



University Without Walls

PROGRAMS FOR OLDER ADULTS

SUMMER TELEPHONE CLASSES
CONNECT AND LEARN FROM HOME!

REGISTER BY PHONE 877-819-9147 OR ONLINE WWW.DOROTUSA.ORG/UWW

DOROT Summer Telephone Classes • Connect and Learn From Home!

Join DOROT's University Without Walls classes over the phone
\$15 for multiple session classes (or free with scholarship)

Register by phone 877-819-9147 or online www.dorotusa.org/www

Jewish Women as Role Models Throughout History: How They Changed Our World

6 Mondays at 10 AM, July 1, 8, 29, Aug 12, 19, 26

Rabbi Debra Smith, Spiritual Leader, Educator, CSW, Rabbi Congregation Or Ha Lev

We will study several biblical and contemporary Jewish women leaders, and how they influenced and contributed to our lives today. What personal and societal factors shaped their dreams and values? We will study: Deborah the Prophetess; Queen Esther; Gold Meir; Dona Gracia Nasi; Ruth Bader Ginsburg; Naomi Shemer; Rebecca Gratz.

The Corner of Casablanca and Sunset Boulevard

6 Mondays at 11 AM, July 1, 8, 15, 22, 29 & August 5

Tom Kertes, Retired Newspaper Columnist and Film Critic

Let's meet there! This class will discuss in depth the greatest movies in Hollywood history, their stars, their directors, their screenplays, and all of the fascinating stories behind their often tumultuous process of creation. What goes into making a classic Hollywood movie?

How to Keep Your Feet Healthy as You Age

2 Mondays at 1 PM, July 1 and 8

Beth Ann Dittkoff, MD, Medical Author, Retired Surgeon

As you age, your feet change, and these differences can impact your overall health. This course will review some of the most common foot ailments in older adults, and discuss how to prevent and treat these conditions.

My Changing City: New York, Lives, Legends and Stories

7 Tuesdays at 10 AM, July 2, 9, 16, 23, 30, August 6, 13

Constance H. Gemson, LMSW, Social Worker and Author

Explore the complex contradictions of New York City through contemporary prose and poetry. Gain new insights and share your city memories.

The Power of Poetry

7 Tuesdays at 11 AM, July 2, 9, 16, 23, 30, August 6, 13

Constance H. Gemson, LMSW, Social Worker and Author

Appreciate poems of healing and grace that may provide comfort and support. Discover new writers and their wisdom. This series will encourage your participation. Newcomers and experienced poetry lovers are welcome. Copies of poems will be sent to all participants.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

10 Fridays at 10 AM, July 5, 12, 19, 26, August 2, 9, 16, 23 & 30

Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy Facilitator; Reiki Practitioner 3d Degree; Founder of Good Energy Yoga & Reiki LLC

Gain calming and energizing benefits of Tai Chi while seated at home! Enjoy guided relaxation visualizations and meditation. Each session includes a short group discussion based on the written materials included in the course.

Hilma af Klint: Paintings for the Future

2 Wednesdays at 10 AM, July 10 and 17

Ellen Edelman, Gallery Educator, the Solomon R. Guggenheim Museum

Born in Stockholm in 1862, Hilma af Klint challenged the canon of 20th century art history, creating large scale, radically bold, brilliantly colored abstract works years before the "fathers" of modernism, Kandinsky, Mondrian and Malevich. Explore the extraordinary life and work of this long under-recognized artistic innovator, who captivated visitors to her blockbuster solo exhibition at the Guggenheim.

Current Events

6 Wednesdays at 4 PM, July 10, 17, 24, 31, August 7, 14

Rick Kurnit, Attorney, Advertising and Intellectual Property, Frankfurt, Kurnit,

Klein and Selz, PC

Examine events occurring locally, nationally and internationally. Enjoy an exciting discussion about controversial topics in the news.

Frida Kahlo: Appearances Can Be Deceiving

2 Tuesdays at 12 PM, July 23 and 30

Vicki Horowitz, Docent Brooklyn Museum

The title of this class comes from Frida Kahlo's own words. Kahlo expressed herself honestly and unapologetically. From her self-portraits to her inimitable style, from her firm belief in equality for all to her pride of Mexican culture, her legacy continues to inspire. We will explore the ways Kahlo presented herself to the world as an artist, as a person versus living a private life.

Alzheimer's 101

1 Tuesday at 2 PM, July 30

Shelley Steiner, LSW, MSW, MPH, Alzheimer's New Jersey

This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia. Information about risk factors and warning signs, steps to obtaining a diagnosis, and treatment options are discussed. Planning for the future, coping with behavioral and other changes, and accessing community resources are also reviewed.

Short Story Discussion Group

1 Wednesday at 3 PM, July 31

Michael Messina, Senior Librarian, Adult Services, New York Public Library

Discuss a different short story each month with New York Public Library staff. Stories provided by DOROT.

DOROT's In-Sight Program for the Visually Impaired

7 Tuesdays at 4 PM, July 9 – August 20

Carole Yablonowitz, Group Discussion Leader

Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

Teen Talk Join Teen Summer Interns for Intergenerational Conversations

Same and Different: Jewish Traditions and Experiences

SESSION A: 4 Tuesdays at 11 AM, June 25; July 2, 9 & 16

SESSION B: 4 Tuesdays at 2PM, July 23, 30; August 6 & 13

Interns, DOROT

Do you make kneidlach? Where were you on D Day? What were your Jewish connections growing up? Join us to share your personal stories with our DOROT Jewish Summer Teen Internship Program participants

The World and Me: An Intergenerational Exploration of Current Events

4 Tuesdays at 11 AM, July 23, 30, August 6 & 13

Interns, DOROT

Join DOROT's Summer High School Interns for an exciting conversation about the contemporary issues of our times.