



# Wellness Program For Seniors

## November & December 2018

171 West 85<sup>th</sup> Street, New York, NY 10024

(212) 769-2850 [www.dorotusa.org](http://www.dorotusa.org)

Program Administrator: Shannon O'Connor

Fee per class is \$5 (*Scholarships available*)

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**Wellness Program Participants:** Before attending a class, please contact Shannon O'Connor to register at 917-441-3743 or [soconnor@dorotusa.org](mailto:soconnor@dorotusa.org) and complete a new participant form. Some classes have limited space.

### **Roses and Thorns - Discussion Group**

**Tuesdays in November & December (No Group: 11/13 & 12/25) 10:15 am - 11:15 am**

**Sandy Warshaw, LCSW**

*\*Please do not wear perfume or scented lotions to class.*

Spend some time sharing your experiences and get to know new people and old friends. In this ongoing group, you will have the chance to discuss many topics— childhood, work, family, seasonal happenings, philosophical perspectives and more recent life events. Take a new look at the past, share common experiences, and learn from each other.

### **Current Events Café - Discussion Group**

**Tuesdays in November & December (No Group: 12/25) 12:30 pm - 1:30 pm**

Join DOROT volunteers for coffee, tea, cookies and great conversation. You are encouraged to bring lunch and your knowledge of current events, community happenings and memories of the past!

### **Guided Meditation**

**Thursdays in November & December (No class: 11/8 & 11/22) 11:00 am - 12:00 pm**

**Amy Gross, Meditation Instructor**

Amy's program is based on the Mindfulness-Based Stress Reduction (MBSR) course. Meditation can reduce stress, lower emotional reactivity, improve self-esteem, ease disturbances of sleep and mood, strengthen the immune system and increase well-being. We will review this meditation technique and practice. *We will have Guided Meditation with Shannon on 12/20 & 12/27.*

### **Monthly Book Discussion**

**Wednesday, November 28 - "Call Me By Your Name" by Andre Aciman 3 pm - 4:30 pm**

**Wednesday, December 12 - "Invisible Cities" by Italo Calvino 1:30 pm - 3:30 pm**

**Jeremy Caplan, Journalism Professor & Longtime Book Club Host**

Join us for a discussion of books selected by Jeremy each month. Any and all readers are welcome. Books are available through DOROT.

### **Sing Along – Jewish American Composers & The History Behind Them**

**Friday, November 9 12:30 pm - 1:30 pm**

**Ellen Ratner, Pianist & Vocalist**

Sing along to hits of famous Jewish-American lyricists and learn the history behind their writing. Participants will receive lyric sheets of songs written by famous Jewish-American Lyricists including: Irving Berlin, Ira Gershwin, Mel Torme, Harold Arlen, Jerome Kern, Oscar Hammerstein, Bob Dylan and more!

## **Art History - "Van Gogh in Arles"**

**Friday, November 16**

**12:30 pm - 1:45 pm**

**Eric Walstedt, former Vice President of Hammer Galleries**

Vincent Van Gogh spent 444 extraordinary days in Arles, a period that has been described as the most concentrated and productive stretch of art making of the nineteenth century, perhaps ever. It was also the beginning of the most famous descent into madness in art history. In two sessions, we will examine and discuss the highs and lows of this incredible time, with an unsurprising emphasis on the extraordinary paintings that resulted.

## **Journaling: Accessing Your Inner Wisdom for Self-Healing and More**

**Friday, November 30**

**12:30 pm - 1:45 pm**

**Dr. Patricia Muehsam**

Journaling is a powerful tool for accessing the wisdom that comes from within. Come visit with Dr. Muehsam to learn simple writing techniques for self-healing and for whatever challenges you may be facing. You don't have to be a writer — anyone can journal. In fact, the newer you are to writing, the easier it can be! All you need is a desire to connect within for guidance, answers and peace of mind.

## **Afternoon Movie – "The King's Speech"**

**Friday, December 7**

**12:30 pm - 2:30 pm**

Join us for a community movie and some popcorn at DOROT! "The King's Speech" tells the story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.

## **Art Making Workshop – Collage with The Whitney Museum**

**Friday, December 14**

**12:30 pm - 1:45 pm**

**Mark Epstein, Artist & Whitney Museum Art Educator**

Please join artist and educator Mark Joshua Epstein in a hands-on exploration of works from the Whitney Museum of American Art's new Andy Warhol exhibition. Participants will have the opportunity to discuss some of Warhol's works before creating their own original collages. Join us for this creative and explorative session!

## **Winter Wellness Party**

**Tuesday, December 18**

**1:30 pm - 3:00 pm**

Join the Wellness Program community and DOROT volunteers as we gather to celebrate the winter season. We will have a light lunch, games, entertainment and more!

**Space is limited. RSVP by December 5<sup>th</sup> to 917-441-3743 or [soconnor@dorotusa.org](mailto:soconnor@dorotusa.org).**

## **Music & Memories with Gary**

**Friday, December 21**

**12:30 pm - 1:30 pm**

**Gary Shelton, Vocalist**

Join us for a vocal performance by Gary Shelton who will sing familiar show tunes, introduce some of his favorite music, and share some of the memories the music evokes. You may even start singing along!

## **Great Voices of the Opera – Exploring Jewish Singers Series**

**Friday, December 28 & January 4**

**12:30 pm - 1:30 pm**

**Lawrence Galante, PhD**

We will listen to and watch some of the greatest operatic singers ever recorded! We will review and compare the various voice types (tenor, baritone, and soprano) illustrated by examples in opera and classical songs.

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## Exercise Classes - *Medical Clearance is Required*

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### Gentle Chair Yoga

**Mondays in November & December**

**11:00 am - 12:00 pm**

**(No class: 12/24 & 12/31)**

**Nobue, Certified Hatha Yoga Teacher** *\*Please do not wear perfume or scented lotions to class.*

The purpose of a yoga practice is to feel good by awakening and opening the body while calming the mind. We will bring awareness to our breathing and explore yoga poses while seated in a chair. Any level of practitioner can benefit.

### Nia Wise Moves: Intelligent Movement for Seniors

**Thursdays in November & December**

**10:00 am - 10:50 am**

**(No class: 11/8 & 11/22)**

**Roger Puckett, Instructor, Nia Wise Moves- a partnership of Engage at JCC & Nia**

Nia is a safe and fun blend of simple movements from martial arts, dance and healing arts and is fun for all levels of fitness. Nia Wise Moves is done seated and is a terrific workout.

### Gentle Stretch and Strengthening

**Mondays & Thursdays in November & December**

**A. 12:30 pm - 1:20 pm**

**B. 1:40 pm - 2:30pm**

**(No class: 11/8, 11/22, 12/24 & 12/31)**

**Tia Speros-Harker, Certified Fitness Instructor**

Learn simple exercises using resistance bands and weights. Increase joint flexibility, mobility and balance, halt bone loss and prevent fractures. Most exercises are done in the chair, some standing.

### Mr. Gu's Exercise

**Tuesdays and Fridays in November & December**

**11:30 am - 12:10 pm**

**(No class: 11/23, 12/25)**

**Cheng-de Gu**

Lift your spirits and move toward health in Mr. Gu's unique exercise class. Mr. Gu focuses on increasing immunity and spinal flexibility. Learn simple, gentle exercises based on Chinese Medicine and designed by Mr. Gu especially for seniors to increase energy and help relieve constipation, insomnia, digestive disorders and many other illnesses. Seated exercise class and open to all levels of experience.

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## Onsite Programs and Special Events

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### "1960's NYC" - 16mm Film Series with New York Public Library

**November 6 and December 4**

**5:00 pm – 6:30 pm**

We will be screening films from NYPL's 16mm film collection. This series will display "1960's NYC" through short films related to Social Justice and the Upper West Side.

Join us at DOROT on November 6<sup>th</sup> and at St. Agnes Library (W. 82 & Amsterdam) on December 4<sup>th</sup>. **Register at 917-441-3745 or [sundaysandevenings@dorotusa.org](mailto:sundaysandevenings@dorotusa.org).**

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## Other Activities

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### Kol DOROT: Singing

**Thursday, November 1, 15, 29 & December 13, 20, 27**

**2:45 pm - 3:45 pm**

**Scott Stein, Pianist, Composer & Arranger**

If you enjoy the music of Gershwin, Porter, Rodgers & Hammerstein, and the other wonderful songwriters from the 1920's to the present, you'll love singing with Kol DOROT! You don't have to read music or even sing well, just love getting together with friendly people every week to sing the songs that hold special memories! We do a little Yiddish & Hebrew singing, too. No audition required!

## **Special Event: Annual Cabaret Show “Vocal Ease”**

**Thursday, December 7**

**2:45 - 4:00 pm**

Vocal Ease is a wonderful ensemble of current and former Broadway musicians who perform solos, duets and group numbers of cabaret, musical theater and jazz with piano accompaniment. Always a crowd-pleaser! Light refreshments will be served.

**RSVP to Rob Secrease at 917-441-5045 or [rsecrease@dorotusa.org](mailto:rsecrease@dorotusa.org).**

## **The Memory Tree at DOROT**

**To register and learn more, call Elizabeth Fine, LCSW at (917) 656-0558**

DOROT is pleased to host The Memory Tree, a program designed for people with mild memory problems and their caregivers founded on the belief that the best way to fight the aging process and the loss of memory is through mental and physical fitness. Each week join The Memory Tree for a wide variety of classes and workshops. Classes will be held at DOROT on Tuesdays in November and December.

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## **Lasting Impressions: DOROT’s Legacy Project**

Before attending a Lasting Impressions program, please speak with Lena King at 917-441-3744 or [lking@dorotusa.org](mailto:lking@dorotusa.org).

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## **Housing and Tenant’s Rights Workshop**

**Wednesday, December 5**

**10:30 a.m. – noon**

Join NYLAG (New York Legal Assistance Group) housing rights attorneys for a deep dive to learn what you can do to protect yourself as a tenant. Among the topics to be discussed: how to get repairs and disability accommodations in your apartment, how to handle a landlord who is harassing you or trying to force you out, how to freeze your rent, how to find affordable housing, plus much more.

RSVP to Lena King at 914/441-3744 or [lking@dorotusa.org](mailto:lking@dorotusa.org)

## **Ask the Experts One-on-One Consultations: By Appointment Only**

**Wednesday, December 5**

**1 – 5 pm**

NYLAG attorneys will be available to meet with you privately and free of charge on a range of legal topics. As part of our “What Matters” program, DOROT social work staff will also be on hand to talk through and assist with your advance medical directives and related questions. Advance registration is required.

RSVP to Wendy Handler at 917/441-3724 or [whandler@dorotusa.org](mailto:whandler@dorotusa.org).

## **A Closer Look: The Artistic Legacy of Yayoi Kusama**

**Wednesday, December 19**

**10:30 am – noon**

What is artist Yayoi Kusama’s artistic legacy? Esteemed arts educator Riva Blumenfeld will provide an engaging look at Kusama’s distinctive avant-garde artwork, characterized by eye-popping polka dots, often in bright colors. Join us to learn more about this fascinating artist who, since 1975, has lived and created her celebrated artwork as a resident at the Seiwa Hospital for the Mentally Ill.

RSVP to Lena King at 914/441-3744 or [lking@dorotusa.org](mailto:lking@dorotusa.org)

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## **DOROT Services & Reminders**

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### **“Get Out The Vote!” – Tuesday, November 6<sup>th</sup> is Election Day**

DOROT can help you get to the polls for this year’s midterm election. If you need assistance, call us at 212-769-2850.

### **DOROT Resource Line**

Our DOROT Resource Specialist can connect you with our programs and resources in the community. Please call us Monday through Friday 9:30am to 12:30pm at 212-769-2850.