

# November 2018 DOROT's Wellness Program

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 10-10:50</b> Nia Wise Moves <b>11-12</b> Meditation w/ Amy <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B <b>2:45-3:45</b> Kol DOROT	<b>2</b> <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:30</b> Reimagine with Amy Cunningham
<b>5</b> <b>11-12</b> Gentle Chair Yoga <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B	<b>6</b> <b>10:15-11:15</b> Roses & Thorns <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:30</b> <i>Current Events Café</i> The Memory Tree	<b>7</b>	<b>8</b>  No Wellness Classes	<b>9</b> <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:30</b> Sing Along – Jewish American Composers & History Behind Them!
<b>12</b> <b>11-12</b> Gentle Chair Yoga <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B	<b>13</b> <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:30</b> <i>Current Events Café</i> The Memory Tree	<b>14</b>	<b>15 10-10:50</b> Nia Wise Moves <b>11-12</b> Meditation w/ Amy <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B <b>2:45-3:45</b> Kol DOROT	<b>16</b> <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:45</b> Art History with Eric Walstedt “Van Gogh in Arles”
<b>19</b> <b>11-12</b> Gentle Chair Yoga <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B	<b>20</b> <b>10:15-11:15</b> Roses & Thorns <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:30</b> <i>Current Events Café</i> The Memory Tree	<b>21</b>	<b>22</b>  Closed for Holiday	<b>23</b>  Closed for Holiday
<b>26</b> <b>11-12</b> Gentle Chair Yoga <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B	<b>27</b> <b>10:15-11:15</b> Roses & Thorns <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:30</b> <i>Current Events Café</i> The Memory Tree	<b>28</b> <b>3-4:30</b> Book Discussion- “Call Me By Your Name” by Andre Aciman	<b>29 10-10:50</b> Nia Wise Moves <b>11-12</b> Meditation w/ Amy <b>12:30</b> Stretch & Strengthen -A <b>1:40</b> Stretch & Strengthen -B <b>2:45-3:45</b> Kol DOROT	<b>30</b> <b>11:30-12:10</b> Mr. Gu's Exercise <b>12:30-1:45</b> <b>Journaling:</b> Accessing Your Inner Wisdom for Self-Healing with Dr. Muehsam

# December 2018 DOROT's Wellness Program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 11-12 Gentle Chair Yoga 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B	<b>4</b> 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	<b>5</b> 10:30-12 NYLAG Housing & Tenant Rights 1-5 NYLAG Consultations  11-1 Big Apple Circus <i>Limited Tickets Available</i>	<b>6</b> 10-10:50 Nia Wise Moves 11-12 Meditation w/ Amy 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-4 <i>Vocal Ease</i> Annual Cabaret Show	<b>7</b>  11:30-12:10 Mr. Gu's Exercise 12:30-2:30 Afternoon Movie "The King's Speech"
<b>10</b> 11-12 Gentle Chair Yoga 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B	<b>11</b> 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	<b>12</b>  1:30-3 Book Discussion- "Invisible Cities" by Italo Calvino	<b>13</b> 10-10:50 Nia Wise Moves 11-12 Meditation w/ Amy 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B 2:45-3:45 Kol DOROT	<b>14</b> 11:30-12:10 Mr. Gu's Exercise 12:30-1:45 Collage Workshop with The Whitney Museum
<b>17</b> 11-12 Gentle Chair Yoga 12:30 Stretch & Strengthen -A 1:40 Stretch & Strengthen -B	<b>18</b> 10:15-11:15 Roses &Thorns 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 <i>Current Events Café</i> 1:30-3 Winter Party	<b>19</b>  10:30-12 The Artistic Legacy of Yayoi Kusama	<b>20</b> 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	<b>21</b> 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 Music and Memories with Gary
<b>24</b>  No Classes	<b>25</b>  Closed for Holiday	<b>26</b>	<b>27</b> 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	<b>28</b> 11:30-12:10 Mr. Gu's Exercise 12:30-1:30 Great Voices of The Opera Series with Lawrence
<b>31</b>  No Classes				