

August 2021

MONDAY

2

11:00 AM-12:00 PM
Chair Yoga

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

2:00-3:00 PM
French Conversation
Group

2:30-4:30 PM
Self-Portraiture +
Intergenerational
Connections

3:00 PM-4:00 PM
QiGong

4:00 PM-5:00 PM
Monday MindSet

TUESDAY

3

10:30 AM-12:00 PM
Everyday Revelations

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

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

4

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

12:00 PM-1:00 PM
Mindfulness Meditation

12:00 PM-1:30 PM
Legacy Storytelling,
with Ivy Eisenberg.

1:30 PM-2:30 PM
Current Events

Scroll down for listings
for the rest of the month



THURSDAY

5

10:45 AM-11:45 AM
Current Events

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

2:00 PM-3:15 PM
Summer Music Series

FRIDAY

6

DOROT CLOSED

DOROT

August 2021

MONDAY 9

11:00 AM-12:00 PM
Chair Yoga

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

2:00-3:00 PM
French Conversation
Group

2:30-4:30 PM
Self-Portraiture +
Intergenerational
Connections

3:00 PM-4:00 PM
QiGong

4:00 PM-5:00 PM
Monday MindSet

TUESDAY 10

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 11

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

12:00 PM-1:00 PM
Tour of the
Jewish Cookbook
Collection

12:00 PM-1:00 PM
Mindfulness Meditation

12:00 PM-1:30 PM
Legacy Storytelling,
with Ivy Eisenberg.

1:30 PM-2:30 PM
Current Events

3:00 PM-4:00 PM
Author Talk:
Joshua Henkin

Scroll down for listings
for the rest of the month



THURSDAY 12

10:45 AM-11:45 AM
Current Events

12:30 PM-1:30 PM
Jin Shin Jyutsu
Selfcare

2:00 PM-3:15 PM
Summer Music Series

3:30 PM-5:00 PM
In-Person Event:
Details to Come
Moving Ahead:
A DOROT Open Mic

FRIDAY 13

9:45 AM-11:15 AM
Decluttering Meetup

10:30 AM-11:30 AM
Stretch and Strengthen

12:00 PM -1:30 PM
Women Spies in Wartime

DOROT

August 2021

MONDAY

16

11:00 AM-12:00 PM
Chair Yoga

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

2:00-3:00 PM
French Conversation
Group

2:30-4:30 PM
Self-Portraiture +
Intergenerational
Connections

3:00 PM-4:00 PM
QiGong

4:00 PM-5:00 PM
Monday MindSet

TUESDAY

17

10:30 AM-12:00 PM
Everyday Revelations

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

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

1:00 PM-2:00 PM
What Matters:
Caring Conversations
about End-of-Life

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

18

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

12:00 PM-1:00 PM
Mindfulness Meditation

12:00 PM-1:30 PM
Legacy Storytelling
with Ivy Eisenberg

1:30 PM-2:30 PM
Current Events

3:00 PM-4:00 PM
Virtual Tour of DePaul
Art Museum Exhibition

Scroll down for listings
for the rest of the month



THURSDAY

19

10:45 AM-11:45 AM
Current Events

12:30 PM-1:30 PM
Jin Shin Jyutsu
Selfcare

2:00 PM-3:15 PM
Summer Music Series

3:30 PM-5:00 PM
Creative Arts
Monthly Meetup

FRIDAY

20

9:45 AM-11:15 AM
Decluttering Meetup

10:30 AM-11:30 AM
Stretch and Strengthen

12:00 PM-1:15 PM
Luciano Pavarotti:
King of the High Cs

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

DOROT

August 2021

MONDAY 23

11:00 AM-12:00 PM
Chair Yoga

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

2:00-3:00 PM
French Conversation
Group

3:00 PM-4:00 PM
QiGong

4:00 PM-5:00 PM
Monday MindSet

TUESDAY 24

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

3:30 PM-5:00 PM
In-Person Event:
Details to Come
Outdoor Music
Performance

WEDNESDAY 25

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 PM-4:30 PM
Gee's Bend
Quilting Program

4:30 PM-5:45 PM
Book Discussion

Scroll down for listings
for the rest of the month



THURSDAY 26

10:45 AM-11:45 AM
Current Events

12:30 PM-1:30 PM
Jin Shin Jyutsu
Selfcare

2:00 PM-3:15 PM
Summer Music Series

2:00 PM-3:15 PM
Monthly Music
Appreciation

FRIDAY 27

10:30 AM-11:30 AM
Stretch and Strengthen

12:00 PM-1:30 PM
#6 Train Tour

DOROT

August 2021

MONDAY 30

11:00 AM-12:00 PM
Chair Yoga

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

2:00-3:00 PM
French Conversation
Group

3:00 PM-4:00 PM
QiGong

4:00 PM-5:00 PM
Monday MindSet

TUESDAY 31

10:30 AM-12:00 PM
Everyday Revelations

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

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

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

DOROT

Onsite@
Home