

January & February Events with St. Louis NORC

st.louis **norc**
Naturally Occurring
Retirement Community

Information Session: Fitness for ALL with the J's Priscilla

Learn about the variety of fun fitness classes available to meet your interest and activity level. JCC Fitness Manager Priscilla Westbrooks will share options and benefits you can take advantage of at the JCC. **RSVP to 442-3255**

Thursday, 1/9 ■ 1 – 2pm ■ The Gathering Place

Play Reading Group: Neil Simon's *Biloxi Blues* (3 sessions)

Enjoy the thrill of reading aloud plays with others in this unique, artistic experience for three weeks. Materials provided and space is limited.

Led by NORC Member Dan Weinberg. **RSVP to 442-3255**

Fridays, 1/10, 1/17, 1/24 ■ 10:30am – 12pm ■ The Gathering Place

Sandy Diamond*, M. Ed., Community Educator* presents A 2-part series on "The Road to the White House"

* Nationally recognized civic educator and retired Kids Voting Missouri director

The Impact of the 2020 Caucuses and Primaries

Sandra shares an overview of the Iowa Caucuses, New Hampshire Primary, and leads a spirited discussion in how these might impact the road to the White House.

Experience a mock Caucus like the one held in Iowa.

Thursday, 1/23 ■ 1 – 2pm ■ TGP ■ **RSVP to 442-3255**

Getting Ready for the Missouri (MO) Primaries

Understand the differences between an open and closed primary, review the candidates on all party ballots, and discuss the impact of MO's Presidential Primary on the road to the White House. Experience a mock MO Presidential Primary. Voter registration forms and change of address forms will be available.

Thursday, 2/6 ■ 1 – 2pm ■ TGP ■ **RSVP to 442-3255**

Programs Offered in Partnership with



Get Going, Get Out and Get Around

Start the New Year off right! *Get Going* with tips on stretching and exercise! *Get Out* and explore new activities and volunteer opportunities to try! *Get Around*, even if not driving oneself. Featuring experts with RPI Therapy Services, ITN Gateway, St. Louis NORC and Mirowitz Center. **RSVP to 442-3255**

Tuesday, 1/14 ■ 10 – 11am ■ Mirowitz Center

Better Business Bureau (BBB) presents

Frauds and Scams Targeting our Community

Come learn and familiarize yourself on scams, the anatomy of fraud and how you can avoid being a target. Arm yourself with knowledge to prevent victimization.

Wednesday, 2/19 ■ 2:30 – 3:30pm ■ Mirowitz Center ■ **RSVP to 442-3255**

ROLLING
into 2020

st.louis **norc**

CONTACT INFO

Program Reservations

Laura: 442-3255 or
norc@jccstl.org

Volunteer Requests

Joan: 442-3834 or
jihirst@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
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 January and February 2020 Events continued...

Creative Expressions Art Group with Artist Joanna Szpazewicz

Express thoughts and emotions through creativity at this monthly art group. Artist journal required for class. Space is limited. **RSVP to 442-3255**

Weds, 1/15 & 2/19 ■ 10:30am – 12pm ■ TGP

Travel Talk: South Africa

Experience the trip of a lifetime through the eyes of Kristen Conard, Assistant Director of the Adult Day Center at the J. **RSVP to 442-3255**

Thursday, 6/20 ■ 1 – 2pm ■ TGP

Drawing Group with Ed Farber

Led by artist and NORC Member, no experience is needed to learn new techniques and have fun in this 3-week class. \$5 contribution appreciated.

Space is limited. **RSVP to 442-3255 ■ TGP ■
Mondays, 2/24, 3/2* & 3/9 ■ 11am – 12pm**

*class starts at 10:30am on 3/2

Life in Israel: Young Adults' Perspective

Living in Israel, Shaked Birenbaum and Guy Nachum are deferring their army service for one year to come to share their home and culture with St. Louisans (TGP)

Friday, 2/7 ■ 1 – 2pm ■ TGP ■ RSVP to 442-3255

Meet Amber Lenz, Doctoral Candidate in Occupational Therapy, and NORC's Spring Intern

Please join us in welcoming Amber, who will be playing a vital role on our team this spring as an intern. Her research focuses on the importance of social participation for older adults living at home, and how occupational therapists can incorporate social participation into their practice. She looks forward to sharing what she's learned through her research and learning from all of you.

Wednesday, 2/26 ■ 12 – 1pm ■ TGP ■ RSVP to 442-3255

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, 1/17 ■ 1 – 2:30pm ■ "The Book Woman of Troublesome Creek" by Kim Michele Richardson

Friday, 2/21 ■ 1 – 2:30pm ■ "The Moment of Lift" by Melinda Gates

We LOVE Lucy! Trivia & Laughter with NORC's own Laura Press Millner!!

Celebrate Sweetheart Day with Lucille Ball, one of America's favorite comedians and red heads! Watch video clips, participate in trivia and share in the laughter.

Tuesday, 2/14 ■ 10:30 – 11:30am ■ TGP ■ RSVP to 442-3255



Dinner Out with St. Louis NORC

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

Thursday, 1/16 ■ Rib City (1181 Colonnade Ctr, Des Peres) ■ 4:30 - 6:30 pm

Thursday, 2/17 ■ The Post Sports Bar & Grill (763 Old Ballas Rd, Creve Coeur) ■ 4:30 - 6:30 pm

St. Louis NORC Bus Trips

KWMU Public Radio Station Tour

Enjoy a station tour and see what goes on behind the scenes. Followed by lunch at Adriana's on the Hill. Payment is due at time of RSVP. Space limited.

Tuesday, 1/22 ■ 9:30am – 2:30pm

\$10/person plus lunch* ■ RSVP 442-3255

Advance registration required.

*non-members pay an extra \$5

Channel 9/PBS Television Studio Tour

Learn about the production of your favorite shows and programs. View studios, master controls, green rooms, and more.

Walking, standing and full mobility required.

Thursday, 2/20 ■ 9:30am – 2pm

\$10/person plus lunch ■ RSVP 442-3255

Advance registration required

*non-members pay an extra \$5