

January 2019 DOROT's Wellness Program

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed for Holiday	2	3 10-10:50 Nia Wise Moves 11:10-12 Guided Meditation 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	4 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 Great Voices of the Opera Series with Lawrence Galante
7 11-12 Gentle Chair Yoga 12-1:15 Ask A Resource Specialist 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B	8 10:15-11:15 Roses & Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i>	9 3:15-4:45 Book Discussion: <u>Nutshell</u> by Ian McEwan	10 10-10:50 Nia Wise Moves 11:10-12 Guided Meditation 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	11 11:30-12:10 Mr. Gu's Exercise 12:30-2 Robin Bady "Nancy Drewinsky"
14 11-12 Gentle Chair Yoga 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B	15 10:15-11:15 Roses & Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> The Memory Tree	16	17 10-10:50 Nia Wise Moves 11:10-12 Guided Meditation 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	18 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 Self Massage for Relaxation with Alix Keast
21 Closed for Holiday	22 10:15-11:15 Roses & Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> The Memory Tree	23	24 10-10:50 Nia Wise Moves 11:10-12 Guided Meditation 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	25 11:30-12:10 Mr. Gu's Exercise 12:30-1:45 Art History "Van Gogh: from Arles to St. Remy" with Eric Walstedt
28 No Classes	29 No Classes	30 No Classes	31 No Classes	1 No Classes

February 2019 DOROT's Wellness Program

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No Classes
4 11-12 Gentle Chair Yoga 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45 Living Well in NYC	5 10:15-11:15 Roses &Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> The Memory Tree	6	7 10-10:50 Nia Wise Moves 11:10-12 Guided Meditation 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	8 11:30-12:10 Mr. Gu's Exercise 12:30-2 Pearls of Wisdom Storytellers
11 11-12 Gentle Chair Yoga 12-1:15 Ask A Resource Specialist 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45 Living Well in NYC	12 10:15-11:15 Roses &Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> 3-4:30 Book Discussion: <u>Less</u> by Andrew Sean Greer The Memory Tree	13	14 10-10:50 Nia Wise Moves 11-12 Meditation with Amy 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	15 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 Music and Musings for Piano & Violin: <i>Jeremy Caplan and Gary Mayer</i>
18 No Classes	19 10:15-11:15 Roses &Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> The Memory Tree	20	21 10-10:50 Nia Wise Moves 11-12 Meditation with Amy 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	22 11:30-12:10 Mr. Gu's Exercise 12:30-1:45 Living Well in NYC
25 No Classes	26 10:15-11:15 Roses &Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> The Memory Tree	27	28 10-10:50 Nia Wise Moves 11-12 Meditation with Amy 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	