

November 2021

MONDAY

1

11:00 AM-12:00 PM
Chair Yoga

12:00 PM-1:30 PM
The Global Influence of
Chinese Porcelain

3:00 PM-4:00 PM
QiGong_

3:00 PM-4:00 PM
Art Journaling
Workshop

4:00-5:00 PM
Monday Mindset

TUESDAY

2

10:30 AM-12:00 PM
Everyday Revelations

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

2:15 PM-3:15 PM
Embroidery Workshop

4:00 PM-5:15 PM
Bucket List Book Club:
The Odyssey

WEDNESDAY

3

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

12:00 PM-1:00 PM
Mindfulness Meditation

12:00 PM-1:00 PM
Jewish Wagons West

1:30 PM-2:30 PM
Current Events

3:30 PM-4:30 PM
The Art of Walking_
Manhattan Sideways

THURSDAY

4

10:45 AM-11:45 AM
Current Events

1:30 PM-3:00 PM
Get Lost: How to Write
a Travel Memoir

2:30 PM-3:45 PM
Aging Alone, Together:
Building a Community
of LGBTQ Solo Agers

3:15 PM-4:00 PM
Guided Relaxation -
Yoga Nidra

FRIDAY

5

9:45 AM-11:15 AM
Decluttering Meetup

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

12:00 PM-1:30 PM
1918 X 2021: Global
Fashion in the Age of
Pandemics

1:30 PM-3:00 PM
The Jewish World of
Alexander Hamilton

Scroll down for listings
for the rest of the month



November 2021

MONDAY

8

11:00 AM-12:00 PM
Chair Yoga

3:00 PM-4:00 PM
Art Journaling
Workshop

3:00 PM-4:00 PM
QiGong

4:00-5:00 PM
Monday Mindset

TUESDAY

9

10:30 AM-12:00 PM
Everyday Revelations

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

2:15 PM-3:15 PM
Embroidery Workshop

3:00 PM-4:30 PM
The Museum of You
is Open - What's
on Display?

4:00 PM-5:15 PM
Bucket List Book Club:
The Odyssey

WEDNESDAY

10

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

12:00 PM-1:00 PM
Mindfulness Meditation

12:00 PM-1:00 PM
Jewish Wagons West

1:30 PM-12:30 PM
Current Events

3:00 PM-4:30 PM
Film Screening and Talk
Back: Beyond Sixty

Scroll down for listings
for the rest of the month



THURSDAY

11

10:45 AM-11:45 AM
Current Events

1:30 PM-3:00 PM
Get Lost: How to Write
a Travel Memoir

2:30 PM-3:45 PM
Aging Alone, Together:
Building a Community
of LGBTQ Solo Agers

3:00 PM-4:30 PM
Rising: A Look at the
Effects of Global Warming
Through Art

3:15 PM-4:00 PM
Guided Relaxation -
Yoga Nidra

FRIDAY

12

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

11:00 AM-12:30 PM
The Artful Jewels
of the Hamptons

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

DOROT

Onsite@
Home

November 2021

MONDAY

15

11:00 AM-12:00 PM
Chair Yoga

12:00 PM-1:30 PM
Sephardi Cuisine: Making Connections Through Food

3:00 PM-4:00 PM
Art Journaling Workshop

3:00 PM-4:00 PM
QiGong

4:00-5:00 PM
Monday Mindset

TUESDAY

16

10:00 AM- 11:15 AM
Tap Into Stress Relief for the Holidays

10:30 AM-12:00 PM
Everyday Revelations

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

2:15 PM-3:15 PM
Embroidery Workshop

4:00 PM-5:15 PM
Bucket List Book Club:
The Odyssey

WEDNESDAY

17

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

12:00 PM-1:00 PM
Mindfulness Meditation

12:00 PM-1:00 PM
Jewish Wagons West

1:30 PM-2:30 PM
Current Events

3:00 PM-3:45 PM
Nutrition for Healthy Aging with MSK

Scroll down for listings for the rest of the month



THURSDAY

18

10:45 AM-11:45 AM
Current Events

1:30 PM-3:00 PM
Get Lost: How to Write a Travel Memoir

2:30 PM-3:45 PM
Aging Alone, Together: Building a Community of LGBTQ Solo Agers

3:15 PM-4:00 PM
Guided Relaxation - Yoga Nidra

3:30 PM-4:30 PM
Beyond Medicine

FRIDAY

19

9:45 AM-11:15 AM
Decluttering Meetup

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

12:00 PM-1:30 PM
Historic Harlem: 1600s thru the 1920s & Beyond

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

DOROT

Onsite@ Home

November 2021

MONDAY 22

11:00 AM-12:00 PM
Chair Yoga

12:00 PM-1:30 PM
A Look Back at the Early Days of TV Advertising.

3:00 PM-4:00 PM
Art Journaling Workshop

3:00 PM-4:00 PM
QiGong.

4:00-5:00 PM
Monday Mindset

TUESDAY 23

10:30 AM-12:00 PM
Everyday Revelations

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

2:15 PM-3:15 PM
Embroidery Workshop

4:00 PM-5:15 PM
Bucket List Book Club:
The Odyssey

WEDNESDAY 24

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

12:00 PM-1:00 PM
Mindfulness Meditation

DOROT CLOSING @ 1PM

Scroll down for listings
for the rest of the month



THURSDAY 25

DOROT CLOSED
in Observance of
Thanksgiving

FRIDAY 26

DOROT CLOSED
in Observance of
Thanksgiving

DOROT

November 2021

MONDAY

29

11:00 AM-12:00 PM
Chair Yoga

12:30 PM-1:30 PM
Live Concert Featuring
Musicians from Si-Yo
Music Society Foundation

2:00 PM-3:00 PM
French Conversation
Group

3:00 PM-4 PM
Art Journaling
Workshop

3:00 PM-4:00 PM
QiGong.

4:00-5:00 PM
Monday Mindset

TUESDAY

30

10:30 AM-12:00 PM
Everyday Revelations

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

2:00 PM-3:30 PM
The Aging Life Care
Association: Geriatric
Care Managers

2:15 PM-3:15 PM
Embroidery Workshop

4:00 PM-5:15 PM
Bucket List Book Club:
The Odyssey

DOROT