



# University City Senior Services Highlights

## NEW & UPCOMING EVENTS:



- **Coffee Talk – Beginning November 9 – Wednesday afternoons at 1:30 p.m. at McArthur's Bakery, 6630 Delmar, in their community meeting room.**

Come by on a to have a cup of coffee, meet Marcia Mermelstein, U City Senior Services Coordinator, meet up with friends, or come to meet new people! This informal gathering will give us a chance to talk about different topics each week related to growing older in the 21<sup>st</sup> century, occasionally bringing in guest experts. First week's topic will be "Getting Over Getting Older," and participants will be asked for suggestions for future topics for discussion that might have to do with aging-related current events, magazine articles, or books of interest.

-  **Elderlink St. Louis Staff Person at the Library – Elderlink St. Louis is a service of Jewish Family and Children's Service that helps connect seniors, caregivers, and professionals to advice and information on everything from aging in place and caregiver resources to employment, end-of-life masters-level social workers with expertise in older adult issue. Come talk in person to ask questions and learn about helpful resources **the third Friday of each month, starting November 18, from 12:00 – 2:00 p.m., immediately following the monthly AARP University City chapter meeting.****



- **Come learn about "Table Wisdom" – Volunteer to Be a Part of a Life-Changing Conversation**

Informational Meeting - **Monday, November 14 at 1:30 p.m. at Heman Park Community Center, 975 Pennsylvania, presentation by founder and CEO of Table Wisdom, Rey Castuciano**

This program is looking for older adult native English-speaking volunteers interested in being matched with foreign-born young adults who are learning the English language---just once a week pairs schedule a time to

get together to chat for 45 minutes at a library, café, etc., so that students can practice social and conversational English.

**\*\*\*RSVP is requested\*\*\* – Please contact Marcia Mermelstein at 314-505-8563 or email her at [mmermelstein@ucitymo.org](mailto:mmermelstein@ucitymo.org) to let her know if you are planning on attending.**



- **Open Enrollment Information Program on Medicare Part D and Medicare Advantage Plans –**

Tuesday, November 15, 2016, 10:00 – 2:00 p.m.,  
U-City Public Library, 6701 Delmar (in the auditorium)

Call for an appointment: 1-800-390-3330      Walk-ins Are Welcome



- **First Friday Free Film Series** – Free feature-length movies (with popcorn!) will be shown the first Friday of each month at **10:30 a.m. at the U-City Public Library Auditorium, starting December 2 and running through April 7** (no movie in May---additional movies will be scheduled starting in June if there is interest in continuing the series.)

December 2 movie will be “Young at Heart,” a wonderful 2007 documentary that tells the true story of the final weeks of rehearsal for the Young at Heart Chorus from Northampton, MA., as they prepare for a concert. The music they sing is unexpected and challenging, because the selections are all from the world of rock and roll. *Movie lovers who attend from month to month will be asked for suggestions for upcoming movie selections!*

#### **WAYS TO GET INVOLVED WITH U-CITY SENIOR SERVICES**

- Volunteer to be a member of a new Seniors Program Planning Committee
- Volunteer to serve on the University City Senior Commission
- Share your contact information (address, email address, phone number) so that you can be added to the U City senior’s mailing list. Call Marcia Mermelstein at 314-505-8563, or send her an email at [mmermelstein@ucitymo.org](mailto:mmermelstein@ucitymo.org)