



DOROT Weekly and Monthly Programs

September / October 2019

September/October 2019

A LETTER TO OUR COMMUNITY

*There will be many closings due to the Jewish holidays.
Please check the schedule before joining us onsite!*

Dear DOROT Community,

Welcome to September & October 2019 at DOROT. Inside our calendar you'll find all of our regular onsite offerings:

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

Look out for new programs, like our Improv Workshop and our Creative Circles. We also have a host of new music-related offerings that promise to be wonderful.

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

Regards,

Wendy Handler, Director of Onsite & Special Programs

JOIN US ONSITE AT DOROT:

171 West 85th Street (NE Corner of Amsterdam)
New York, NY 10024



Wheelchair Accessible

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.



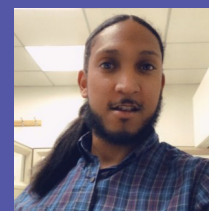
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Visit Us Online at dorotusa.org
DOROT Resource Line: 212.769.2850

Health & Wellness Classes

Medical clearance from your physician is required for movement classes.

Please bring a medical clearance to your first class. Call Shannon at 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. Some standing exercises included.

Led by Nobue Hirabayashi, Hatha Yoga Teacher.

Stretch & Strengthen

12:30 PM on Mondays & Thursdays

1:30 PM 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

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.

Rhythm & Stomp

12:30 PM on Tuesdays

Create musical scores with the use of drum sticks and body percussion all while learning fun choreography. This class is a hybrid of music, movement, and exercise. Come move, clap, stomp, and groove with us!

Led by Charlie Markham, Dancer and DOROT Sunday & Evening Program Staff.

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 Cheng-de Gu, Founder of Mr. Gu's Method.

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.

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 Adellar Greenhill & Adair Linn Nagata.

Guided Meditation

11:00 AM on Thursdays

Join Amy 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, Meditation Instructor.

Roses & Thorns Discussion Group

**10:15 AM on Tuesdays in September
Fridays in October (except for 10/29)**

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

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 Rebecca Ehren (interim), Pianist.

Decluttering Meet-up

11:00 AM on 1st Fridays

Share tips, tricks, and questions on the topic of home organizing.
Led by Kathleen Fiorito, Expert Home Organizer.

Knitting Group

Knit lapghans, hats, and scarves for older adults in DOROT's Homeless Prevention Programs, or work on your own project. Beginners welcome!
RSVP to Jamie Required: 917.441.5054 or jphillips@dorotusa.org

Monthly Book Discussion Group

3:45 PM on September 10 & October 24

Discuss books and meet new friends. Contact Shannon at 917.441.3743 for monthly titles.
Led by Jeremy Caplan, CUNY Journalism Professor.

Mah Jongg Beginner Class and Beginner/Intermediate Open Play

2:00 PM Class

3:00 PM Open Play

Tuesdays Beginning October 29

Skill building hour for beginners & drop-in play for returning beginner and intermediate players. For more information contact Shannon at 917.441.3743.

Led by Susanne Schultz-Wendt, Mah Jongg Instructor.

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:

September:

September 6: Passport Around the World

September 6 (2:00pm): Jin Shin Jyutsu®

September 13: Legacy of the Catskills*

September 27: Opera Performance

**Legacy Arts program*

October:

October 4: Lost Synagogues of Europe*

October 11: Birds On Broadway

October 18: Johannes Vermeer Lecture

October 25: Edgar Allan Poe Lecture

October 25 (2:15pm): Tai Chi Easy™

Workshops:

Creativity Circles

12:00 PM on Thursdays

October 10 - November 21

Experience creative arts as a fun path to explore issues, thoughts and feelings around aging in this seven week workshop. We will use mindfulness each week as a tool for connection.

Led by Shannon O'Connor, DOROT Staff.

Classical Music Appreciation

5:00 PM on September 10 & October 24

Join us for listening and discussion on composers, Mozart & Schubert!

Led by Jeremy Caplan, CUNY Professor

Improv Acting and Comedy Workshop

4:00 PM on Thursdays

September 26 - October 31

Join us for a six week workshop that will explore the fundamental principles of improvisation through exercises in agreement, commitment, spontaneity, and listening.

Led by Megan Gray and Louis Kornfeld, actors.

Voices of Opera

4:00 PM on Monday, September 9

Explore the magic of opera. We'll listen to some of the greatest arias, duets and trios as we learn and discuss opera fundamentals and history.

Led by Lawrence Galante, Opera Connoisseur.

Legacy Arts Programs

The Pearls of Wisdom are Recruiting!

Transform your memories into narrative art! Join us to learn how you can become a member of this nationally-recognized touring ensemble of storytellers, now a treasured initiative of DOROT. No experience necessary.

Information Sessions – Attendance at both encouraged
Wednesday, September 4, 3:00–4:30 pm
Wednesday, September 11, 3:00–4:30 pm

The ABCD's of Medicare

10:30-12:00 pm Wednesday, September 25

Join experts from the New York Legal Assistance Group (NYLAG) and the Medicare Rights Center to learn all you need to know about Medicare A, B, C and D, and how to determine your best options. Learn how the upcoming changes to Medicare might affect you, and next steps in the Open Enrollment process.

1 – 5 pm Consultations—By Appointment Only

NYLAG attorneys will be available to meet privately with you on a range of legal topics. DOROT social work staff will be on hand to assist with your advance directives and help answer related questions.

This program is made possible through a generous grant from the Berg Foundation.

Art Workshop—Mirror Images: My Life Story

10:30 AM – 12:30 PM

Mondays, October 28 – December 16

Roll up your sleeves for this legacy arts workshop that includes porcelain tiles and paints. Taught by artist Lee Brozgol, each week you'll talk and create, using the decorated tiles to frame a mirror (your perfect reflection) that's yours to take home at workshop's end.

About Lasting Impressions:

*DOROT's Lasting Impressions Program is dedicated to helping older adults share their important stories in group and individual settings. Additionally, Lasting Impressions 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 for all Legacy Arts Programs (registration is a must - space is limited for all programs), please reach out to Lena King at lking@dorotusa.org

Everyday Revelations

Poetry Workshop

10:30 AM - noon

Thursdays, Oct. 24 – Dec. 19

Join celebrated poet and teacher Jessica Greenbaum for a poetry workshop that's for everybody. Jessica, author of three books, is an award-winning poet and social worker whose works have appeared in more than 80 publications worldwide. Each week, you'll read and discuss the kinds of poems where you know what's going on, write to prompts and share with others if you'd like.

Lasting Impressions Staff:



Lena King

Administrator

917.441.3744

lking@dorotusa.org

September 2019 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
2 DOROT Closed Labor Day	3 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 12:30 – 1:30 Rhythm & Stomp	4 3:00 – 4:30 Meet the Pearls of Wisdom	5 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:45 – 3:45 Kol DOROT	6 10:45 – 12:15 Decluttering 11:00 – 11:40 Mr. Gu 12:30 – 1:30 Passport Around the World 2:00 – 3:00 Jin Shin Jyutsu®
9 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong 4:00 – 5:00 Voices of Opera	10 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 12:30 – 1:30 Rhythm & Stomp 3:45 – 4:45 Book Discussion 5:00 – 6:00 Magic of Mozart	11 10:00 – 12:00 Knitting Circle 2:30 – 4:30 Meet the Pearls of Wisdom	12 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:45 – 3:45 Kol DOROT	13 11:00 – 11:40 Mr. Gu 12:30 – 2:00 Legacy Lecture: “The Catskills” History & Today
16 No Classes Package Delivery Preparations	17 No Classes Package Delivery Preparations	18 No Classes Package Delivery Preparations	19 No Classes Package Delivery Preparations	20 No Classes Package Delivery Preparations
23 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	24 No Classes	25 10:00 – 12:00 Knitting Circle 10:30 – 12 The ABCD’s of Medicare 1:00 – 4:00 Private Appointments	26 11:00 – 12:00 Meditation 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:45 – 3:45 Kol DOROT <i>with Volunteers from Moody’s</i> 4:00 – 5:30 Improv Workshop	27 10:15 – 11:15 Roses & Thorns 11:00 – 11:40 Mr. Gu 12:30 – 2:00 Vocal Concert featuring Rebecca Maclean
30 DOROT Closed Rosh Hashanah				

October 2019 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	1 DOROT Closed Rosh Hashanah	2	3 11:00 – 12:00 Meditation (Sub) 12:30 – 1:20; 1:30–2:30 S & S 2:45 – 3:45 Kol DOROT 4:00 – 5:30 Improv Workshop	4 10:15 – 11:15 Roses & Thorns 10:45 – 12:15 Decluttering 11:00 – 11:40 Mr. Gu 12:30 – 2:00 Legacy Lecture: Lost Synagogues of Europe
7 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S (Sub) 1:30 – 2:20 S & S (Sub) 2:30 – 3:20 Qigong	8 No Classes DOROT Closes at 1:00 Yom Kippur	9 DOROT Closed Yom Kippur	10 11:00 – 12:00 Meditation (Sub) 12:00 – 1:00 Creativity Circle 12:30 – 1:20; 1:30–2:30 S & S 2:45 – 3:45 Kol DOROT 4:00 – 5:30 Improv Workshop	11 10:15 – 11:15 Roses & Thorns 11:00 – 11:40 Mr. Gu 12:30 – 1:45 <i>Birds On Broadway</i> Sculpture Project
14 DOROT Closed Sukkot	15 DOROT Closed Sukkot	16	17 11:00 – 12:00 Meditation 12:00 – 1:30 Creativity Circle 12:30 – 1:20; 1:30–2:30 S & S 2:45 – 3:45 Kol DOROT 4:00 – 5:30 Improv Workshop	18 10:15 – 11:15 Roses & Thorns 11:00 – 11:40 Mr. Gu 12:30 – 1:45 Art History Slide Talk: Johannes Vermeer
21 DOROT Closed Shemini Atzeret	22 DOROT Closed Simchat Torah	23 10:00 – 12:00 Knitting Circle	24 10:00 – 12:00 Poetry 11:00 – 12:00 Meditation 12:00 – 1:30 Creativity Circle 12:30 – 1:20; 1:30–2:30 S & S 2:45 – 3:45 Kol DOROT 3:45 – 4:45 Book Discussion 4:00 – 5:30 Improv Workshop 5:00 – 6:00 Splendor of Schubert	25 10:15 – 11:15 Roses & Thorns 11:00 – 11:40 Mr. Gu 12:30 – 1:45 Edgar Allan Poe Lecture 2:15 – 3:15 Tai Chi Easy™
28 10:30 – 12:00 Mosaic Class 11:00 – 12:00 Chair Yoga 12:30 – 1:20 S & S 1:30 – 2:20 S & S 2:30 – 3:20 Qigong	29 10:15 – 11:15 Roses & Thorns 11:30 – 12:10 Mr. Gu 12:15 – 1:30 Current Events 2:00 – 5:00 Beginner Mahjongg	30	31 10:00 – 12:00 Poetry 11:00 – 12:00 Meditation 12:00 – 1:30 Creativity Circle 12:30 – 1:20; 1:30–2:30 S & S 2:45 – 3:45 Kol DOROT 3:45 – 4:45 Book Discussion 5:00 – 6:00 Improv <i>Showcase!</i>	