



Wellness Program for Seniors

January & February 2019

171 West 85th Street, New York, NY 10024

(212) 769-2850 www.dorotusa.org

Director: Alex Kelly Berman

Program Administrator: Shannon O'Connor

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

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

Roses and Thorns - Discussion Group

Tuesdays in January & February (No Group: 1/1 & 1/29) 10:15 - 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 January & February (No Group: 1/1 & 1/29) 12:30 - 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 January & February (No group: 1/31) 11:10 am - 12:00 pm

Using audio recordings, *Shannon* will introduce some popular guided meditation styles including: body-scan, breath practice, gratitude practice and guided imagery. Our meditation instructor, *Amy Gross*, will return in February for an introduction to the Mindfulness-Based Stress Reduction (MBSR) technique. Whether you are new to meditation or have joined us in the past, learning to slow down feels good!

Monthly Book Discussion

Wednesday, January 9 - "Nutshell" by Ian McEwan 3:15 - 4:45 pm

Tuesday, February 12 - "Less" by Andrew Sean Greer 3:00 - 4:30 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. In partnership with the St. Agnes Library, book selections are also on reserve for participants on a first come, first served basis. Books will also be available for purchase through DOROT. **For more details and to register, please speak with Shannon at 917-441-3743 or soconnor@dorotusa.org**

Great Voices of the Opera – Exploring Jewish Singers

Friday, January 4 12:30 - 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.

Register with Shannon at 917-441-3743 or soconnor@dorotusa.org

Ask a Resource Specialist

Monday, January 7 & February 11

12:00 pm - 1:15 pm

Bring your questions for Danielle Kramer, DOROT's Resource Specialist for an in-person consultation about resources you are looking for from DOROT or the wider community. Examples are: *Who can help me learn how to use my smart phone? Where do I bring my donations of goods? Where can you refer me for home care?*

Register with Shannon at 917-441-3743 or soconnor@dorotusa.org

Self - Massage for Relaxation and Stress Relief

Friday, January 18

12:30 - 1:30 pm

Alix Keast, Licensed Massage Therapist, Shiatsu Instructor at Swedish Institute

Warm up your spirit and relax! In this workshop, Alix will show you simple ways that you can help yourself get calm and improve your energy with breathing, visualization and self-massage using acupressure points.

Register with Shannon at 917-441-3743 or soconnor@dorotusa.org

Art History - "Van Gogh from Arles to St. Remy"

Friday, January 25

12:30 - 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. We will dive into Van Gogh's journey from Arles to St. Remy, what caused it and the magnificent art it led to, including such masterpieces as *Iris* and *Starry Night*. **Register with Shannon at 917-441-3743 or soconnor@dorotusa.org**

Pearls of Wisdom

Friday, February 8

12:30 - 2 pm

Join us as history comes alive, when the Pearls of Wisdom, a renowned touring ensemble of multicultural, older adult storytellers brings its gifts to DOROT. In richly told presentations, the Pearls will present stories that illuminate their individual pasts and, in turn, our collective histories. Come listen as these urban folk artists weave compassionate, often humorous, sometimes emotional and inspiring tales from their diverse cultural heritages to promote the tradition of elder folk art stories. You may even be inspired to share stories of your own!

Register with Lena at 917-441-3744 or lking@dorotusa.org

Music and Musings for Piano & Violin

Friday, February 15

12:30 - 1:30 pm

Join us for an intimate hour of music with violinist, Jeremy Caplan, and pianist, Gary Mayer. This duo will play music of Mendelssohn and Beethoven (and other musical surprises), and share brief thoughts on the music.

Register with Shannon at 917-441-3743 or soconnor@dorotusa.org

Occupational Therapy Series: Living Well in New York City

Monday, February 4 & 11

2:45 - 4:00 pm

Friday, February 22

12:30 - 1:45 pm

Julia DePeppe & Sarit Zaret, Columbia University Occupational Therapy Students

Interested in living a healthy and fulfilling lifestyle while interacting with others and enjoying the culture of NYC? Come join the OT students to learn ways to incorporate fun and new activities designed to increase wellness and engagement in the NYC community! This series will continue through early April.

Register with Shannon at 917-441-3743 or soconnor@dorotusa.org

Exercise Classes - *Medical Clearance is Required*

Gentle Chair Yoga

Mondays, January 7, 14 & February 4, 11

11:00 am - 12:00 pm

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.

Gentle Stretch and Strengthening

Mondays & Thursdays in January & February

A. 12:30 - 1:20 pm

(No class: 1/21, 1/28, 1/31, 2/18, 2/25)

B. 1:40 - 2:30 pm

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.

Nia Wise Moves: Intelligent Movement for Seniors

Thursdays in January & February (No class: 1/31)

10:00 - 10:50 am

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.

Mr. Gu's Exercise

Tuesdays & Fridays in January & February

11:30 am - 12:10 pm

(No class: 1/1, 1/29, 2/1)

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.

Onsite Programs and Special Events

Mannis School of Music Performance at DOROT

Sunday, January 27th

2:00 - 3:30 pm

Space is limited. Register with Shannon at 917-441-3743 or soconnor@dorotusa.org.

Other Activities

Kol DOROT Chorus Group

Thursdays in January & February (No group: 1/31)

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!

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 January and February.

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.

Poetry Workshop with Jessica Greenbaum

Thursdays January 10 – February 28

10:30 am - 12:00 pm

Back AGAIN by popular demand! First-time explorers and seasoned poets alike are all welcome to join celebrated poet and teacher Jessica Greenbaum for a poetry workshop that's for absolutely everybody. Each week, you'll have the chance to read and discuss thought-provoking, accessible poems with the group as well as write to poetry prompts and share your work if desired. Join us - It's fun!

Nancy Drewinsky and the Search for the Missing Letter

Friday, January 11

12:30 pm - 2:00 pm

Come, sit, and listen to the internationally touring storyteller, artist, director and beloved DOROT storytelling instructor Robin Bady as she captivates us with the story of her family, roiled by false accusations of being members of a Communist spy ring in the 1950's.

Nancy Drewinsky and the Search for the Missing Letter is Robin's deeply personal and award-winning one woman show that tells the story of a not-so-long-ago past...and rings an uneasy bell of recognition today. **Register with Lena at 917-441-3744 or lking@dorotusa.org**

Julliard Performance

Sunday, February 24

1:30- 3:00 pm

Returning to DOROT following their popular 2018 DOROT performance, Julliard students Rinat Erlichman and Lynn Sue-Quan will inspire you with a rich and joyful concert of beautiful classical music featuring Rinat on violin and Lynn on viola. Come and be a part of this lovely afternoon and meet the artists afterwards!

Winter Safety Tips

Safety Tips When You Are Out and About

- Shivering is an important first sign that the body is losing heat. Shivering is a signal to return indoors.
- Wear footwear with traction and keep all extremities covered.
- Minimize the number of items you carry so you can use your arms and hands to balance and steady yourself.
- Walk at a slower pace - give yourself extra time to get to your destination.
- Use handrails whenever possible.
- Take small steps at a time and stay focused.

Safety Tips For When You Are Home

- Stock emergency resources such as flashlights, batteries, radio, blankets and a seven day supply of prescription medications.
 - Stock a three day supply of non-perishable food and water.
 - Make sure carbon monoxide and smoke alarms have fresh batteries.
 - Never heat your home with a gas stove or oven, charcoal barbecue grill, kerosene, propane, or oil-burning heaters. Kerosene heaters and propane space heaters are illegal in New York City.
 - Program emergency phone numbers into your phone so it is quick and easy to contact family and friends in an emergency
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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.