

September – December 2025



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**

Registration will begin on September 15, 2025



CONNECT WITH THE DOROT COMMUNITY ON YOUR PHONE



Table of Contents

News, Technology & Our Society	2
The Barbara and Bentley Kassal Foundation Museum Discussions	3-4
Music & Performing Arts	4-5
The Estate of Elaine M. Edelman Literature & Storytelling Series	5-6
Jewish Interests	6
Health & Wellness	7
Discussion Groups & Support Groups	8
Program Guidelines	9
Our Support & Partners	10

What is University Without Walls (UWW)?

UWW is DOROT's flagship teleconference program for older adults. We offer hundreds of programs over the telephone. Explore art and culture, discuss news, share memories, practice new skills and connect with peers through our support groups. Experience the joys and benefits of community and lifelong learning – all from the comfort of your home. UWW programs are all 50 minutes.

Programs for Russian speakers

Learn about our Russian University Without Walls offerings. Call (917) 441-5061.

Connecting to Your UWW Teleconference Program

Programs are offered in two formats: Dial-In and Staff-Connected. The format is noted next to the time and date of each program.

Dial-In programs

You will call a phone number and dial a "Meeting ID" to join your program. The number and Meeting ID are given when you register. If you like, you can request a toll-free number from a UWW Staff Member.

Staff-Connected programs

DOROT staff will call and connect you approximately 15 minutes before the program. You will be on hold until the program begins.

Other Without Walls Programs

DOROT is part of the international Without Walls Network of programs for older adults provided over the phone. For more information, please contact:

- **Front Porch - Well Connected**
(877) 797-7299 • Covia.org

Zoom and In-Person Programs

To learn about DOROT's Zoom or in-person offerings, visit our online calendar at dorotusa.org/calendar/

News, Technology & Our Society

Please note: You may register for only one section of The Current Political Scene OR Current Events Discussion Group.

Current Events Discussion Group (Staff-Connected)

11 Mondays at 11am September 29 – December 15

(No sessions October 20 & November 3)

Renée Adler Ascher, DOROT Board Member and Volunteer

Join us for robust discussion about world events as they unfold and impact our lives. From the consequential to the mundane, together we will dissect and debate the way political, social and cultural events impact us and the world.

The Current Political Scene (Staff-Connected)

Section A: 10 Mondays at 3pm September 29 – December 15

(No sessions October 6 & 13)

Section B: 10 Tuesdays at 3pm September 30 – December 16

(No sessions October 7 & 14)

Section C: 8 Wednesdays at 3pm October 9 – December 17

(No session November 26; Special sessions on Thursdays October 9 & October 16)

Charles Perkins, Historian

With the passage of a new budget, the deployment of the National Guard into American cities, and continuing tariffs and deportations, we are navigating uncharted political terrain. Join us for lively discussion on how these actions impact our lives and the character of the nation.

People's Republic of China (Staff-Connected)

10 Tuesdays at 11am September 30 – December 16 *(No sessions October 7 & 14)*

Judy Lass, MA, DOROT Volunteer

This introductory course will explore the significance of geography on the evolution of the People's Republic of China. Together we will uncover the cultural, economic and political evolution of China from the early dynastic period to the present day. **Materials will be sent before the program.**

More Than Sports (Staff-Connected)

10 Wednesdays at 11am October 1 – December 17 *(No sessions October 8 & 15)*

Tom Kertes, Retired Newspaper Columnist and Film Critic

Dig into all things sports and culture with Tom Kertes, a former athlete, sports columnist and TV commentator. We will explore the role of sports in society and media and analyze what's going on with favorite teams, the ins and outs of the industry and important moments in sports history.

Digital Security 101: Safe Internet Use for Banking, Email & Shopping (Staff-Connected)

1 Wednesday at 2pm November 12

Susan Carroll, Esq, Director of Outreach & Training, and Roberta Goodman, Esq, Senior Staff Attorney

Learn how to protect your personal information while using your smart phones and computers. Susan Carroll, Esq. and Roberta Goodman, Esq. from the Pace Women's Justice Center will share best practices for safely using the internet for email, banking and shopping. **Materials will be sent before the program.**

The Barbara and Bentley Kassal Foundation Museum Discussions

Materials for Museum Discussions will be sent before the program.

Nourish: Art that Feeds the Soul (Staff-Connected)

1 Friday at 1pm October 3

Diana Toole, Guide, The Brooklyn Museum

In what ways do we take care of ourselves and others? How does art reflect expressions of care? Can self-nourishment and care be acts of joy—and even defiance? Join us as we explore these questions through works from the diverse collection of the Brooklyn Museum.

Rashid Johnson: A Poem for Deep Thinkers (Staff-Connected)

1 Thursday at 11 am October 9

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Discover the work of artist Rashid Johnson, currently featured at the Guggenheim Museum. This major exhibition highlights Johnson's role as a scholar of art history, a mediator of Black popular culture, and as a creative force in contemporary art.

Concorde: A Supersonic Story (Staff-Connected)

1 Wednesday at 2pm October 22

James Tardiff, Senior Museum Educator, Intrepid Museum

Take off on a unique exploration of the Concorde G-BOAD, the fastest commercial aircraft to cross the Atlantic Ocean. Learn about this technological marvel and hear stories of famous figures who experienced the comfort of its first-class cabin and sophisticated flight deck.

Monet and Venice (Staff-Connected)

1 Monday at 1 pm November 17

Vicki Horowitz, Guide, The Brooklyn Museum

Claude Monet once claimed that Venice was "too beautiful to be painted," a challenge he embraced in 1908 by creating an extraordinary sequence of paintings depicting the Italian city. Join us for a lively discussion as we explore these remarkable works now on view at the Brooklyn Museum.

Concorde: Tales from Pearl Harbor (Staff-Connected)

1 Wednesday at 2pm December 3

James Tardiff, Senior Museum Educator, Intrepid Museum

The Intrepid Museum will help us commemorate one of the darkest days in American history. We'll look at this pivotal moment through the lens of brave heroes and inspiring, but unknown stories.

Perceptions and Expressions of Aging in Art (Staff-Connected)

1 Friday at 1pm December 5

Diana Toole, Guide, The Brooklyn Museum

How does art reveal the stories we tell ourselves about aging? In what ways do society's views shape our experience of growing older? How might art inspire new ways of seeing and living through the years? Step into a world of discovery as we journey through evocative works.

Modern European Currents at the Guggenheim (Staff-Connected)

2 Thursdays at 11am December 11 & 18

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Immerse yourself in the world of early twentieth-century European art. We will explore this transformative turning point, when Kandinsky, Marc, Goncharova, Malevich, and Kokoschka redefined the role of art in society and paved the way for the rise of abstraction.

Music & Performing Arts

Miles Davis: Groundbreaker (Dial-In)

4 Thursdays at 11am October 16 – November 6

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

After starting out with bebop and swing in the 1940s, Miles Davis embarked on one groundbreaking journey after another, paving the way for future generations and becoming one of the most iconic and revered figures in jazz history. Join musician Evan Arntzen for listening and discussion on Miles' story and music.

The Corner of Casablanca and Sunset Boulevard (Staff-Connected)

11 Fridays at 11am October 3 – December 19 (No session November 28)

Tom Kertes, Retired Newspaper Columnist and Film Critic

Let's talk about the greatest movies in Hollywood history – the stars, directors, screenplays, and fascinating stories behind the often-tumultuous process of creation. What goes into making a classic Hollywood movie? Why do these films still speak to us today?

The Plays that Shaped the 20th Century (Staff-Connected)

4 Mondays at 12pm September 29 – October 20

Talbot Hall, Screenwriter and Director, Steven and Alexandra Cohen Fellow of the USC School of Cinematic Arts

Here's a course for the theater lover in all of us! We will dive into and discuss four timeless plays that shaped the theatrical landscape of the 1900's: *The Children's Hour* by Lillian Hellman, *Death of a Salesman* by Arthur Miller, *The Glass Menagerie* by Tennessee Williams, and *Who's Afraid of Virginia Woolf* by Edward Albee.

Controversial Classical Music (Staff-Connected)

4 Thursdays at 3pm October 23 – November 13

Christopher M. Culp, Clarinetist, Musicologist

Has classical music ever caused a riot? Yes! And debates, arguments, and fights, too. In these four sessions, we will listen to and discuss controversial pieces of music including works by Stravinsky, Cage, Cowell, Debussy, Glass, Schoenberg, and more.

Songbirds & Crooners (Dial-In)

4 Thursdays at 12pm November 13 – December 11 (No session November 27)

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

Join jazz reed-man Evan Arntzen to listen to and appreciate jazz vocalists such as Bessie Smith, Ella Fitzgerald, Billie Holiday, Frank Sinatra and Nat "King" Cole, as well as some lesser-known greats. Learn about their history and discuss what makes them masters of song delivery.

24/6: A Jewish Theater Company's Telephone Plays (Staff-Connected)

6 Mondays at 12pm November 10– December 15

Yoni Oppenheim, Artistic Director, 24/6: A Jewish Theater Company

Enjoy a short one-person, uplifting and comedic play followed by a conversation with 24/6's Artistic Director. 24/6 is committed to cultivating innovative theater grounded in a rigorous engagement with Jewish tradition.

The Estate of Elaine M. Edelman

Literature & Storytelling Series

Please note: Books and stories for our Literature & Storytelling Series will be sent before the program. You may only register for one book discussion group

Short Story Discussion Group with NYPL (Staff-Connected)

Section A: 1 Wednesday October 29 at 12pm

Section B: 1 Wednesday November 19 at 12pm

Section C: 1 Wednesday December 17 at 12pm

Cleo de Lasa, Information Assistant, Seward Park New York Public Library

Enjoy a lively discussion of classic and new short stories and share your opinions on literature.

The Healing Power of Poetry: Addressing Grief (Staff-Connected)

1 Wednesday at 4pm November 5

Dr. Lynne Rosenthal, Professor of English and Literature & Certified Poetry Therapist

Poetry offers an important way for us to heal. Join in using words, images, sounds and rhythms to process feelings of grief and loss. We'll read and discuss selected poems and respond with our own writing as we begin to move towards healing. Content will be different than previous sessions.

Book Discussion Group with NYPL: The Authenticity Project by Claire Pooley (Staff-Connected)

1 Friday at 1pm October 24

Daria Lindsay, Librarian, St. Agnes Library

Join us for a conversation about *The Authenticity Project*, a heartwarming novel about a green notebook that brings six strangers together and leads to unexpected relationships. The individuals who come across the notebook write honest truths about their own lives and eventually find each other in real life.

Book Discussion Group with NYPL: The Immortal Life of Henrietta Lacks by Rebecca Skloot (Staff-Connected)

1 Friday at 1pm November 14

Daria Lindsay, Librarian, St. Agnes Library

This month's book, *The Immortal Life of Henrietta Lacks* by Rebecca Skloot, tells the story of an African American woman whose cancer cells, taken without her knowledge in 1951, became the first immortal human cell line.

Book Discussion Group with NYPL: *The Midnight Library* by Matt Haig (Staff-Connected)

1 Friday at 1pm December 19

Daria Lindsay, Librarian, St. Agnes Library

Discover *The Midnight Library* by Matt Haig, a thought-provoking novel about regret, choices, and second chances.

Jewish Interests

Due to popular demand, you may register for only one class facilitated by Rabbi Deb Smith and one class facilitated by Lee Slavutin.

Desert Wandering: Exploring the Book of Exodus (Staff-Connected)

12 Mondays at 10am September 29 – December 15

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

Explore the book of Exodus with us! We will discuss the development of the “people of Israel” from the time of their desert wandering until they entered the Promised Land. What trials, tribulations and adventures did they face? What opportunities for spiritual growth arose? What leaders emerged from their ranks?

Living with the Torah (Staff-Connected)

10 Tuesdays 1pm September 30 – December 16 *(No sessions October 7 & 14)*

Lee Slavutin, MD, CLU

The Alter Rebbe, Rabbi Schneur Zalman of Liadi, teaches us to live with the Parsha of the Torah, the portion of the Bible that is read in synagogue each week. Together we can be inspired to enrich our lives from the powerful lessons in the weekly Torah portion.

Our Female Prophets Speak: Lessons for Then and Now (Staff-Connected)

10 Wednesdays at 10am October 1 – December 17 *(No sessions October 8 & 15)*

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

In this class, we will focus on the seven Jewish female prophets and the wisdom transmitted through their lives and teachings that continue to resonate today. We will also discuss how Judaism's male and female prophets differed.

Jewish Mysticism (Staff-Connected)

10 Thursdays at 1pm October 9 – December 18 *(No session November 27)*

Lee Slavutin, MD, CLU

The Tanya, an early work of Hasidic philosophy, provides a spiritual roadmap to Jewish mysticism with an emphasis on applying lessons to our daily service to God and our relationships with family and friends. Let's explore this treasure of Jewish heritage together.

Talmud Treasures (Staff-Connected)

4 Wednesdays at 1pm November 12 – December 10 *(No session November 26)*

Lee Slavutin, MD, CLU

The Talmud is filled with beautiful stories and powerful life lessons, articulated by our Sages and recorded over several hundred years. We will select several passages to learn together and extract lessons that we can apply to our lives.

Health & Wellness

Please note: Materials for our multi-session Health & Wellness classes will be sent before the program. We do not send out materials for single session classes.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation (Staff-Connected)

5 Fridays at 10am October 3 – October 31

Melissa Elstein, Certified Yoga and Qigong Teacher

Learn Chair Yoga warmups, seated Tai Chi Easy™, and Qigong arm gestures to increase your chi (life-force), strengthen your muscles and focus your mind through movement and discussion. Combined with guided relaxation, visualizations and meditation, you'll feel a greater sense of calm.

Self-Massage for Stress Relief and Relaxation (Staff-Connected)

6 Fridays at 12pm October 10 – December 19

Please note: This is a bi-weekly group meeting every other week

Alix Keast, Asian Bodywork and Licensed Massage Therapist

We will use breath, gentle stretching and self-acupressure to help bring us into a calmer and more centered place. These techniques are all based on classical Chinese medicine, with beautiful imagery and powerful effects.

Navigating Medicare (Staff-Connected)

1 Friday at 1pm October 17

Dr. Gil Kunken, HIICAP Medicare Consultant, New York City Department for the Aging

Get ready for the fall open enrollment season starting October 15th. Through discussion, gain guidance and tips on how to make informed choices about your Medicare options for 2026.

Mind-Body Tips and Tricks for Relieving Stress (Staff-Connected)

3 Mondays at 2pm October 13 – October 27

C. Vicki Gold, PT, MA, Thera-Fitness, Inc

Practice techniques and strategies to decrease stress, increase energy, improve function and make everyday activities safer and more efficient. Sitting in a supportive, straight-back chair is recommended for this class.

Sounds of Yoga (Staff-Connected)

5 Fridays at 10am November 14 – December 19 (No session November 28)

Melissa Elstein, Certified Yoga and Qigong Teacher

We will explore various sounding techniques helpful for moving energy in our bodies to focus our minds, uplift our spirits, and expand our awareness. From the humming sound of the yogic bumblebee breathing practice to the sounds of the 7 chakras, enjoy this harmonious exploration.

How Can Artificial Intelligence (AI) Support Healthy Aging? (Staff-Connected)

1 Monday at 2pm, November 24

Beth Ann Ditkoff, MD, Medical Author

Everyone has been talking about Artificial Intelligence (AI), but how is it impacting healthcare, particularly for seniors? We will discuss a wide range of topics from wearable devices to robotics to how AI can make a difference in your medical care now and in the future.

Discussion Groups

Coping with Change: Facing the Future with Confidence (Staff-Connected)

10 Tuesdays at 10 am September 30 – December 16 *(No sessions October 7 & 14)*

Constance Gemson, LMSW, Social Worker and Author

Explore how change begins with endings. Learn how to deal with uncertainty and feel more secure during difficult times. Understand the value of a resilient attitude! Join in for an active discussion.

Happiness: Exploring Joy and Possibilities (Staff-Connected)

10 Thursdays at 10 am October 9 – December 18 *(No session November 27)*

Constance Gemson, LMSW, Social Worker and Author

This interactive class will explore real and practical ways to develop more joy in your life. Discover new options for welcoming community and learn from one another in the group.

Support Groups

In-Sight Program for the Visually Impaired (Staff-Connected)

Section A: 10 Tuesdays at 4 pm September 30 – December 16

(No sessions October 7 and October 14)

Section B: 10 Thursdays at 4 pm October 9 - December 18 *(No session November 27)*

Neva Fairchild, Group Facilitator

Join us to share feelings, concerns and practical solutions to vision loss. Exchange resources, explore challenges and triumphs and connect with your peers.

Bereavement Support Group (Dial-In)

Section A (Loss of parent, partner, grandchild):

12 Tuesdays at 5pm September 30 – December 16

(No sessions October 7 & 14, make up sessions on Thursdays October 9 & 16)

Section B (Loss of partner):

12 Thursdays at 6 pm October 9 – December 18

(No session November 27, make up sessions on Tuesdays September 30 and November 25)

Randi Cohen, MA, ACSW, LCSW

Come together in a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and heal.

Program Guidelines

We welcome older adults from diverse backgrounds! To foster an inclusive and mutually beneficial experience for all, please abide by the following guidelines.

At all times

- Be respectful in your interactions with staff, volunteers, facilitators and participants. This includes being mindful of tone, volume, language and subject matter.

At Registration

- Did you know that we speak to more than 100 people during registration week? To facilitate the registration process, please select your program title(s) and ensure they work for your schedule before you call to register.

Before the program

- **Staff-Connected** sessions: You will receive a call 15 minutes before the program time to connect you. Please wait patiently.
- **Dial-In** sessions: Please call into the program 5 minutes before the program begins or on the hour. This is NOT a **staff-connected** call. You need to **Dial-In** on your own. The facilitator must be on the line before participants can connect. If you call before they do, you will receive a message saying "The meeting has not started, please wait or try again later". If this happens, hang up and call again 5 minutes later.
- If you will not be able to join the call, please contact UWW staff before your program begins.

During the program

- Introduce yourself by your first name each time you speak
- Ensure a quiet environment. Mute your phone when listening, refrain from other conversations, do not answer other calls and turn off radios and televisions. Any of these distractions could result in your being disconnected by staff.
- Wait for a fellow participant to finish their comment before beginning yours.
- Keep your comments relevant to the topic at hand.
- Use language that is respectful of people of differing opinions and experiences.
- Recognize that it is the facilitator's responsibility to manage the conversation, including redirection.
- **Staff-Connected** sessions: If you miss the connecting call or get disconnected, you can call DOROT to be reconnected, bearing in mind we may not be able to do so.
- **Dial-In** sessions: If you get disconnected, you can reconnect yourself by following the same steps as you did to connect at the beginning of the session.
- DOROT will not share your personal information with anyone without your consent.

University Without Walls Staff

Melissa Esparza

Program Administrator, University Without Walls

Yuyan Huang

Program Coordinator, University Without Walls

Jennifer Tyler

Program Administrator, University Without Walls

Charles Markham

Manager of Onsite and Special Programs

We want to hear from you! For questions and feedback, please call UWW staff at (877) 819-9147 or email uww@dorotusa.org.

Thank you

With gratitude, we acknowledge the following foundations, corporations, agencies and individuals that recently have contributed generously to DOROT's University Without Walls programming:

Contributors

Estate of Elaine M. Edelman
 The Barbara and Bentley Kassal Foundation
 Alice Lawrence Foundation
 NYC Department of Cultural Affairs'
 Cultural Development Fund
 The New York State Council on the Arts with
 the support of the Office of the Governor
 and the New York State Legislature
 Michael Tuch Foundation
 US Department of Health and Human Services
 — Administration on Aging (AOA), New
 York State Office for the Aging, Westchester
 County Department of Senior Programs and
 Service

New York Public Library
 New York City Department of the Aging
 Pace Women's Justice Center
 The Solomon R. Guggenheim Museum
 St. Agnes Library
 The Whitney Museum of American Art
 Well Connected-Front Porch
 Visions Services for the
 Blind & Visually Impaired

Remembrance

We remember the following individuals who touched the lives of DOROT's teleconference community:

Community Partners

24/6 A Jewish Theater Company
 Bikur Cholim Chesed Organization
 Brooklyn Museum
 Family Eldercare

Claire Gagnon
 Ellen Gorman
 Charles Kirschen
 Eileen Lurie
 Anne Smythe

Your Support Makes a Difference! Please Donate Today.

Your generous donation helps DOROT provide programs like UWW and many other services — completely free of charge. Donations can be made through the following methods:

Online: www.dorotusa.org/donate • Phone: (917) 441-5095

Mail: Send a check payable to DOROT to: DOROT, 171 West 85th Street • New York, NY 10024

Planned Giving & Legacy Gifts

Are you interested in making a planned gift to DOROT or learning about DOROT's Generations Society? Please contact Dassi Kalmanofsky at (917) 441-5095. The Generations Society recognizes individuals who have made legacy gifts to help ensure the future of DOROT's programming.

There are many options for deferred gifts, including through a will, trust, retirement plan, IRA, DAF, or life insurance policy.

Thank you for your support!



**University
Without Walls**
LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



171 West 85th Street
New York, NY 10024
212.769.2850
www.dorotusa.org

About DOROT

Since 1976, DOROT has been an innovative leader in the fields of aging services and volunteerism. DOROT alleviates social isolation among older adults and provides services to help them live independently as valued members of the community. We serve the Jewish and wider community, bringing the generations together in a mutually beneficial partnership of older adults, volunteers and professionals. University Without Walls is our flagship teleconference program offering lifelong learning and community from the comfort of home.

University Without Walls registration will begin September 15

Registration & Information:

Call (877) 819-9147 • Email: uww@DOROTUSA.org • Visit our website: www.DOROTUSA.org/UWW