

FALL 2016/WINTER 2017



# University Without Walls

TELEPHONE & ONLINE PROGRAMS FOR OLDER ADULTS

## COURSE TOPICS

- Museum Discussions
- Music/Performing Arts
- Literature
- Health & Wellness
- Support Groups
- Judaic Studies
- Holidays and Historic Dates
- Human Interest
- Resources for Caregivers



*No charge  
for single-session  
courses! See page  
17 for details.*

To Join Us Call  
1-877-819-9147

Get Connected From  
Your Own Home



For more than three decades, DOROT has been an innovative leader in the field of aging services and volunteerism. DOROT alleviates social isolation among the elderly and provides services to help them live independently as valued members of the community. We serve the Jewish and wider community, **bringing the generations together** in a mutually beneficial partnership of elders, volunteers and professionals.

## About University Without Walls

### What is UWW?

With DOROT's University Without Walls (UWW), older adults only need a phone or a computer to join a vibrant community of lifelong learning and peer support. Our classes over the phone and online enable older adults to explore art and culture, discuss current events, share memories, practice new skills and enhance their health and that of their loved ones from the comfort of their homes. DOROT engages professional facilitators from renowned institutions that bring expert knowledge to small groups, giving each participant an opportunity to discover and contribute. DOROT created UWW in 1989. The program continues to bring laughter, friendship, learning and support to individuals in their own homes.

### How long are the classes and is there a fee?

Most classes are 50 minutes long. One-time sessions are free of charge. All other courses are \$15 each. There is no registration fee. Scholarships are available.

### How can I enroll?

- You can register starting **TUESDAY, AUGUST 16, 2016**.
- You can register by **MAIL** (complete the registration form on pages 17-20 and use the envelope enclosed).
- You can register by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147.
- You can **FAX** your registration form to: 212-769-4989.
- You can register **ONLINE** at [www.dorotusa.org](http://www.dorotusa.org).

### How many classes may I register for?

In order to give all participants an opportunity to register, there may be a limit to the number of courses you can take each semester. Classes are small so everyone can participate in the discussions.

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## ABOUT CAREGIVERS' CONNECTIONS

DOROT's educational and support network for caregivers is offered in partnership with hospitals, social service agencies, and health care professionals. Weekly support groups and workshops give caregivers the opportunity to speak with experts, learn about resources, and meet other caregivers. These support groups and workshops are conducted over the telephone to accommodate busy schedules and eliminate the difficulty of traveling to a meeting site. For more information or to register, please call 212-769-2850.

# Museum Discussions

## Defining Decorative Arts NEW

1 Friday at 2 PM, December 2

*Tracy Grosner, Educator, Bard Graduate Center: Decorative Arts, Design History, Material Culture*

Join an expert educator to discuss decorative art objects and examine their materials, design process, and significance. Images will be provided.

## The Intersected History of Immigration and Transportation in New York City

3 Mondays at 12 PM, November 28, December 5, 12

*Polly Desjarlais, Senior Museum Educator, New York Transit Museum*

Explore how transportation history intersected with the influx of immigrants in the late 19th and early 20th centuries. From the immigrant workforce, who built the subway, to the influence of mass transit on the ways different neighborhoods were settled, this history will come alive through discussion, photographs, and shared stories.

## Moving the Masses: The History of the Subway before 1940

3 Mondays at 12 PM, November 7, 14, 21

*Polly Desjarlais, Senior Museum Educator, New York Transit Museum*

Through historic images, discussion, and shared memories, embark on a journey through the remarkable history and development of New York City's subway system up to the 1940s. From the IRT to the IND, explore engineering marvels, how the system shaped the city, and the evolution from private to municipal operation.

## Pierre Chareau: Modern Architecture and Design NEW

2 Tuesdays at 11 AM, December 6, 13

*Liliane Yurkofsky, Docent, The Jewish Museum*

This course focuses on the work of French designer & architect Pierre Chareau, whose work uniquely balanced the opulence of traditional

French decorative arts with the clean lines and industrial materials of Modernism. Through his highly distinctive artistic language, Chareau established himself at the intersection of tradition and innovation, becoming a major figure in 20th century design. Images will be provided.

## Pop Art NEW

5 Thursdays at 10 AM, November 3, 10, 17, December 1, 8

*Diana Bush, PhD; Educator, The Museum of Modern Art*

Through lecture and discussion, this course will survey the international development of Pop Art from Richard Hamilton and the Independent Group in Great Britain to Andy Warhol, Roy Lichtenstein, James Rosenquist, Marisol, and others. How did Pop's engagement of mass culture change in specific contexts, and why? Images will be provided.

## The Science of Flight NEW

5 Fridays at 12 PM, October 7, 14, 21, 28, November 4

*Tom Barry, Manager, Community Engagement, Intrepid Sea, Air & Space Museum Complex*

Airplanes took off from and landed on the flight deck of the aircraft carrier Intrepid during WWII, the Cold War, and the Vietnam War. Learn all about aircraft design, how Intrepid launched and recovered aircraft, and how pilots use the laws of motion and other principles to soar through the air.

## Whitney Women NEW

3 Thursdays at 1 PM, December 1, 8, 15

*Floyd Sklaver, Educator, Whitney Museum of American Art*

Join us for an in-depth look at the work of women artists in the Whitney's permanent collection. Images will be provided.

# The Arts

## Visual Arts

### Creative Aging: Pen and Ink Wash Techniques: Section A NEW

4 Tuesdays at 10 AM,  
September 6, 13, 20, 27

(This course is also offered online.)

*Ebenezer Singh, Brooklyn Public Library*

If you want to learn new art forms, we invite you to unleash your creativity with teaching artist Ebenezer Singh. Understand the themes and techniques of Pen and Ink Wash with the aim of exploring and creating your own works of art. Participants will receive free art supplies for this course.

### How Do I Know What I Like? NEW

4 Wednesdays at 2 PM,  
November 2, 9, 16, 23

*Jeanne Frank, Volunteer, DOROT*

Join author and art dealer Jeanne Frank to learn techniques for identifying what type of art you like. Let's start with the artists that we all know such as Van Gogh and Picasso and go from there. Learn how art can be approachable and fun for everyone!

*"I love it and I'm so glad  
it's available to us."*

## Music/Performing Arts

### The Beauty of Opera

4 Thursdays at 4 PM, September 29,  
October 6, 13, 20

*TBA, Graduate Student,  
Manhattan School of Music*

Opera aficionados and newbies alike—join us for an unforgettable journey that will have you listening, singing, and celebrating opera! Together we'll explore the composers, plots, and arias of well-known operas.

### Classic Musicals

6 Mondays at 2 PM, November 7, 14, 21, 28,  
December 5, 12

*Leo Schaff, Singer; Songwriter*

*Sound of Music, Fiorello, Oklahoma* – we'll listen to the original Broadway cast recordings, hear the story of the shows, and marvel all over again how these hits became hits.

### Jazz: America's Great Music

4 Tuesdays at 11 AM,  
November 8, 15, 22, 29

*TBA, Graduate Student,  
Manhattan School of Music*

Get in the mix of cool and crazy cats for a course all about that jazz. Together, we'll listen, discuss, and appreciate the historic and living American art form of jazz. Join us to celebrate the greats!

# The Arts

## Just Conversation

4 Fridays at 1 PM, December 16, 23, 30,  
January 6

*Harriet Walle, BA, Interdisciplinary Studies,  
New York University*

We will discuss our favorite movies and film stars  
and why we love them.

## Memories and the Music of Our Lives

4 Wednesdays at 4 PM, October 26,  
November 2, 9, 16

*Katrina Dixon, Volunteer, DOROT*

Studies show that music sharpens your mind.  
Join us to exercise your brain by reminiscing  
about songs that have played important roles in  
our lives. We'll listen to songs, share our  
memories, and look at how and why songs are  
special to us.

## Sing-Along Broadway

6 Mondays at 3 PM, November 7, 14, 21, 28,  
December 5, 12

*Leo Schaff, Singer; Songwriter*

This round we'll be singing along to songs from  
*The King and I, Fiddler On The Roof, Sound of  
Music* and more... Warm up, everyone!

## “Whistleblowers” in Holly- wood – Method or Madness?

NEW

4 Fridays at 1 PM, October 28,  
November 4, 11, 18

*Harriet Walle, BA, Interdisciplinary Studies,  
New York University*

We will discuss the noteworthy acting styles of  
Laurence Olivier in *Hamlet* [1948], Marlon Brando  
in *On the Waterfront* [1954], Julia Roberts in  
*Erin Brockovich* [2000] and George Clooney in  
*Michael Clayton* [2007]. Is there a method to  
these “whistleblower” characters’ madness  
regarding royal unions, workers’ unions and  
unscrupulous corporate institutions?

*“I’ve made friends I  
wouldn’t have made  
otherwise, my mind is  
stimulated and engaged,  
and I feel appreciated,  
healthier, happier, and a  
better person.”*

## Literature

### Audiobooks, Apps, and Assistance: A Library of Possibilities from the National Library Service

1 Thursday at 11 AM, November 3

*Jill Rothstein & Chancy Fleet, Acting Chief and Managing Librarian for Public Service and Outreach & Assistive Technology Coordinator, Andrew Heiskell Library, NYPL*

Do you love books but have difficulty reading print? We'll discuss what our library can offer you, including talking books and players, downloadable audiobooks, audio magazines, technology workshops, programs, and assistance over the phone – all FREE! We'll also discuss additional literacy resources, and some helpful apps and podcasts.

### Book Discussion Group with the Brooklyn Public Library

4 Fridays at 2 PM, September 9, October 14,  
November 11, December 9

*Volunteer, Brooklyn Public Library*

Join Brooklyn Public Library monthly literary discussion group where you can exchange ideas, explore various topics, and share your reading enjoyment. Book selections will be provided.

### Connections in Literature

3 Mondays at 4 PM, September 12,  
November 14, December 12

(This course meets monthly.)  
(No session in October)

*Janice Friedman & Jo Beth Robert,  
Volunteers, DOROT*

Join this monthly book discussion group to discuss connections in literature. We'll read the following books: *A Man Called Ove* by Fredrik Backman, *As Close to Us as Breathing* by Elizabeth Poliner, and *Miller's Crossing* by Anna Quindlin. Book selections will be provided.

### Friendship: Connection and Community

6 Tuesdays at 10 AM, November 8, 15,  
22, 29, December 6, 13

*Constance H. Gemson, LMSW; Social Work  
Consultant; Writer*

This interactive workshop describes the power, possibilities, and problems of friends. Through your ideas, insights, and the use of contemporary poetry, we will explore these intimate ties. Join us to share your ideas with others!

*“I enjoyed it very much.  
There was a lot of  
interaction between the  
students and the facilitator,  
and I like that.”*

# To Your Health

## 2016 Medicare Updates

1 Tuesday at 2 PM, November 22

*Eric Hausman, HIICAP Outreach Coordinator,  
New York City Department for the Aging*

Get the latest information on changes to Medicare for 2016. Discussion will reflect new premiums, plan choices, and protections. Take this opportunity to get your Medicare questions answered.

## Daily Tips for Vision Loss

4 Wednesdays at 4 PM,  
November 2, 9, 16, 30

(No session on November 23)

*Mindy Jacobsen, Cantor;  
Discussion Group Leader*

Join a weekly discussion group to learn coping techniques such as how to get your mail read, identify products in your cabinet, and maintain your balance. Bring your questions, and we'll all share our wisdom!

## Developing an Attitude of Gratitude

3 Tuesdays at 2 PM, November 1, 8, 15

*Nechama Liss-Levinson, PhD; Psychologist;  
Author*

Psychologists have found that having “an attitude of gratitude” is one of the most important factors in feeling happy in your life. This course will help you develop this attitude through the use of several strategies which will increase your awareness of what you might feel thankful for.

## DNA Is Not Destiny: How You Can Control Your Genes

1 Monday at 11 AM, November 14

*Marcia Berry, MA; Nutritional Consultant;  
Certified Holistic Health Counselor*

Researchers are now discovering that genes can be switched on or off. Our diet, stress levels, and habits can affect our DNA. Come learn about the newest findings, and how you can use this information to alter your own genetic expression to create a healthier future.

## DOROT's In-Sight Program for the Visually Impaired

16 Tuesdays at 4 PM, September 6, 13,  
20, 27, November 1, 8, 15, 22, 29,  
December 6, 13, 20, 27, January 3, 10, 17

(No sessions on October 4, 11, 18, 25, January 31)

*Carole Yablonowitz, Group Discussion Leader*

Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

## Goal Directed Therapy: Taking Control of Your Life

8 Fridays at 10 AM, September 30,  
October 7, 14, 21, 28, November 4, 11, 18

*Thelma Golub, MS; Behavior Modification  
Therapist*

Feeling frustrated, lonely, out of control? You are not alone, and you are stronger and more capable than you think. Gain the tools and techniques to make your life more rewarding.

# To Your Health

## Happiness and Joy NEW

6 Wednesdays at 10 AM,  
September 7, 14, 21, 28, October 5, 19  
(No session on October 12)

*Constance H. Gemson, LMSW; Social Work  
Consultant; Writer*

Discover sources of pleasure for a short time or a long duration. Find out more ways to add gladness to your life. Find meaning and significance in every day events. Learn from others and add your thoughts to an animated discussion.

## How to Deal with Conflicting Advice from Healthcare Professionals NEW

1 Tuesday at 10 AM, October 11

*Veronica Pinto-Miranda, MD, Hertzberg  
Palliative Care Institute, Brookdale  
Department of Geriatrics and Palliative  
Medicine, the Icahn School of Medicine at  
Mount Sinai*

Healthcare professionals may inadvertently give contradictory recommendations to patients, making them feel surprised, frightened, suspicious, curious, disappointed, or confused. We will discuss how we can proceed to make the best decisions for ourselves or our loved ones when facing such situations where our well-being is at stake.

## Listen To Your Body NEW

1 Monday at 11 AM, September 12

*Marcia Berry, MA; Nutritional Consultant;  
Certified Holistic Health Counselor*

When we pay attention to our body, we discover hidden secrets about our health. Learn how to use all your senses to tune into your inner state, get in touch with your body's needs, and care for your body on a deeper level.

## Mindfulness to the Core NEW

4 Tuesdays at 10 AM,  
November 1, 8, 15, 22

*Gary Goldman, Attorney; Mind Body Teacher*

More studies continue to be published proving that mind body medicine techniques lower blood pressure and stress hormone levels, relieve chronic pain, and improve immune function. We will review the most common causes of chronic pain, learn techniques for self-care, self-awareness, and mindfulness and help you manage the stressors in your life.

## Natural Techniques to Improve Your Eyesight

1 Monday at 11 AM, September 19

*Marcia Berry, MA; Nutritional Consultant;  
Certified Holistic Health Counselor*

We're used to blaming outside forces for deteriorating vision—aging, eyestrain, radiation, heredity. But we have more control over our eyesight than many of us realize. This talk will reveal which foods and lifestyle practices can help improve our eyesight naturally without glasses or surgery.



## Natural Techniques to Relieve Depression

1 Monday at 11 AM, October 31

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

Learn how food can help banish the blues and build a more blissful brain.

## Natural Techniques to Sleep Soundly

1 Monday at 11 AM, September 26

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

Learn how to work with food, herbs, our natural biorhythms, light therapy, and other techniques to help us get to sleep soundly through the night and awaken refreshed in the morning.

## Practicing Consciousness for the Rest of Your Life

6 Wednesdays at 12 PM, September 28, October 5, 19, 26, November 2, 9

(No session on October 12)

*Harvey Newman, Circle of Life-Mastery, Inc, Interfaith Minister; Founder and Facilitator*

We will focus on the AGREE acronym (Attention, Gratitude, Receptivity, Enthusiasm, and Enjoyment) and use this opportunity to share our self-validating successes and insights.

## Progressive Relaxation with Guided Imagery

(Participants will be limited to Section A or B.)

Section A: 3 Mondays at 4 PM, September 12, 19, 26

Section B: 4 Mondays at 4 PM, November 7, 14, 21, 28

*Linda Lee Davida, BA; Holistic Health Counselor; Certified Private Meditation Instructor*

Through meditation and imagery, you can live a healthier and more meaningful life. Learn to breathe, visualize and heal your mind, body and spirit.

## Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

NEW

4 Fridays at 10 AM, October 7, 14, 21, 28

*Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3d Degree*

Gain the calming and energizing benefits of tai chi – all while seated in the comfort of your favorite home chair. Learn simple but energizing Tai Chi Easy™ and qigong arm movements to increase your chi (“life-force”). Then enjoy a guided relaxation visualization, meditation, and optional sharing.

# To Your Health

## Self-Massage for Stress Relief

1 Friday at 12 PM, December 16

*Alix Keast, Asian Bodywork Therapist;  
Licensed Massage Therapist*

A specific sequence will be taught that includes various breathing techniques, gentle stretches, and pressure on acupuncture points that can help bring us into a calmer, centered place. You can do the whole sequence or any part of it that appeals to you. Every part will help relieve stress.

## Sexual Health in the Aging Adult

Date & Time TBA

*Jeremy Whyman, MD, Hertzberg Palliative Care Institute, Brookdale Department of Geriatrics and Palliative Medicine, the Icahn School of Medicine at Mount Sinai*

What worries you regarding your sexual health? Is it lack of desire? Lack of partners? We will spend some time discussing normal, expected changes in sexual health as adults age, what can we do about it, and how to build a better dialogue with your physician regarding your sexual health.

## Yoga as Therapy: Health Benefits of Therapeutic Yoga

1 Thursday at 2 PM, September 29

*Deborah Matza, Yoga Therapist, RN, MPH, RYT-500, Hertzberg Palliative Care Institute, Brookdale Department of Geriatrics and Palliative Medicine, the Icahn School of Medicine at Mount Sinai*

Therapeutic Yoga is a safe and gentle practice that can be helpful for people with injuries or illness, the frail or elderly, or for managing the stress of daily life. We will discuss elements of yoga practice and how they can be adapted to suit any life style.

## Your Eyes as You Age

2 Wednesdays at 10 AM, September 21, 28

*Beth Ann Ditkoff, MD; Medical Author;  
Former Surgeon*

This course will review the normal structure and function of your eyes. We will cover common eye illnesses, such as cataracts and glaucoma—with emphasis on prevention. Finally, we will discuss available tools if you already have low vision.

*“I love it. The classes bring culture, entertainment and discussions to one’s home. A marvelous program.”*

# Judaic Studies

## Ethical Teachings of the Jewish Sages

7 Tuesdays at 1 PM, November 22, 29, December 6, 13, 20, 27, January 3

*Lee Slavutin, MD, CLU*

Pirkei Avot, the Teachings of Our Fathers, is the only section of Talmud entirely devoted to ethical teachings. The six chapters of ethical guidance cover all areas of our life. Join us in learning the teachings of the great Sages that can alter how we live and relate to others.

## Introduction to Jewish Mysticism

7 Tuesdays at 1 PM, September 6, 13, 20, 27, November 1, 8, 15

(No sessions on October 4, 11, 18, 25)

*Lee Slavutin, MD, CLU*

The Tanya provides a spiritual roadmap to Jewish mysticism with an emphasis on applying the lessons to our daily service to G-d and our relationships with family and friends. Join us on our journey through the Tanya, one of the truly great treasures of our heritage.

## Hatch, Match, and Dispatch

2 Thursdays at 2 PM, October 20, 27

*Sandy Gruenberg, Volunteer, DOROT*

Join us for an in-depth exploration of important events in the Jewish life cycle. Together we will discuss birth, bar mitzvah, wedding, and death.

## Jewish Teachings about Heaven

1 Thursday at 11 AM, November 10

*Rabbi Stephanie Dickstein, LMSW, Spiritual Care Coordinator, Shira Ruskay Center, The Jewish Board of Family and Children's Services*

Is it a place, a state of mind? Is it like earth, only better, or totally different? We will learn about some of the rich and imaginative writings about this aspect of life after death.

## The Life of King David: Flawed and Chosen Hero

4 Thursdays at 10 AM, October 6, 13, 20, 27

*Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev*

King David embodies the conflicting forces of ambition and destruction as well as love and betrayal. David, our flawed yet chosen hero, was a master of the harp and the sword, poet, and warrior. Look at some of the many stories of David and the psalms attributed to him.

# Judaic Studies

## Living with the Torah

10 Wednesdays at 1 PM, September 7, 14, 21, 28, October 5, 19, 26, November 2, 9, 16

(No session on October 12)

*Lee Slavutin, MD, CLU*

The Alter Rebbe, Rabbi Schneur Zalman of Liadi teaches us to live with the Parsha of the Torah. The Torah is eternally true and each week we can be inspired to change our lives from the powerful lessons in the Torah portion. Join us on an exciting journey.

## Poetry in a Prayer Book NEW

1 Thursday at 11 AM, December 8

*Rabbi Stephanie Dickstein, LMSW, Spiritual Care Coordinator, Shira Ruskay Center, The Jewish Board of Family and Children's Services*

The newly published Siddur Lev Shalem includes poetry on the page next to the traditional prayers. We will explore how a sampling of poems adds perspective and enriches the experience of the liturgy.

## The Prophet Elijah: Miracle Worker and Hero NEW

3 Mondays at 10 AM, September 12, 19, 26

*Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev*

Elijah is present at every Passover Seder, at every Bris, and every Shabbat at the Havdalah ritual. Join us to study the life and work of Elijah within the historical context of the time of his prophecy and to discuss the teachings of many famous Elijah stories.

## Psalms, Part 7 NEW

10 Thursdays at 4 PM, October 27, November 3, 10, 17, December 1, 8, 15, 22, 29, January 5

(No session on November 24)

*Rabbi Isaac Mann, Professor of Rabbinics, Academy of Jewish Religion*

Study of the Book of Psalms (in Hebrew – *Tehillim*.) We will look at the structure, meaning, and inspiration of selected psalms. Many of those chosen to be studied are also part of the Jewish liturgy. Participation in previous parts of this course is not a prerequisite.

## Samson's Women NEW

1 Thursday at 11 AM, January 5

*Rabbi Stephanie Dickstein, LMSW, Spiritual Care Coordinator, Shira Ruskay Center, The Jewish Board of Family and Children's Services*

Although the pairing of Samson and Delilah is well known, there were other women in the Biblical hero's life whom we will also meet in this class.

## The Story of Samuel: Priesthood, Prophecy and the Rise of the Monarchy in Ancient Israel NEW

3 Mondays at 10 AM, December 5, 12, 19

*Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev*

Explore the social, political, and religious institutions of the family, the priesthood, and the monarchy along with key roles played by prophets in ancient Israel. We will learn how the corruption of power in these key institutions affected the course of early Jewish history.

## Talmud Treasures: The Wisdom of Our Sages and Life's Lessons

8 Wednesdays at 1 PM, November 23, 30, December 7, 14, 21, 28, January 4, 11

*Lee Slavutin, MD, CLU*

Learn the wisdom of our Sages and how to apply it to your daily life. Each week we will examine the Torah portion and related Talmudic teachings and try to distill a few important practical lessons.

## Two Women that Greatly Inspire Us – Our Matriarchs Sarah and Rebecca NEW

6 Mondays at 11 AM, November 7, 14, 21, 28, December 5, 12

*Ricki Saady, BA, Political Science; Partner, Partners in Torah*

Through their Torah stories in the book of Genesis, commentary, and midrash, we will explore the lives of our foremothers Sarah and Rebecca. We will learn about their attributes and analyze their contributions to the building of the Jewish nation.

## Welcoming Shabbat

17 Fridays at 11 AM, September 9, 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 18, December 2, 9, 16, 23, 30, January 6

(No session on November 25)

*Volunteers, DOROT*

Gather with friends on the phone to celebrate Shabbat. Rabbis, Cantors, Jewish Educators, and congregants from various synagogues and community groups will lead us as we prepare for this day of spiritual nourishment.

*“It is very good. I enjoyed every class and I’ve learned so much.”*

# Special Interest

## Games: Explore Your Playful Side

### The Memory Challenge

4 Wednesdays at 11 AM,  
December 7, 14, 21, 28

*Bill Rapp, Performer*

Join friends for a fun storytelling game that tests your memory. We will share stories from our lives, listen to those of others, and play a friendly game to help us remember the details. This is a class you won't forget!

## Holidays

### The Other Fall Jewish Holiday (or Holidays)

1 Thursday at 11 AM, October 13

*Rabbi Stephanie Dickstein, LMSW, Spiritual Care Coordinator, Shira Ruskay Center, The Jewish Board of Family and Children's Services*

Learn about the Holy Days which follow the High Holy Days, and if there is one, two, three or more holidays in that time.

### Yom Kippur: Reflecting on the Holiest of Days

1 Monday at 2 PM, October 10

*Judy Ribick, LCSW, MA; Director, DOROT; Cantorial Soloist*

Join this call of hope and comfort. We will honor the holiest day of the Jewish year with prayer, song, and reflection. No knowledge of Hebrew is necessary. Text written transliteration will be mailed to participants in advance.

## Human Interest

### Current Events

5 Wednesdays at 4 PM,  
September 7, 14, 21, 28 October 5

*Rick Kurnit, Attorney, Advertising and Intellectual Property, Frankfurt, Kurnit, Klein and Selz, PC*

Examine events occurring locally, nationally and internationally. Enjoy an exciting discussion about controversial topics in the news.

### The Current Political Scene

(Participants will be limited to either Section A or B.)

Section A: 10 Thursdays at 3 PM,  
September 8, 15, 22, 29, October 6, 13,  
20, 27, November 3, 10

Section B: 10 Tuesdays at 3 PM,  
November 1, 8, 15, 22, 29,  
December 6, 13, 20, 27, January 3

*Charles Perkins, Historian and Former Educator*

As this year's extraordinary presidential campaign approaches a climax, the political landscape is undergoing significant change. Questions about immigration, infrastructure, public and private debt, and the threat of climate change hang in the balance. Who will be entering the White House to take on these challenges?

### Famous Trials in American History

8 Thursdays at 3 PM, November 17,  
December 1, 8, 15, 22, 29, January 5, 12

(No session on November 24)

*Charles Perkins, Historian and Former Educator*

Review the record of 16 criminal trials in American history and examine the impact of each on the criminal justice system. The trials include the Salem Witchcraft trials, the Scopes "monkey" trial, Sacco and Vanzetti, the Rosenbergs, and the Enron case of 2006.

## Introduction to Hebrew NEW

3 Mondays at 10 AM on September 12, 19, 26

*Yaffa Motil, Journalist, Writer, Graduate of Hebrew University*

Shalom! Start speaking Hebrew today! This introductory class will begin with the basics and we can progress as you learn. Come join the fun and learn a new language from the comfort of your home.

## The History of the Central Library of Brooklyn Public Library: Section A NEW

1 Monday at 1 PM, September 26

(This course is also offered online.)

*Taina Evans, Coordinator of Older Adult Services, Brooklyn Public Library*

Central Library first opened its doors to the public on February 1, 1941, which makes this year its 75th birthday. Join this discussion to explore Brooklyn's home library, and one of New York City's foremost cultural, civic and educational institutions.

## Our Streets, Our Stories: Archiving Your Memories for the Future: Section A

1 Friday at 2 PM, January 6

(This course is also offered online.)

*Taina Evans, Coordinator of Older Adult Services, Brooklyn Public Library*

Participate in an ongoing oral history project that seeks to explore the Brooklyn that is, and the Brooklyn that was, from the words of the community. The project is designed to build an interactive historical map around the stories collected. Learn about creating memories and sharing your stories.

## The Religions of India

5 Wednesdays at 11 AM, September 21, 28, October 5, 19, 26

(No session on October 12)

*Judy Lass, MA, MS.ED, LMSW; Volunteer, DOROT*

Learn about India with an emphasis on the earliest Indians, the Dravidians and the Harappan civilization, and their contributions to the religions of India: Hinduism, Buddhism, Sikhism, Jainism and Islam. We will discuss their influence on political and cultural development of India from their inception to the 21st century.

## Savvy Seniors

Section A: 1 Friday at 12 PM, September 30

Section B: 1 Friday at 12 PM, January 6

*Laurena Oliveri, Outreach Coordinator, DOROT*

Share your ideas and interests to help us grow the University Without Walls and discover new topics that interest you. Your opinion matters!

## Should We Have Faith in the Supreme Court's Enforcement of Religious Freedom? NEW

8 Wednesdays at 11 AM, November 2, 9, 16, 23, 30, December 7, 14, 21

*Malla Pollack, J. D., Legal Author*

The U.S. Constitution forbids both laws regarding the establishment of religion and laws burdening the free exercise of religion. This course will look at the extremely erratic history of the Supreme Court case law applying these seemingly antagonistic directives.

## UWW Online: Courses via Computer or Tablet

These courses require a computer or tablet (such as an iPad) with a camera, speakers, and internet connection. Participants are responsible for obtaining their own equipment and connection.

### Creative Aging: Pen and Ink Wash Techniques: Section B NEW

4 Mondays at 10 AM,  
November 7, 14, 21, 28

*Ebenezer Singh, Brooklyn Public Library*

If you want to learn new art forms, we invite you to unleash your creativity with teaching artist Ebenezer Singh. Understand the themes and techniques of Pen and Ink Wash with the aim of exploring and creating your own works of art. Participants will receive free art supplies for the course.

### The Crown of Shabbat: Shabbat Through Folk Stories, Song, Midrash and Poetry NEW

2 Tuesdays at 10 AM, January 3, 10

*Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev*

Examine the impact Shabbat and the commandment to observe it has played on Jews through the centuries. Folk stories from around the world, songs, midrash, and poetry will be used to explore the many facets of Shabbat.

### The History of the Central Library of the Brooklyn Public Library: Section B NEW

1 Monday at 1 PM, October 10

*Taina Evans, Coordinator of Older Adult Services, Brooklyn Public Library*

Central Library first opened its doors to the public on February 1, 1941, which makes this year its 75th birthday. Join this discussion to explore Brooklyn's home library and one of New York City's foremost cultural, civic, and educational institutions.

### Our Streets, Our Stories: Archiving your Memories for the Future: Section B

1 Friday at 2 PM, January 13

*Taina Evans, Coordinator of Older Adult Services, Brooklyn Public Library*

Participate in an ongoing oral history project that seeks to explore the Brooklyn that is and the Brooklyn that was, from the words of the community. The project is designed to build an interactive historical map around the stories collected. Learn about creating memories and sharing your stories.

### Timing Is Everything: Understand Your Biorhythms to Improve Your Life NEW

1 Monday at 11 AM, November 7

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

Our bodies pulse with the rhythms of nature, yet many of us have lost touch with how strongly nature's cycles affect us. Reconnect with nature's rhythms and learn to "listen to your bodies" in a whole new way.



# Thank You

*With gratitude, we acknowledge the following foundations, corporations, agencies, and individuals that recently have contributed generously to DOROT's telephone and video conference programs:*

## University Without Walls Endowments

Estanne and Martin Fawer

Marvin Fenster in memory of Anna and Isaac Fenster (Passover Seders and Yizkor Memorial Services)

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## REMEMBRANCE

*We remember the following individuals that touched the lives of DOROT's teleconference community:*

Ruth Davis

Gertrude Grossbard

Gertrude Haas

Carole Hess

Harriet Johnson

Emily Kessler

Crescencia Latimer

Rachel Moltner

Roger Philip

Stanley Simon

# Thank You

## Partners

Andrew Heiskell Library, New York Public Library

Bard Graduate Center:  
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Brooklyn Public Library

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The Jewish Museum

Manhattan School of Music

The Museum of Modern Art  
(MoMA)

Museum of the City of New York

New York City Department for  
the Aging

New York Transit Museum

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Presbyterian Senior Services

Queens Library Older Adult  
Services

Senior Center Without Walls

Shira Ruskay Center/JBFC

Solomon R. Guggenheim  
Museum

Uncluttered Domain

Visiting Nurse Service of  
New York (VNSNY)

Whitney Museum of  
American Art

## FRIENDS

Robin Christian

Maria Fulgieri

Half Hollow Hills Community  
Library

Debra J. Harris, LCSW

Senior Center Without Walls

## VISIONS

*Refer someone to UWW  
and have your name listed  
here in our next catalog!*

*“The University Without Walls is a beautiful program. I love it. It keeps me busy, informs me, and helps me to live.”*

# Registration

 REGISTRATION BEGINS  
TUESDAY, AUGUST 16, 2016.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

## Fees

**Only \$15 for each course. Single session courses are free of charge.**

Please specify the courses you would like to take by checking off the boxes on pages 18-20.

Enclosed is my check in the amount of: \_\_\_\_\_ for \_\_\_\_\_ (how many) courses.

I am unable to pay at this time. Please provide me with a scholarship.

I would like to make a contribution to DOROT in the amount of \$ \_\_\_\_\_.

Your donation ensures the continuity of University Without Walls – any amount is greatly appreciated. If you would like information about sponsoring a UWW course or class, please call Audrey Stein, Chief Development Officer at 917-441-3746.

## Payment


Please charge my credit card:  VISA  MASTERCARD  AMERICAN EXPRESS

CREDIT CARD # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature \_\_\_\_\_

- Register by **MAIL** (complete the registration form and mail using the envelope enclosed).
- Register by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147.
- **FAX** your registration form to 212-769-4989.
- Register **ONLINE** at [www.dorotusa.org](http://www.dorotusa.org).


# Classes Day-by-Day

 Indicates Online Course.


## Mondays

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### 10 – 10:50 AM

- Creative Aging: Pen and Ink Wash  Techniques: Section B, page 14
- Introduction to Hebrew, page 13
- The Prophet Elijah: Miracle Worker and Hero, page 10
- The Story of Samuel: Priesthood, Prophecy, and the Rise of the Monarchy in Ancient Israel, page 11


### 11 – 11:50 AM

- DNA Is Not Destiny: How You Can Control Your Genes, page 5
- Listen To Your Body, page 6
- Natural Techniques to Improve Your Eyesight, page 6
- Natural Techniques to Relieve Depression, page 7
- Natural Techniques to Sleep Soundly, page 7
- Timing Is Everything: Understand Your Biorhythms to Improve Your Life, page 14 
- Two Women that Greatly Inspire Us – Our Matriarchs Sarah and Rebecca, page 11

### 12 – 12:50 PM

- The Intersected History of Immigration and Transportation in New York City, page 1
- Moving the Masses: The History of the Subway before 1940, page 1

### 1 – 1:50 PM

- The History of the Central Library of the Brooklyn Public Library: Section A, page 13
- The History of the Central Library of the Brooklyn Public Library: Section B,  page 14

### 2 – 2:50 PM

- Book Discussion Group with the Brooklyn Public Library, page 4
- Classic Musicals, page 2
- Yom Kippur: Reflecting on the Holiest Days, page 12

### 3 – 3:50 PM

- Sing-Along Broadway, page 3


### 4 – 4:50 PM

- Connections in Literature, page 4
- Progressive Relaxation with Guided Imagery: Section A, page 7
- Progressive Relaxation with Guided Imagery: Section B, page 7

## Tuesdays

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### 10 – 10:50 AM

- Creative Aging: Pen and Ink Wash Techniques: Section A, page 2
- The Crown of Shabbat: Shabbat Through Folk Stories, Song, Midrash and Poetry, page 14 
- Friendship: Connection and Community, page 4
- How to Deal with Conflicting Advice from Healthcare Professionals, page 6
- Mindfulness to the Core, page 6

### 11 – 11:50 AM

- Jazz: America's Great Music, page 2
- Pierre Chareau: Modern Architecture and Design, page 1

### 1 – 1:50 PM

- Ethical Teachings of the Jewish Sages, page 9
- Introduction to Jewish Mysticism, page 9

## 2 – 2:50 PM

- 2016 Medicare Updates, page 5
- Developing an Attitude of Gratitude, page 5

## 3 – 3:50 PM

- The Current Political Scene: Section B, page 12

## 4 – 4:50 PM

- DOROT's In-Sight Program for the Visually Impaired: Section A, page 5

## Wednesdays

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### 10 – 10:50 AM

- Happiness and Joy, page 6
- Your Eyes as You Age, page 8

### 11 – 11:50 AM

- The Memory Challenge, page 12
- The Religions of India, page 13
- Should We Have Faith in the Supreme Court's Enforcement of Religious Freedom?, page 13

### 12 – 12:50 PM

- Practicing Consciousness for the Rest of Your Life, page 7

### 1 – 1:50 PM

- Living with the Torah, page 10
- Talmud Treasures, page 11

### 2 – 2:50 PM

- How Do I Know What I Like?, page 2

## 4 – 4:50 PM

- Current Events, page 12
- Daily Tips for Vision Loss, page 5
- Memories and the Music of Our Lives, page 3

## Thursdays

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### 10 – 10:50 AM

- The Life of King David: Flawed and Chosen Hero, page 9
- Pop Art, page 1

### 11 – 11:50 AM

- Audiobooks, Apps, and Assistance: A Library of Possibilities from the National Library Service, page 4
- Jewish Teachings about Heaven, page 9
- The Other Fall Jewish Holiday (or Holidays), page 12
- Poetry in a Prayer Book, page 10
- Samson's Women, page 10

### 1 – 1:50 PM

- Whitney Women, page 1

### 2 – 2:50 PM

- Hatch, Match, and Dispatch, page 9
- Yoga as Therapy: Health Benefits of Therapeutic Yoga, page 8

# Classes Day-by-Day

## 3 – 3:50 PM

- The Current Political Scene: Section A, page 12
- Famous Trials in American History, page 12

## 4 – 4:50 PM

- The Beauty of Opera, page 2
- Psalms, Part 7, page 10

## Fridays

### 10 – 10:50 AM

- Goal Directed Therapy: Taking Control of Your Life, page 5
- Seated Qigong, Tai Chi Easy Arms, and Guided Meditation, page 7

### 11 – 11:50 AM

- Welcoming Shabbat, page 11

### 12 – 12:50 PM

- Savvy Seniors: Section A, page 13
- Savvy Seniors: Section B, page 13
- Self-Massage for Stress Relief, page 8
- The Science of Flight, page 1

## 1 – 1:50 PM

- Just Conversation, page 3
- “Whistleblowers” in Hollywood – Method or Madness?, page 3

## 2 – 2:50 PM

- Book Discussion Group with the Brooklyn Public Library, page 4
- Defining Decorative Arts, page 1
- Our Streets, Our Stories: Archiving Your Memories for the Future: Section A, page 13
- Our Streets, Our Stories: Archiving Your Memories for the Future: Section B, page 14 

## TBA

- Sexual Health in the Aging Adult, page 8

## ADDITIONAL PROGRAMS

**Senior Center Without Walls (SCWW)** is a California-based telephone program offering hundreds of classes each year to seniors nationwide.



**Senior Center Without Walls**  
An ESC Senior Resources Program

DOROT and Senior Center Without Walls are piloting a partnership to better meet the needs of seniors across geographical boundaries. Both programs are thrilled to offer additional opportunities to learn, engage, support, and connect with others.

Please contact DOROT at **212-769-2850** for more information about additional programs offered by SCWW.



## SHARE YOUR THOUGHTS

Many participants phone and write to staff to describe in detail how they have benefited from UWW. Participants regularly note their enjoyment of new friendships, intellectual stimulation, and an enhanced sense of self-reliance. They report decreased feelings of social isolation, hopelessness, and boredom, and appreciate sharing their experiences with others who face similar challenges.

Please write to us and share your thoughts. Email: [info@dorotusa.org](mailto:info@dorotusa.org)



[www.dorotusa.org](http://www.dorotusa.org)