burns and Lynn Novick

Learn of the great American architect who believed he was destined to redesign the world. This is part 2 of a 2-part series (rescheduled for this date due to weather).

Mon, 1/14 ■ 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.



Mondays: 2/11, 3/11 and 4/8 ■ 1 – 2:15pm ■ TGP
RSVP to 442-3255

Kick off NORC's New Book Club: PAGE TURNERS!

At special inaugural event in January, bring your favorite book to share and enjoy a lively discussion and light refreshments. In February, discuss Harper Lee's 1960 classic, "To Kill a Mockingbird." Page Turners is organized BY and FOR NORC members and friends. Meets monthly on third Fridays. **RSVP: 442-3255**

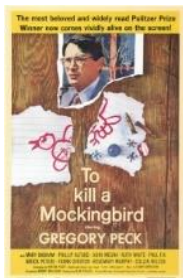


Fri, 1/18 ■ 1 –2:30pm ■ TGP ■ **Bring your favorite book!**

Fri, 2/15 ■ 1 –2:30pm ■ TGP ■ **To Kill A Mockingbird**

You're also invited to a showing of the classic film, To Kill a Mockingbird!

Wednesday, 2/13 ■ 1 –3pm ■ TGP ■ **RSVP: 442-3255**



Medication Matters, a series offered through OASIS

Explore available information that consumers can use to determine whether or not prescription drugs, over-the-counter products or supplements might interact with each other. Learn about different types of complementary and alternative therapies.

Understand herbal remedies and supplements, and gain an awareness of potential interactions with other medications. Part of the course will explore the truth and fiction about "magic cures", regulatory processes, manufacturer's claims, and credible resources will be explored.

Wednesdays: 1/23 and 1/30 ■ 1 – 3pm ■ TGP ■ **RSVP to 442-3255**



PLEASE TURN OVER - MORE ON REVERSE SIDE

Lunch and Learn: Heart Health Bingo



Presented by AW Health Care in honor of Heart Health Awareness Month, enjoy interactive heart health BINGO led by Liz Soldwish-Zoole RN. Bring brown bag lunch and enjoy discussion.

Thurs, 2/7 ■ 11:30am –12:30pm ■ TGP ■ RSVP: 442-3255

NURTURE YOUR CREATIVITY WITH THESE OFFERINGS.

NO PRIOR EXPERIENCE NECESSARY!

Drama Group

Miles Bledsoe from Stray Dog Theatre is back for a new session! You will love Miles' energy. Increase creative skills, improve memory and concentration, boost self-confidence, and enjoy a positive group experience. Group meets weekly for 8 weeks. Open to all. Advance registration required.

Class is generously subsidized by the JCA Charitable Foundation.

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

Fridays, 1/25 – 3/22 ■ 10:30am –Noon ■ TGP ■ RSVP to 442-3255



Drawing Course

Led by Ed Farber, artist and NORC member, you'll learn new techniques and may even surprise yourself with your talent. No experience needed. Space is limited.

Mondays, 1/28, 2/4, 2/11 11am– 12pm ■ 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.

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, 2/8 ■ 9:30am-1:30pm ■ Advance registration required ■ Payment due by 1/16.

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, 2/27 ■ 10:15am – 3pm ■ Advance registration required.

Dine Out with NORC

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

Thurs, 1/17 ■ O'Fallon Brewery (45 Progress Pkwy) ■ 4:30- 6:30 pm

Thurs, 2/21 ■ Houlihan's (1085 N Mason Rd) ■ 4:30- 6:30 pm

