



DOROT Programs for Older Adults

May/June 2019

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A LETTER TO OUR COMMUNITY

Dear DOROT Community,

Welcome to May & June 2019 at DOROT. Take a look inside our program calendar and you will find regular onsite offerings that include:

- Weekly Health & Wellness Classes
- Weekly and Monthly Discussions & Gatherings
- Special Events & Workshops
- Legacy Arts Programs

Look out for new programs, like our Beginner Ballroom Dance workshop and some exciting Friday lectures.

We look forward to seeing you soon. Please reach out if you have any questions.

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

dorotusa.org

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

Most Onsite 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.



Alex Kelly Berman
Director

917.441.3702



Shannon O'Connor
Administrator

917.441.3743

soconnor@dorotusa.org

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 Classes

Medical clearance from your physician is required for movement classes.

Please bring a medical clearance to your first class. Call 917.441.3743 for details.

All classes below are drop-in. Space is limited and available on a first-come, first-served basis.

Gentle Chair Yoga

11:00 AM 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

12:30 PM on Mondays & Thursdays

1:30 PM on Mondays

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

2:30 PM 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.

Mr. Gu's Method

11:30 AM on Tuesdays

11:00 AM on Fridays

Learn simple exercises based in Chinese Medicine and designed for you to increase energy and help move towards greater health.

Led by Ken Gray (Tuesdays) & Hilary Zeltner (Fridays), both experienced in Mr. Gu's Method.

Creative Movement ****NEW TIME****

1:30 PM on Thursdays

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

Co-led by Roger Puckett, veteran Broadway dancer & Marina Thomas, experienced dance educator.

Guided Meditation

11:00 AM on Thursdays

Join our experienced 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.

Led by Amy Gross & other experienced teachers.

Discussions & Gatherings

All programs on this page are drop-in unless otherwise noted.

Space is limited and available on a first-come, first-served basis.

Roses & Thorns

10:15 AM on Tuesdays (until 6/4)

Share experiences and learn from each other in a comfortable drop-in group setting.

Led by Sandy Warshaw, LCSW.

Current Events Café

12:15 PM on Tuesdays

Meet up for refreshments and good conversation about current events and community happenings.

Feel free to bring your lunch if you'd like to.

Led by Adair Linn Nagata & Adellar Greenhill.

Mahjong

2:00 PM on Tuesdays

Drop in for a few rounds of mahjong with this friendly group. Some experience required.

RSVP required: 917-441-3743.

Led in collaboration with Manhattan Women's Club.

Monthly Book Group

3:00 PM on Tuesday, May 7

& Tuesday, June 18

Discuss books and meet new friends. For monthly titles, call 917.441.3743.

Led by Jeremy Caplan, CUNY Journalism Professor.

Kol DOROT - Chorus Group

2:45 PM 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 and Composer.

Knitting Group

10:30 AM on 1st Wednesdays and
3rd Thursdays

Bring projects or start new projects. Beginners welcome. **RSVP Required:** 917.441.5054.

Color + Connect

1:30 PM on 3rd Thursdays

Join us for an "adult coloring" session to help relieve stress, obtain focus and stimulate your brain. DOROT will provide mixed media supplies and beautiful coloring book pages to bring your imagination to life.

Led by DOROT Onsite Programs staff.

Decluttering Meet-up ****NEW****

11:00 AM on 2nd Fridays

Share tips, tricks, and questions on the topic of home organizing.

Led by Kathleen Fiorito, expert Home Organizer.

Special Events & Workshops

Registration is required for all Special Events & Workshops:

- Due to limited space, registration is on a first-come, first-served basis. Wait lists are available.
- Registration is limited to one additional guest. Please note, unclaimed seats will be released to drop-ins five minutes before the start of a program.

Weekly Friday at 12:30 PM Special Events:

May:

May 3: Shiatsu with Kumiko Kanayama

May 10: Three Minutes in Poland*

May 17: Lost Riverside Drive Lecture

May 24: Musical Legacy of Eastern Europe*

May 31: King Lear Reading

June:

June 7: Van Gogh Lecture

June 14: Shakespeare Reading

June 21: Legacy of the NYC Labor Movement*

June 28: Fiddler on the Roof Sing—along

*indicates Legacy Arts programs (see next page)

Workshops:

NYC Greenmarket Talk & Taste

10 AM on Friday, May 10

Learn what NYC Greenmarkets have to offer and try some tasty seasonal produce.

Led by Susie Spodek, GrowNYC Coordinator.

Beginner Ballroom Dance

2:15 PM on Friday, June 14

Enjoy dance music but have two left feet? Fear no more. Ballroom dance is easier than you might think.

Led by Fred Zhao, Competitive Ballroom Dancer.

Flower Arranging

10:30 AM on Wednesday, June 19

Join us for a colorful spring workshop—you'll be given a variety of beautiful flowers to take home.

Led by Sheri Fisch, horticultural therapist.

Memories of Home:

A Museum of Modern Art Series

4:00 PM on Wednesday, June 5: Lecture

2:00 PM on Thursday, June 13: Printmaking

Explore the lives and work of artists who have explored their origins through their art. You're welcome to register for one or both programs.

Led by Kirstin Broussard, MoMA Teaching Artist.

Legacy Arts Programs

From Shtetl to Ellis & Beyond

6:00 PM Thursday on May 2

Come hear Leah Kaplan tell the story of her grandmother's journey in 1903 from her small shtetl in Belarus to Ellis Island, a trip she undertook alone with two young children. Augmenting the stories shared by her grandmother with her own research from major institutions, including the Red Star Line Museum of Immigration in Belgium, Leah will answer the questions of why and how her grandmother made the trip, and more!

The Artistic Legacy of the Soul of a Nation: *Black Artists from Civil Rights to Black Power*

10:30 AM Wednesday on May 29

Gifted arts educator Riva Blumenfeld returns to DOROT, this time to review and help us learn more about several Black American artists and the work they created during a period of great political, social, and aesthetic upheaval.

Poetry Workshop

10:30 AM Thursdays in June

Join celebrated poet and teacher Jessica Greenbaum for a poetry workshop that's for everybody. Jessica is an award-winning poet. Her poetry has appeared in more than 80 publications worldwide. Weekly, you'll read and discuss poems from published poets and have the chance to share your own poems if you'd like to.

About Lasting Impressions:

DOROT's Lasting Impressions Program is dedicated to helping older adults share their important stories in group and individual settings. Lasting Impressions offers legacy arts programming that ranges from storytelling and theater to memoir writing and studio art, always drawing upon the experiences and stories of participants for inspiration. For older adults who are more comfortable working at home, Lasting Impressions will connect volunteers to visit and capture memories, words of wisdom and more in one-on-one oral history-types of projects.

Additionally, DOROT's Lasting Impressions Program educates and supports older adults with the advance care planning process, both in group and individual settings, in collaboration with the **What Matters** initiative.

To learn more, or to pre-register (registration is a must – space is limited), reach out to Lena King (see contact info below).

Lasting Impressions Staff:



Wendy Handler
Director

917.441.3724

whandler@dorotusa.org



Lena King
Administrator

917.441.3744

May 2019 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 11:00 – 12:00 Meditation (sub) 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:45 – 3:45 Kol DOROT	3 11:00 – 11:40 Mr. Gu 12:30 – 2:00 Shiatsu
6 11:00– 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	7 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 1:00 – 3:45 Mahjong 3:00 – 4:30 Book Discussion 4:00 – 6:00 SingOut	8 10:30 – 12:00 Knitting	9 10:30 – 12:00 Poetry Workshop 11:00 – 12:00 Meditation (sub) 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:45 – 3:45 Kol DOROT	10 10:00 – 11:00 Greenmarket 11:00 – 11:40 Mr. Gu 11:00 – 12:30 Decluttering 12:30 – 2:00 Three Minutes in Poland <i>w/Glenn Kurtz</i>
13 11:00– 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	14 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong 4:00 – 6:00 SingOut	15	16 10:30 – 12:00 Knitting 11:00 – 12:00 Meditation (sub) 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 1:30 – 2:30 Color + Chat 2:45 – 3:45 Kol DOROT	17 11:00 – 11:40 Mr. Gu 12:30 – 1:30 Lost Riverside Drive Lecture <i>w/Michael Susi</i>
20 11:00– 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	21 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong 4:00 – 6:00 SingOut	22	23 11:00 – 12:00 Meditation (sub) 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:45 – 3:45 Kol DOROT	24 11:00 – 11:40 Mr. Gu 12:30 – 2:00 Musical Legacy of Eastern Europe <i>w/Mark Slobin</i>
27 CLOSED FOR HOLIDAY Memorial Day	28 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong 4:00 – 6:00 SingOut	29 10:30 – 12:00 Artistic Legacy of “Soul of a Nation: Black Artists from Civil Rights to Black Power”	30 11:00 – 12:00 Meditation (sub) 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:45 – 3:45 Kol DOROT	31 11:00 – 11:40 Mr. Gu 12:30 – 2:30 King Lear Reading

June 2019 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	4 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong 4:00 – 6:00 SingOut	5 10:30 – 12 Knitting 4:00 – 5:30 MoMA Talk	6 10:30 – 12:00 Poetry Workshop 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:45 – 3:45 Kol DOROT	7 11:00 – 11:40 Mr. Gu 12:30 – 2 Art History: Van Gogh Part VI <i>with Eric Walstedt</i>
10 CLOSED FOR HOLIDAY SHAVUOT	11 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong	12	13 10:30 – 12:00 Poetry Workshop 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:00 – 4:00 MoMA Workshop 2:45 – 3:45 Kol DOROT	14 11:00 – 11:40 Mr. Gu 11:00 – 11:40 Decluttering 12:30 – 2 Shakespeare Reading <i>w/Leo Schaff</i> 2:15 – 3:30 Ballroom Dance
17 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	18 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong 3:00 – 4:30 Book Discussion	19 10:30 – 12:00 Flower Arranging	20 10:30 – 12:00 Poetry Workshop 10:30 – 12:00 Knitting 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 1:30 – 2:30 Color & Chat 2:45 – 3:45 Kol DOROT	21 11:00 – 11:40 Mr. Gu 12:30 – 2 Legacy of the NYC Labor Movement
24 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	25 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 4:45 Mahjong	26	27 10:30 – 12:00 Poetry Workshop 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:30 Creative Movement 2:45 – 3:45 Kol DOROT	28 11:00 – 11:40 Mr. Gu 12:30 – 2:00 <i>Fiddler on the Roof</i> Sing-along