

July 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

2

NOTE:

Programs without links are closed to new participants at this time.

To be added to a waitlist, or for other inquiries, please contact us at dorotprograms@dorotusa.org.

10:45 AM-11:45 AM
Current Events

11:00 AM-12:30 PM
Remembering Shakespeare
Film Screening & Director
Talk Balk

12:00 PM-1:30 PM
Memoir Workshop

12:30 PM-1:30 PM
Breathe, Stretch,
Shake It Out & Let It Go
w/ Charlie

2:00 PM-3:30 PM
Carl Reiner and Mel
Brooks: The Grandmasters
of American Comedy.

DOROT CLOSED FOR
THE FOURTH OF JULY

Scroll down for listings
for the rest of the month



DOROT

MONDAY

5

DOROT CLOSED FOR THE FOURTH OF JULY

TUESDAY

6

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Everyday Revelations

11:00 AM-12:00 PM
Out @ DOROT

1:00 PM-2:00 PM
Stretch & Strengthen

3:00 PM-4:00 PM
Guided Relaxation -
Yoga Nidra with Nobue

4:00 PM-5:15 PM
Bucket List Book Club:
The Iliad with Margo Shohl

WEDNESDAY

7

10:30 AM-11:30 AM
Chair Yoga, QiGong,
Tai Chi Easy Fusion

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-2:30 PM
Current Events

5:30 PM-6:45 PM
Aging Alone, Together:
Building a Community
of Solo Agers

Scroll down for listings
for the rest of the month



THURSDAY

8

10:45 AM-11:45 AM
Current Events

11:00 AM-12:30 PM
Summer Theater Series:
Shakespeare in
Performance w/
Cecilia Rubino

12:00 PM-1:30 PM
Memoir Workshop

12:30 PM-1:30 PM
Breathe, Stretch,
Shake It Out & Let It Go!
w/ Charlie

5:00 PM-7:00 PM
Sage Table: In Full Bloom

FRIDAY

9

9:45 AM-11:15 AM
Sparkle & Shine
Decluttering Group

10:30 AM-11:30 AM
Stretch & Strengthen 2

12:00 PM-1:30 PM
DUMBO Architecture Tour
(Turnstile Tours)

2:00 PM-2:45 PM
Great American
Songbook

DOROT

MONDAY 12

11:00 AM-12:00 PM
Chair Yoga

1:00 PM-2:30 PM
The Legacy of Laughter: Improv & Storytelling.

3:00 PM-4:00 PM
QiGong.

4:00 PM-5:00 PM
Monday MindSet

TUESDAY 13

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Everyday Revelations

11:00 AM-12:30 PM
The Legacy of the Olympics

1:00 PM-2:00 PM
Stretch & Strengthen

3:00 PM-4:00 PM
Guided Relaxation - Yoga Nidra with Nobue

4:00 PM-5:15 PM
Bucket List Book Club:
The Iliad with Margo Shohl

WEDNESDAY 14

10:30 AM-11:30 AM
Chair Yoga, QiGong, Tai Chi Easy Fusion

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-2:30 PM
Current Events

5:30 PM-6:45 PM
Aging Alone, Together:
Building a Community of Solo Agers

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THURSDAY 15

10:45 AM-11:45 AM
Current Events

11:00 AM-12:30 PM
Summer Theater Series: Shakespeare in Performance w/ Cecilia Rubino

12:00 PM-1:30 PM
Memoir Workshop

12:30 PM-1:30 PM
Breathe, Stretch, Shake It Out & Let It Go! w/ Charlie

5:30 PM-6:45 PM
Queer Art w/ George Benson

FRIDAY 16

10:30 AM-11:30 AM
Stretch & Strengthen 2

12:00 PM-1:30 PM
The Legacy of Irving Kriesberg

MONDAY 19

11:00 AM-12:00 PM
Chair Yoga

12:30 PM-2:00 PM
Monthly Creative Artists Meetup

1:00 PM-2:30 PM
The Legacy of Laughter: Improv & Storytelling

3:00 PM-4:00 PM
QiGong

4:00 PM-5:00 PM
Monday MindSet

TUESDAY 20

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Everyday Revelations

11:00 AM-12:00 PM
Out @ DOROT

1:00 PM-2:00 PM
Stretch & Strengthen

3:00 PM-4:00 PM
Guided Relaxation - Yoga Nidra with Nobue

4:00 PM-5:15 PM
Bucket List Book Club:
The Iliad with Margo Shohl

WEDNESDAY 21

10:30 AM-11:30 AM
Chair Yoga, QiGong, Tai Chi Easy Fusion

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-2:30 PM
Current Events

4:30 PM-5:45 PM
Book Discussion: "Passing" by Nella Larsen

5:30 PM-6:45 PM
Aging Alone, Together:
Building a Community of Solo Agers

Scroll down for listings for the rest of the month



THURSDAY 22

10:45 AM-11:45 AM
Current Events

11:00 AM-12:30 PM
Summer Theater Series: Shakespeare in Performance w/ Cecilia Rubino

12:00 PM-1:30 PM
Memoir Workshop

12:30 PM-1:30 PM
Breathe, Stretch, Shake It Out & Let It Go! w/ Charlie

4:00 PM-5:00 PM
Music Appreciation

FRIDAY 23

9:45 AM-11:15 AM
Sparkle & Shine Decluttering Group

10:30 AM-11:30 AM
Stretch & Strengthen 2

12:00 PM-1:30 PM
Clothes Make The Queen with Caroline Ellenowitz-Hess

2:00 PM-2:45 PM
Shabbat @Home

MONDAY 26

11:00 AM-12:00 PM
Chair Yoga

12:30 PM-2:00 PM
Travel Sketching:
A Legacy Arts Series

3:00 PM-4:00 PM
QiGong_

4:00 PM-5:00 PM
Monday MindSet

TUESDAY 27

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Everyday Revelations

1:00 PM-2:00 PM
Stretch & Strengthen

2:15 PM-3:15 PM
Psalms and Resilience

4:00 PM-5:15 PM
Bucket List Book Club:
The Iliad with Margo Shohl

WEDNESDAY 28

10:30 AM-11:30 AM
Chair Yoga, QiGong,
Tai Chi Easy Fusion

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-2:30 PM
Current Events

3:00-3:45 PM
Circle Circle Arts:
Virtual Recital

5:30 PM-6:45 PM
Aging Alone, Together:
Building a Community
of Solo Agers

THURSDAY 29

10:45 AM-11:45 AM
Current Events

11:00 AM-12:30 PM
Summer Theater Series:
Shakespeare in
Performance w/
Cecilia Rubino

12:30 PM-1:30 PM
Breathe, Stretch,
Shake It Out & Let It Go!
w/ Charlie

FRIDAY 30

10:30 AM-11:30 AM
Stretch & Strengthen 2

12:00 PM-1:30 PM
Art Wars:
Virtual Tour with
Deb Zelcer