



# March & April 2020 Events with St. Louis NORC Neighbors & Friends

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

## iPhone Basics with Larry Edison (2 part series)

Bring fully charged Apple iPhone and learn the basics. Space limited.

**Mondays, 3/2 & 3/9 4-5:30pm TGP RSVP to 442-3255**



## Lunch & Learn: Mental Health Basics & You

AW Health Care presents on how to prevent, manage and maintain good mental health. Bring brown bag lunch and enjoy discussion. Dessert provided.

**Thursday, 3/5 12-1pm TGP RSVP to 442-3255**



## Ask the Nurse and Blood Pressure Check

Presented by All Ways Caring Home Care, meet with a nurse for blood pressure checks and discuss your questions regarding health and wellness. **RSVP: 442-3255**

**Tuesdays, 3/10 & 4/14 10:30am - 11:30am TGP**

## Travel Talk with Linda Nash: Highlights of Egypt

World traveler, dynamic speaker, author and NORC member will take you on a fascinating journey to Egypt, from ancient ruins to the middle ages.

**Monday, 3/23 1-2pm TGP RSVP to 442-3255**



## Elderhood Book Talk by Louise Aronson, MD, MFA

Geriatrician and award-winning author uncovers revolutionary conclusions that will challenge our assumptions about aging and elderhood. Dessert reception to follow. Book available to purchase.

**Wednesday, 3/25 7pm JCC, A&E 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, 3/20 1-2:30pm "A Moment of Life" by Melinda Gates**

**Friday, 4/17 1-2:30pm Call for book title**

## Passover Reminiscence and Reflections with Max

Learn, share and connect over a discussion around this annual spring holiday led by Max Oppenheimer of Brentmoor Retirement Community. All are welcome.

**Thursday, 3/26 10:30-11:30am TGP RSVP to 442-3255**

## Strike the Right Balance, presented by OASIS

Join a vestibular physical therapist to learn about your body's balance systems while discussing strategies to decrease your fall risk and improve your balance. This fun and interactive presentation will help you build confidence in your balance to maintain an active and healthy lifestyle. *Advance registration is required.*

**Monday, 4/6 1-3pm TGP RSVP to 442-3255**

## St. Louis Storytelling Festival with Linda Stewart

Enjoy professional story tellers sharing tradition, culture, values and more in this evolving, dynamic art form. Tales that will inspire, entertain and stir emotion. Offered through St. Louis Story Telling Festival. *Space is limited.*

**Thursday, 4/30 11am-12pm TGP RSVP to 442-3255**



## 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

The 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**

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**MORE PROGRAMS  
ON REVERSE SIDE**

# St. Louis NORC Spring 2020 Events continued...



## Creative Expressions Art Group with Artist Joanna Szapszewicz

Express thoughts and emotions through creativity at this monthly art group. Artist journal required for class. Special Earth Day project on 4/22. Space limited.



**Wednesdays, 3/18 & 4/22 10:30am–12pm TGP RSVP to 442-3255**



## New Monthly Film Series: Ken Burns presents

### ***Not for Ourselves Alone: The Story of Elizabeth Cady Stanton & Susan B. Anthony***

Elizabeth Cady Stanton and Susan B. Anthony shared the belief that equality was the birthright of every woman and for a half a century led the fight to make that dream a reality. Learn about the dramatic, little known story of one of the most compelling friendships in American history. Viewed in 3 parts.

**Mondays, 4/20, 5/18 1–2pm TGP RSVP to 442-3255**



## Community Concert featuring the OASIS JAZZ ENSEMBLE

Special performance offered in partnership with B'nai Brith of MO and St. Louis Senior Olympics.

No charge. All are welcome. **RSVP to 442-3255**

**Weds, 4/29 1:30pm–2:30pm The J, Arts & Education Building**



## **FISH FRY Dine Outs with St. Louis NORC**

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

**Friday, 3/13 St. Richard's (11223 Schuetz Road) 4:30-5:30 pm CASH ONLY**

**Friday, 4/3 St. Richard's (11223 Schuetz Road) 4:30-5:30 pm CASH ONLY**

## **St. Louis NORC Bus Trips**

\*FOR ALL TRIPS: Payment required at reservation –checks payable to NORC.

Mail to JCC, Attn: Laura w NORC, #2 Millstone Campus Drive, 63146

Meet at the Gathering Place at the J ▪RSVP - Laura 442-3255 ▪ Space is limited.



## **MADCO – RESILIENCE Dress Rehearsal Bus Trip with the Mirowitz Center**

MADCO( Modern American Dance Company) invites us to a dress rehearsal of “RESILIENCE,” a restorative path from trauma to healing through stories of survivors. **RSVP to 442-3255**

**Fri, 3/27 9:30am-12:30pm \$3 cash for bus + suggested donation to MADCO**

## **Da Vinci: The Exhibition at St. Louis Science Center**

Discover the world of Renaissance Master Leonardo da Vinci and his passion for science and nature. Sixty life-size interactive recreations of inventions and 20 replicas of his art. Cost of lunch on own at Science Center Cafe or neighboring Bloom Cafe. *NORC members:*

\$20/person. *Non-NORC members:* \$25/person. **RSVP to 442-3255**

**Thursday, 4/2 9:30am–2pm Advance registration required.**



## **Spring Coach Bus Trip to Belleville, Illinois**

Day trip to historic town includes guided tours of town and historic homes, lunch and shopping at Eckert's Farm, and stops at St. Peter's Cathedral and September 11 Memorial.

**Wednesday, 5/6 8:30am–5pm See trip flyer for details**

