


## January 2021 DOROT Onsite @Home Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> Office Closed  New Year's Day  Happy 2021!	
	<sup>4</sup> 11AM- 12PM <a href="#">Chair Yoga</a>  12:30PM-2PM <a href="#">Improv Workshop</a>  3PM-4PM <a href="#">QiGong</a>  4:00 – 5:00 <a href="#">Monday MindSet</a>	<sup>5</sup> 10:30AM-12PM <a href="#">Poetry w/ Bill Z</a>  1PM-2PM <a href="#">Stretch &amp; Strengthen</a>  2PM-3PM Guided Autobiography  4PM-5:30PM <a href="#">Leaving a Legacy, Not a Landfill</a>	<sup>6</sup> 10:30AM- 11:30AM <a href="#">Chair Yoga, QiGong, Tai Chi Easy Fusion</a>  12PM-1PM <a href="#">Guided Meditation</a>  1:30PM-2:30PM <a href="#">Current Events</a>  3:00PM – 4:00PM <a href="#">Breathe, Stretch, Shake it Out, Let it Go</a>	<sup>7</sup> 10:30AM-12PM Acting for the Small Screen: Creating Zoom Movies & Virtual Theater  10:45AM-11:45AM <a href="#">Current Events</a>  12:30PM-1:30PM <a href="#">Breath, Balance, and Coordination w/Kate</a>  2PM-3:30PM <a href="#">The Legacy of Superstition</a>  4PM-5PM <a href="#">Music Appreciation</a>	<sup>8</sup> 9:45AM-10:45AM <a href="#">Sparkle &amp; Shine Decluttering Workshop</a>  10:30AM-11:30AM <a href="#">Stretch &amp; Strengthen</a>  12PM-1:30PM <a href="#">Subway Art: Virtual Tour</a>  2PM-2:45PM <a href="#">Great American Songbook</a>	

	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
	<p>11AM- 12PM <a href="#">Chair Yoga</a></p> <p>12:30PM-2PM <a href="#">Improv Workshop</a></p> <p>3PM-4PM <a href="#">QiGong</a></p> <p>4:00 – 5:00 <a href="#">Monday MindSet</a></p>	<p>10:30AM-12PM <a href="#">Poetry w/ Bill Z</a></p> <p>1PM-2PM <a href="#">Stretch &amp; Strengthen</a></p> <p>2PM-3PM Guided Autobiography</p> <p>2:30PM-4PM <a href="#">More Than Sports Discussion Group</a></p> <p>4PM-5PM <a href="#">Virtual Tour: Art on the Avenue</a></p>	<p>10:30AM- 11:30AM <a href="#">Chair Yoga, QiGong, Tai Chi Easy Fusion</a></p> <p>10:45AM-11:15AM <a href="#">Adventures in Cooking - Cannoli's</a></p> <p>12PM-1PM <a href="#">Guided Meditation</a></p> <p>1:30PM-2:30PM <a href="#">Current Events</a></p> <p>3PM-4PM <a href="#">Mastering Face Masks with a Hearing Loss</a></p> <p>4:30PM-5:30PM <a href="#">Book Discussion Group: Clear Light of Day by Anita Desai</a></p>	<p>10:30AM-11:30AM <a href="#">Katonah Museum - Hands on Earth Exhibit</a></p> <p>10:45AM-11:45AM <a href="#">Current Events</a></p> <p>12:30PM-1:30PM <a href="#">Breath, Balance, and Coordination w/Kate</a></p> <p>2PM-3:30PM Storytelling Workshop</p> <p>4PM-5PM <a href="#">Music Appreciation</a></p>	<p>10:30AM-11:30AM <a href="#">Stretch &amp; Strengthen</a></p> <p>12PM-1:15PM <a href="#">Vocal Ease</a></p> <p>2PM-3PM <a href="#">Let's Laugh!</a></p>	
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
	<p><b>DOROT Closed</b></p> <p><b>Martin Luther King Jr. Day</b></p>	<p>10:30AM-12PM <a href="#">Poetry w/ Bill Z</a></p> <p>11AM-12PM <a href="#">Out @ DOROT</a></p> <p>1PM-2PM <a href="#">Stretch &amp; Strengthen</a></p> <p>2PM-3PM Guided Autobiography</p> <p>3:30PM-4:30PM <a href="#">Behind the Curtain: Costume Highlights from the Met Opera and Broadway</a></p>	<p>10:30AM- 11:30AM <a href="#">Chair Yoga, QiGong, Tai Chi Easy Fusion</a></p> <p>12PM-1PM <a href="#">Guided Meditation</a></p> <p>1:30PM-2:30PM <a href="#">Current Events</a></p> <p>3:30PM – 4:30PM Hold for Si-Yo Music Society Foundation Concert</p>	<p>10:45AM-11:45AM <a href="#">Current Events</a></p> <p>12:30PM-1:30PM <a href="#">Breath, Balance, and Coordination w/Kate</a></p> <p>2PM-3:30PM Storytelling Workshop</p> <p>2:30PM-3:30PM <a href="#">Guided Deep Relaxation Yoga Nidra Total Rejuvenation with Nobue</a></p> <p>4PM-5PM <a href="#">Music Appreciation</a></p>	<p>9:45AM-10:45AM <a href="#">Sparkle &amp; Shine Decluttering Workshop</a></p> <p>10:30AM-11:30AM <a href="#">Stretch &amp; Strengthen</a></p> <p>12PM-1:30PM <a href="#">Itzhak Perlman's Jewish Violin</a></p> <p>2PM-2:45PM <a href="#">Shabbat@Home</a></p>	

	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
	11AM- 12PM <a href="#">Chair Yoga</a>	10:30AM-12PM <a href="#">Poetry w/ Bill Z</a>	10:30AM- 11:30AM <a href="#">Chair Yoga, QiGong, Tai Chi Easy Fusion</a>	10:45AM-11:45AM <a href="#">Current Events</a>	10:30AM-11:30AM <a href="#">Stretch &amp; Strengthen</a>	
	12:30PM-2PM <a href="#">Improv Workshop</a>	1PM-2PM <a href="#">Stretch &amp; Strengthen</a>	12PM-1PM <a href="#">Guided Meditation</a>	12:30PM-1:30PM <a href="#">Breath, Balance, and Coordination w/Kate</a>		
	2PM-3PM <a href="#">French Conversation Group</a>	2:30PM-4PM <a href="#">More Than Sports Discussion Group</a>	1PM-3:30PM Pearls of Wisdom Monthly Meeting	2PM-3:30PM Storytelling Workshop	12PM-1:30PM <a href="#">The Tenement Museum</a>	
	3PM-4PM <a href="#">QiGong</a>	4PM-5PM <a href="#">Author Talk: The Great Kosher Meat War of 1902</a>	1:30PM-2:30PM <a href="#">Current Events</a>	2:30PM-3:30PM <a href="#">Guided Deep Relaxation Yoga Nidra Total Rejuvenation with Nobue</a>		
	4:00 – 5:00 <a href="#">Monday MindSet</a>		3:30PM-5PM <a href="#">Community Arts Monthly Meetup</a>	4PM-5PM <a href="#">Music Appreciation</a>		