

August 2020 DOROT Onsite @Home Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 11AM- 12PM Chair Yoga 2PM-3PM Travel Writing 3PM-4PM QiGong 4:15PM-5:15PM Roses & Thorns	4 11AM-12PM Watercolor Workshop 1PM-2PM Stretch & Strengthen 4 PM-5PM Gender and Jewish Identity	5 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion 12PM-1PM Guided Meditation 1:30pm-2:30pm Current Events 2pm-3pm Iconic Moments in Sports	6 10:45AM-11:45AM Current Events 12:30PM-1:30PM Breathe, Stretch, Shake It Out 2PM-3:30PM The Legacy of the Cartoon Caption with Mort Gerberg "Gone Fishin'" - No Music Appreciation this week!	7 9:45AM-10:45AM Decluttering Workshop 10:30AM-11:30AM Stretch & Strengthen 12PM-1:00PM The Art of Protest	
	10 11AM- 12PM Chair Yoga 2PM-3PM Travel Writing 3PM-4PM QiGong 4:15PM-5:15PM Roses & Thorns	11 11AM- 12:00PM Watercolor Workshop 1PM-2PM Stretch & Strengthen 3PM-4PM Postural Alignment for Better Health	12 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion 12PM-1PM Guided Meditation 1:30pm-2:30pm Current Events	13 10:45AM-11:45AM Current Events 12:30PM-1:30PM Breathe, Stretch, Shake It Out 2:30 – 3:30 PM White Fragility 4PM-5PM Music Appreciation	14 10:30AM-11:30AM Stretch & Strengthen 12PM-1:00PM The History of American Chinese Restaurants 2PM-2:45PM Great American Songbook	
	17 11AM- 12PM Chair Yoga 2PM-3PM Travel Writing 3PM-4PM QiGong 4:15PM-5:15PM Roses & Thorns	18 11AM – 12 PM Out@DOROT 12PM- 1:00PM The Legacy of the Movie Musical 1PM-2PM Stretch & Strengthen 3PM- Posture Workshop	19 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion 12PM-1PM Guided Meditation 1:30PM-2:30PM Current Events 4PM-5PM Si-Yo Music Foundation Live Concert	20 10:45AM-11:45AM Current Events 12:30PM-1:30PM Breathe, Stretch, Shake It Out 2PM-3:30PM American Jewish History: An overview, Part 1 4PM-5PM Music Appreciation	21 9:45AM-10:45AM Decluttering Workshop 10:30AM-11:30AM Stretch & Strengthen 12PM-1:30PM NY Historical Society: Women March	

	<p style="text-align: right;">24</p> <p>11AM- 12PM Chair Yoga</p> <p>2PM-3PM Travel Writing</p> <p>3PM-4PM QiGong</p> <p>4:15PM-5:15PM Roses & Thorns</p>	<p style="text-align: right;">25</p> <p>11:00AM- 12:30PM Shakespeare & Civil War America</p> <p>1PM-2PM Stretch & Strengthen</p> <p>3PM-4PM Posture Workshop</p> <p>4:00PM-5:30PM Dr. Pierre Darmon-Your Digital Legacy</p>	<p style="text-align: right;">26</p> <p>10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion</p> <p>12-1PM Guided Meditation</p> <p>1PM-3PM Pearls Of Wisdom</p> <p>1:30pm-2:30pm Current Events</p> <p>3PM-4PM Circle Circle Arts Live Music Concert</p>	<p style="text-align: right;">27</p> <p>10:30AM-12PM The Stories Behind Our Things: Drawing Objects Class</p> <p>10:45AM-11:45AM Current Events</p> <p>12:30PM-1:30PM Breathe, Stretch, Shake It Out</p> <p>2PM-3:30PM American Jewish History: An overview, Part 2</p> <p>4PM-5PM Music Appreciation</p>	<p style="text-align: right;">28</p> <p>10:30AM-11:30AM Stretch & Strengthen</p> <p>12PM-1PM March On Washington Open Mic</p> <p>2PM-2:45PM Shabbat@Home</p>	
	<p style="text-align: right;">31</p> <p>11AM- 12PM Chair Yoga</p> <p>2PM-3PM Travel Writing</p> <p>3PM-4PM QiGong</p> <p>4:15PM-5:15PM Roses & Thorns</p>					