

St. Louis NORC's September & October 2019 Events

The Beauty of Yiddish Wisdom

Join NORC's Sarah Zoller Levinson for an interactive, lighthearted discussion. Take turns reading and interpreting whimsical and witty Yiddish proverbs translated into English. Sarah brings the Yiddish; you bring the wisdom! All are welcome. No prior knowledge of Yiddish necessary!

Thursday, 9/5 ▪ 1:30 – 2:30pm ▪ TGP ▪ RSVP to 442-3255



Fit for Function: Preventing Age-Related Muscle Loss

Learn about the new research proving basic strength training can reverse muscle loss. Experience this screening and presentation to learn what it means to be functionally fit and whether or not you pass the test based on national norms. This program and screening are specifically designed for those ages 60+. Space is limited. **Thurs, 9/12 ▪ 1 – 3pm ▪ TGP ▪ RSVP to 442-3255**

Travel Talk with Linda Nash: St. Petersburg, Russia

World traveler, author, public speaker and NORC member takes us on another fascinating journey.

Friday, 9/13 ▪ 11am – 12pm ▪ TGP ▪ RSVP to 442-3255



Creative Expressions Art Group with Artist Joanna Szapszewicz

Express thoughts and emotions through creativity at this monthly art group.

Artist journal required for class. Space is limited. **RSVP to 442-3255**

Wednesdays, 9/18 & 10/16 ▪ 10:30am – 12pm

TGP ▪ \$3/class for supplies

Rainbow Connection: Multi-Generational Program

Stories, music, snacks and crafts to be enjoyed by children, parents, grandparents and special grandfriends! No cost. All are welcome.

Sunday, 9/22 ▪ 11:30am ▪ RSVP to 442-3255

Mirowitz Center, Covenant II Cahn Family Building, Millstone Campus

NORC's Celebration of Life Party –Cruise-Themed Fun!

Embark on a Caribbean-Style adventure to honor and celebrate neighbors and friends over age 90. All are welcome to enjoy tropical refreshments, island music with Good Vibes by Lenny Frisch and photo booth by JG Entertainment.

Event is free of charge and made possible through the generosity of the KAHN FOUNDATION of TEMPLE ISRAEL

Thursday, 9/26 ▪ 1 – 2:30pm ▪ TGP ▪ RSVP to 442-3255 by 9/16

Play Reading Group with Dan Weinberg

Back by popular demand, enjoy the thrill of reading aloud plays with others.

Enjoy this unique, shared artistic experience for three weeks.

Materials provided and space is limited. **RSVP to 442-3255**

Fridays, 10/11, 10/18, 10/25 ▪ 10:30am – 12pm ▪ TGP ▪

NORC's PAGE TURNERS Book Club - RSVP to 442-3255

All are welcome to join this fabulous group of readers. Meets on third Fridays.

Friday, 9/20 ▪ 1 – 2:30pm ▪ *Nine Perfect Strangers* by Liane Moriarty

Friday, 10/18 ▪ 1 – 2:30pm ▪ *Margot* by Jillian Cantor



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

PROG LOCATIONS

TGP

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

MC

Mirowitz Center at
Covenant Place
8 Millstone Campus Dr



Jewish Federation
OF ST. LOUIS

www.stlnorc.org
www.jfedstl.org

St. Louis NORC is a non-sectarian program of the Jewish Federation of St. Louis.

**PLEASE TURN OVER –
MORE PROGRAMS
ON REVERSE SIDE**

NORC September-October 2019 Events continued...

Ken Burns's *Mark Twain* Film Series

Watch the final part of the series about Twain's extraordinary life!
See "Bus Trips" below for info about NORC's Trip to Hannibal, MO.



Monday, 9/16 ▪ 1 – 2:30pm ▪ TGP ▪ RSVP to 442-3255

Ken Burns's *Lewis & Clark* Film Series

The film tells the remarkable story of the entire Corps of Discovery – not just of the two Captains, but the young army men, French-Canadian boatmen, Clark's African-American slave, and the Shoshone woman named Sacagawea, who brought along her infant son. As important to the story as these many characters, however, was the land itself, and the promises it held.

Monday, 11/18 ▪ 1 – 2:30pm ▪ TGP ▪ RSVP to 442-3255



2020 Medicare Part D Updates with Ladue Pharmacy's Rick Williams

Rick Williams returns to share information about what you need to know about changes to Medicare Part D and what you should look for when reviewing benefits annually. Plus, set up an individual consultation to discuss plans that best meet your individual needs.

Thursday, 10/31 ▪ 11am – 12pm ▪ TGP ▪ RSVP to 442-3255

Slaying Dragons Theatrical Troupe presents "The Loop"



This one-act play features Esther and her family's challenge with Alzheimer's disease. Followed by discussion. Afterwards, walk across the street and let the conversation continue over dinner at HJ's Café at Mirowitz Center.

Thurs, 11/21 ▪ 3 – 4:30pm ▪ Performing Arts Center at the J ▪ RSVP to 442-3255



Bus Trips

Urban Harvest Rooftop Farm: October 24, 2019: 9:30am – 2:30pm

Tour of the rooftop farm and garden. **NOTE: Tour is outdoors and requires walking, standing and climbing two flights of stairs.** Dress for weather and closed toed shoes. Payment due with RSVP. Cost of lunch is on own.
NORC Members: \$15/person. Non-members: \$20/person. **RSVP to Laura: 442-3255.**

Jean's Coach Bus Trip to Hannibal, MO: October 30, 2019: 8am – 5:30pm

This trip is dedicated to the life and memory of Jean Payuk and generously underwritten by *Women's Auxiliary Foundation for Jewish Aged*. Travel to historic river town and boyhood home of Mark Twain. Journey includes visits to multiple homes and museums with lunch at Ole Planter's Restaurant. **NOTE: Full mobility required.**

Space is limited and reservations due by 9/20. Cost includes coach bus, tickets and lunch. No refunds.

NORC Members: \$35 per person* Non-members: \$40 per person

Mail checks to Attn: NORC, JCC – 2 Millstone Campus Drive, 63146 **RSVP to Laura: 442-3255**



St. Louis Symphony Orchestra's Friday Coffee Concert at Powell Hall

Share outstanding music with friends-- plus enjoy free Community Coffee and Krispy Crème doughnuts!

11/15/19: Brahms' Fourth Symphony

12/6/19: Baroque Fireworks

1/31/20: Sleeping Beauty Symphony

3/31/20: Bolero

COST: NORC members: \$40* includes ticket + transportation and \$30* is ticket only (add \$5 for non-members)

****Buy tickets to all 4 concerts and get a discount! No refunds. Tickets are transferrable to a friend.**

NORC members attend 4 concerts with bus for \$150 or 4 concerts without bus for \$110

Non-members attend 4 concerts with bus for \$175 or 4 concerts without bus for \$135

Performance starts at 10:30am. Meet on Millstone Campus at 9:15am for bus. RSVP to Laura: 442-3255.