



Naturally Occurring
Retirement Community

November & December 2019 Events

Individual Medicare Part D Consultations (MC)

Friday, November 8 from 9am—12pm (by appointment)

Thursday, November 14 from 9am—12pm (by appointment)

Sign up for a 45-minute appointment with a CLAIM consultant to see which 2020 Medicare Part D plan is best for you. Bring list of current medications.

RSVP to Laura: 442-3255 or norc@jccstl.org

Slaying Dragons Theatrical Troupe presents “The Loop” (JCC)

Thursday, November 21: 3-4:30PM

This one-act play features Esther and her family’s challenge with Alzheimer’s disease. Performance will be followed by discussion facilitated by Ashley Stockman, MSW, Director of the Adult Day Center at the J. No charge.

RSVP to Laura: 442-3255 or norc@jccstl.org

St. Louis NORC’s 2020 Membership Renewal Breakfast

Thursday, November 22: 9-10:30am (JCC)



Whether you are renewing or signing up for the first time, submit your completed 2020 NORC application with payment in person or by mail before 11/12/2019 to enjoy complimentary breakfast AND a chance to win great attendance prizes. RSVP to 442-3255.

Breakfast is generously sponsored by Axel Transportation.

Thanksgiving Fun and Trivia with Max (TGP)

Wednesday, November 27: 11am – 12pm

Enjoy the spirit of Thanksgiving by gathering for holiday trivia and pie sampling.

Led by Max Oppenheimer of Brentmoor Retirement Community.

RSVP to Laura: 442-3255 or norc@jccstl.org



Our Founding Fathers & What Their Words Mean Today

Thursday, December 5 from 1—2pm (TGP)

Join Sandy Diamond, M.Ed., civic educator, in exploring quotes from folks like Thomas Jefferson, Benjamin Franklin, George Washington and others. Engage in lively discussion to determine if our "Father's" words that were written centuries ago have meaning today. RSVP to Laura: 442-3255 or norc@jccstl.org.

Learn iPhone Basics with Larry Edison (TGP)

Monday, December 9 from 4-5:30pm: Camera, Photo & iCloud

Monday, December 16 from 4-5:30pm: Mail, Contacts & Calendars

Bring a fully charged iPhone and our skilled volunteer will teach you tricks and tips that will simplify and maybe even add joy to your life. Space is limited.

RSVP to Laura: 442-3255 or norc@jccstl.org.

JCC Offers Peek at 2020 Group Fitness Classes (TGP)

Thursday, January 9 from 1-2pm

The J offers physical fitness classes to meet a variety of interests and activity levels. Join Priscilla Westbrook, JCC Fitness Manager, as she shares options and benefits that will help you start the new year off right!

CONTACT INFO

Program Reservations

Laura: 442-3255 or norc@jccstl.org
2 Millstone Campus Drive

Volunteer Requests

Joan: 442-3834 or jhirst@jfedstl.org
8 Millstone Campus Drive

Other Inquiries

Sarah: 442-3859 or slevinson@jfedstl.org
12 Millstone Campus Drive

PROG LOCATIONS

TGP

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

JCC

Arts & Education Bldg,
2 Millstone Campus Drive

MC

Mirowitz Center
8 Millstone Campus Dr



Jewish Federation
OF ST. LOUIS

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

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

St. Louis NORC Nov-Dec 2019 Events continued...

Drawing Course with Ed Farber \$5 for 3-week course (TGP)

Led by Artist and NORC, no experience needed for this 3-week class. \$5 contribution appreciated.

Space is limited. RSVP to 442-3255 or norc@jccstl.org
Mondays, 11/11, 11/18, & 11/25: 11am – 12pm

Creative Expressions Art Group with Artist Joanna Szapszewicz (TGP)

Express thoughts and emotions through creativity at this monthly art group. Artist journal required for class.

Space is limited. \$3 per class. **RSVP to 442-3255**
Wednesdays, 11/20 & 12/18: 10:30am – 12pm



Ask the Nurse and Blood Pressure Check with All Ways Caring Home Care (TGP)

Meet with Nurse Holly on the 2nd Tuesday of the month for blood pressure checks and questions regarding health and wellness.

RSVP: 442-3255 or norc@jccstl.org
Tues, 11/12 and 12/10 ▪ 10:30 – 11:30am



Lunch & Learn with AW Health Care: Winter Blues And You (TGP)

Bring lunch and discuss strategies for preventing and managing holiday and winter stress. Take away tips for staying healthy and happy! Dessert provided by AW Health Care. RSVP: 442-3255 or norc@jccstl.org

Monday, 12/9 ▪ 12– 1pm

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

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

Fri, 11/15 ▪ 1 – 2:30pm ▪ *Adventures of Huckleberry Finn* by Mark Twain

Fri, 12/20 ▪ 1 – 2:30pm ▪ *Founding Mothers* by Cokie Roberts



Ken Burns' Lewis & Clark Film Series

Meriwether Lewis and William Clark led the most important expedition in American history. It was the US' first exploration of the West and one of the nation's most enduring adventures. The film tells the remarkable story of the entire Corps of Discovery, including young army men, French-Canadian boatmen, Clark's African-American slave, and the Shoshone woman named Sacagawea, who brought along her infant son. Viewed in several parts.

Mondays, 11/18, 12/16, and 1/20 ▪ 1 – 2pm ▪ TGP ▪ RSVP to 442-3255

St. Louis NORC Bus Trips

Coffee Concerts at Powell Hall

Share music from the St. Louis Symphony Orchestra with friends and enjoy Community Coffee and Krispy Crème doughnuts. **RSVP 442-3255**

Fridays: 9:30am – 1:30pm

11/15: *Brahms' Fourth Symphony*

12/6: *Baroque Fireworks*

1/31: *Sleeping Beauty Symphony*

3/31: *Bolero*



NORC members: \$40 ticket w/ bus (\$30 ticket only)

Non-members: \$45 ticket w/ bus (\$40 ticket only)

Inquire about discount when buying several tickets.



Pullitzer Prize & St. Louis Post-Dispatch Photographs Exhibit at History Museum

This traveling exhibit features the most comprehensive collection of Pulitzer Prize-winning photographs ever assembled. Presented alongside the Pulitzer exhibit are moments in history captured by photojournalists from the *Post-Dispatch*. Payment is due at time of RSVP.

Thurs, 12/19 ▪ 9:30am–2pm ▪ \$10/person

Advance registration required. ▪ RSVP 442-3255

Dinner Out with St. Louis NORC

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

Wednesday, 11/20 ▪ Frank & Helen's Pizzeria (8111 Olive Blvd, University City) ▪ 4:30- 6:30 pm

Wednesday, 12/18 ▪ Houlihan's (1085 N Mason, Creve Coeur) ▪ 4:30- 6:30 pm