



Onsite Programs for Older Adults

Weekly & Monthly

March/April 2019

A LETTER TO OUR COMMUNITY

Dear DOROT Community,

To celebrate the spring season, we're introducing a new calendar design that includes weekly and monthly public programs happening here at DOROT:

- Health & Wellness Classes
- Discussion Groups & Social Gatherings
- Lifelong Learning Workshops & Lectures
- Lasting Impressions Legacy Arts Workshops

You'll notice our regular schedule of Onsite Programs includes many exciting additions! We look forward to seeing you at these programs and encourage you to reach out if you have any questions.

Also, stay tuned: Beginning in June, we'll be introducing our first ever DOROT seasonal calendar for Summer 2019.

Sincerely,

Alex Kelly Berman , Director of Onsite & Special Programs

JOIN US ONSITE AT DOROT:

171 West 85th Street (NE Corner of Amsterdam)

New York, NY 10024 | *Wheelchair Accessible*

212-769-2850 dorotusa.org

Onsite Programs at DOROT are in-person opportunities to improve health and wellness, discuss ideas, share stories, and appreciate the arts.

Onsite Programs (excluding Legacy Arts programs) have a suggested contribution of \$5. We appreciate your support.

Meet Our Onsite Programs Staff

Contact us. We look forward to seeing you soon at DOROT.



Shannon O'Connor
Administrator

917.441.3743

soconnor@dorotusa.org



Alex Kelly Berman
Director

917.441.3702

DOROT Resource Line

Our DOROT Resource Specialist can connect you with programs and resources in the community. Please call us Monday through Friday 9:30am to 12:30pm at 212.769.2850.

Health & Wellness

Gentle Chair Yoga

11am on Mondays

Bring awareness to your breath and explore yoga poses while seated in a chair. Benefits include stress reduction, flexibility, and balance. *Led by Nobue Hirabayashi, Hatha Yoga Teacher.*

Stretch & Strengthen

12:30pm on Mondays & Thursdays

1:30pm on Mondays & Thursdays

Learn simple exercises using resistance bands and weights. Increase joint flexibility, mobility and balance. Some standing exercises included. *Led by Tia Speros-Harker, Certified Fitness Instructor.*

Qigong **NEW**

2:40pm on Mondays

Improve balance, posture, and flexibility as you coordinate simple movement sequences with breath. This class will leave you feeling relaxed and energized as you start your week.

Led by Siewli Stark, Certified Mind Body Specialist.

Gentle Ballet **NEW**

10am on Tuesdays

Stretch and strengthen like a ballet dancer, and learn ballet barre technique in a modified gentle ballet class that uses a chair for support.

Led by Melissa Elstein, dancer and yoga teacher.

Mr. Gu's Exercise

11:30am on Tuesdays

11am on Fridays

Learn simple, gentle exercises based in Chinese Medicine and designed for seniors to increase energy and help move towards greater health. *Led by Cheng-de Gu, Chinese Healing Master.*

Creative Movement

10am on Thursdays

Simple chair dance moves are paired with groovy music tracks! For all levels – this is so much fun you'll forget you're even exercising.

Led by Roger Puckett, veteran Broadway show dancer.

Guided Meditation

11am on Thursdays

Join our experienced meditation instructors for a weekly introduction to mindfulness meditation techniques. Whether you are new to meditation or have joined us in the past, this class will help you slow down and build focus.

Medical clearance is required for all movement classes. Bring one to your first class. Contact Shannon for details at 917.441.3743. All classes on page are drop-in. Space is available on a first-come basis.

Discussion & Gathering

Let's Chat! ****NEW****

10am on Mondays

Share stories from your weekend — compare notes on sports games, art exhibits, theater, and more!

Light refreshments served. *Led by Oliver Wang, NYU Student and Spring Intern.*

Roses & Thorns

10:15am on Tuesdays

Share experiences and learn from each other in a comfortable drop-in group setting. *Led by Sandy Warshaw, LCSW.*

Current Events Café

12:30pm on Tuesdays

Meet up for coffee, tea, and good conversation about current events and community happenings.

Led by Adair Linn Negata and Adellar Greenhill.

Mahjong ****NEW****

2pm on Tuesdays

Drop in for a few rounds of mahjong with this friendly group! Some experience required. **RSVP required:** Shannon at 917-441-3743. *Led in collaboration with Manhattan Women's Club.*

Monthly Book Group

3pm on 2nd Tuesdays (3/12 + 4/9)

Discuss books and meet new friends. Contact Shannon at 917-441-3743 for monthly titles. *Led by Jeremy Caplan, CUNY Journalism Professor.*

Kol DOROT Chorus Group

2:45pm on Thursdays

Sing songs by wonderful songwriters from the 1920s to present with live piano. This is a friendly, fun singing group for everyone! *Led by Scott Stein, Pianist, Composer, and Arranger.*

Knitting Group

10:30am on 1st Wed. and 3rd Thurs.

Bring projects or start new projects. Beginners welcome. **RSVP Required:** Jamie Phillips, Volunteer Services, (917) 441-5054.

Craft + Connect ****NEW****

1:30pm on 2nd Thursdays

We'll share art supplies, you bring your creativity! Walk away with a finished piece of art and some new friends.

- **March 14th:** Origami
- **April 11th:** Coloring

DOROT Design Lab ****NEW****

1:30pm on 3rd Thursdays

Meet designers of all kinds with great ideas in fashion, technology, architecture, and more! Share your feedback and help shape the future.

- **March 21st:** Max Resnick, Cortico/MIT
- **April 18th:** Fanny Karst, Fashion Designer

All programs on this page are drop-in. Space is available on a first-come basis.

Lifelong Learning

WORKSHOPS

Adventures in Classical Music

4pm, Thursdays, April 4th - 18th

Explore the magic in chamber music. We'll listen to great classical masterpieces for small ensembles and talk about what makes them special. *Led by Jeremy Caplan, CUNY professor and musician.*

Beginner Collage

10am, Thursdays, April 11th - 25th

Cut, tear, and paste! Learn basic collage techniques – everything from collecting pictures to creative assemblage. *Led by Sheila Lewis, teacher and professional artist.*

Flower Press Workshop

10:45am, Wednesday, April 10th

Bring nature home! Preserve a moment in time and join us to learn how to press flowers and create your own flower press. *Led by Sheri Fisch, Horticulture Therapy intern at NYU Langone.*

How to Register:

- Registration is required for all Lifelong Learning workshops and Friday Special Events.
- Due to limited space, registration is on a first-come, first-served basis. Wait lists are available.
- DOROT staff will confirm your registration status prior to the event by phone or email.
- *For Friday Special Events:* Registration is limited to 1 additional guest. Please note, unclaimed seats will be offered to drop-ins five minutes before the start of a program.

To register, contact Shannon at

917.441.3743 or

soconnor@dorotusa.org

Weekly Friday Special Events

**All begin at 12:30pm*

Control Your Clutter

March 1st

Jin Shin Jyutsu

March 8th

Van Gogh Lecture

March 15th

The Legacy of Jewish Broadway

(Legacy Arts Lecture)

March 22nd

WNYC Reporter Stephen Nessen

March 29th

Old Postcards of NYC

April 12th

Shakespeare Reading

April 19th

Legacy Arts

With Lasting Impressions!

WORKSHOPS

A Closer Look Self-Portrait Class

1-3pm Wednesdays March 6th-April 24th

Grab your smock and join us for an exciting legacy arts workshop! We'll explore the idea of self-portraits using pencil, chalk, acrylic, pastel, and more, all while engaging in authentic self expression. *Led by Art Studio NY.*

SingOut DOROT!

4-6pm on Tuesdays:

March 19th and April 2nd-June 4th

Want to be in a show? SingOut DOROT! Provides an exciting opportunity for absolutely everyone to perform in a full-staged production, complete with a creative team from AfterWork theater. Bring your love for performing and join the cast of this new legacy arts program.

Poetry Workshop

10:30am-12pm Thursdays in March

Join celebrated poet and teacher Jessica Greenbaum for a poetry workshop that's for everybody. Jessica is an award-winning poet whose work has appeared in more than 80 publications worldwide. Each week, you'll read and discuss poems from published poets and share your own poems if you'd like to. *Led by Jessica Greenbaum, poet.*

About Lasting Impressions:

DOROT's *Legacy Project* is dedicated to helping individuals share their important stories. In addition to matching individuals with volunteers who work to capture memories, words of wisdom and more in one-on-one oral history-types of projects, Lasting Impressions also offers **legacy arts programming** that draws upon the experiences of individuals for inspiration. DOROT's legacy arts initiatives range from storytelling and theater, to poetry- and memoir-writing, cooking and the visual arts.

Space is limited for all Legacy Arts programs.

Lasting Impressions Staff:



Lena King
Administrator
917.441.3744



Wendy Handler
Director
917.441.3724

March 2019 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:00 – 11:40 Mr. Gu 12:30 – 2 De-Cluttering <i>with Connie Gemson</i>
4 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong 2:45 – 4 Living Well	5 10 – 11 Gentle Ballet 10:15 – 11:15 Roses &Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 1 – 4 The Memory Tree 2 – 5 Mahjong	6 10:30am—12pm Knitting 1 – 3 Legacy Arts: Self Portrait	7 10 – 11 Creative Movement 10 – 12 Poetry 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:45 – 3:45 Kol DOROT	8 11:00 – 11:40am Mr. Gu 12:30 – 1:30 Jin Shin <i>Jyutsu Selfcare with Teri Meissner</i>
11 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong 2:45 – 4 Living Well	12 10 – 11 Gentle Ballet 10:15 – 11:15 Roses &Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 2 – 5 Mahjong 3 – 4:30 Book Discussion	13 1 – 3 Legacy Arts: Self Portrait	14 10 – 11 Creative Movement 10 – 12 Poetry 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 1:40–2:30 Craft & Connect 2:45 – 3:45 Kol DOROT	15 11:00 – 11:40 Mr. Gu 12:30 – 2 Art History: <i>Van Gogh Part IV with Eric Walstedt</i>
18 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong	19 10 – 11 Gentle Ballet 10:15 – 11:15 Roses &Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 12:45 - 3:45pm The Memory Tree 2 – 5 Mahjong 4-6 SingOut	20 1 – 3 Legacy Arts: Self Portrait	21 10 – 11 Creative Movement 10 – 12 Poetry 10:30am—12pm Knitting 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 1:30–2:30 DOROT Design Lab <i>with MIT Listening Hearth</i> 2:45 – 3:45 Kol DOROT	22 11:00 – 11:40 Mr. Gu 12:30 – 2 Legacy of Jewish Broadway
25 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong 2:45 – 4 Living Well	26 10 – 11 Gentle Ballet 10:15 – 11:15 Roses &Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 12:45 - 3:45pm The Memory Tree 2 – 5 Mahjong	27 1 – 3 Legacy Arts: Self Portrait	28 10 – 11 Creative Movement 10 – 12 Poetry 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:45 – 3:45 Kol DOROT	29 11:00 – 11:40 Mr. Gu 12:30 – 2 “Getting Around in NYC” <i>with Stephen Nessen WNYC Reporter, In Transit</i>

April 2019 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 – 10:50 Let's Chat!	2 12:30 – 1:30 Current Events 4 - 6 SingOut	3 10:30am—12pm Knitting	4 10 – 11 Creative Movement 11 – 12 Meditation 4 - 5 Music Appreciation	5 NO CLASSES
8 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong 2:45 – 4 Living Well	9 10 – 11 Gentle Ballet 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 12:45 - 3:45pm The Memory Tree 2 – 5 Mahjong 3 – 4:30 Book Discussion 4 – 6 SingOut	10 10:45 – 12 Horticulture 1 – 3 Legacy Arts: Self Portrait	11 10 – 11 Creative Movement 10 – 12 Beginner Collage 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 1:40–2:30 Craft & Connect 2:45 – 3:45 Kol DOROT 4 – 5 Music Appreciation	12 11:00 – 11:40 Mr. Gu 12:30 – 2 Postcards of NYC with <i>Rod Kennedy</i>
15 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong 2:45 – 4 Living Well	16 10 – 11 Gentle Ballet 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 12:45 - 3:45pm The Memory Tree 2 – 5 Mahjong 4 – 6 SingOut	17 1 – 3 Legacy Arts: Self Portrait	18 10 – 11 Creative Movement 10 – 12 Beginner Collage 10:30am—12pm Knitting 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 1:30 – 2:30 DOROT Design Lab w/ <i>Fanny Karst</i> 2:45 – 3:45 Kol DOROT 4 – 5 Music Appreciation	19 11:00 – 11:40am Mr. Gu 12:30 – 2 Shakespeare with <i>Leo Schaff</i>
22 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong	23 10 – 11 Gentle Ballet 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 12:45 - 3:45pm The Memory Tree 2 – 5 Mahjong 4 – 6 SingOut	24 1 – 3 Legacy Arts: Self Portrait	25 10 – 11 Creative Movement 10 – 12 Beginner Collage 11 – 12 Meditation 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia (DOROT Closes at 3pm)	26 CLOSED FOR HOLIDAY <i>7th day of Passover</i>
29 10 – 10:50 Let's Chat! 11 – 12 Chair Yoga 12:30 – 1:20 and 1:30 - 2:20pm : S & S w/ Tia 2:40 – 3:30 Qigong	30 10 – 11 Gentle Ballet 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:30 – 1:30 Current Events 12:45 - 3:45pm The Memory Tree 2 – 5 Mahjong 4 – 6 SingOut			