

October 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

9:45 AM-11:15 AM
Decluttering Meetup

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

12:00 PM-1:30 PM
Art Talk with Cliff Tisdell:
"Real Indians"

2:00 PM - 3:30 PM
PhxArt Presents: Buenos
Aires Tango
Impressionism

Scroll down for listings
for the rest of the month



DOROT

October 2021

MONDAY

4

11:00 AM-12:00 PM
Chair Yoga

12:00 PM-1:30 PM
A Look Back at
70 Years of TV News

3:00 PM-4:00 PM
QiGong_

TUESDAY

5

9:30 AM- 10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Everyday Revelations

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

2:30 PM-3:45 PM
The History of Broadway
Part 1

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

WEDNESDAY

6

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

12:00 PM-1:00 PM
Mindfulness Meditation

3:30 PM-4:45 PM
The Beauty and Mystery of
Sephardic Music

Scroll down for listings
for the rest of the month



THURSDAY

7

10:45 AM-11:45 AM
Current Events

12:00 PM-1:30 PM
My Life as a Jewish
Feminist Activist

12:30 PM-1:30 PM
BACK TO BASICS:
Maintaining a Healthy
Spin and Back

3:00 PM- 4:15 PM
Virtual Tour: Exploring
the East River from
Wall Street to Astoria

FRIDAY

8

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

12:00 PM-1:00 PM
Gee' s Bend
Baltimore Museum of Art

1:30 PM-3:00 PM
The Jewish Museum
Virtual Tour of Afterlives:
Recovering the Lost
Stories of Looted Art

DOROT

October 2021

MONDAY

11

11:00 AM-12:00 PM
Chair Yoga

12:00 PM- 1:30 PM
Community Arts Meetup

1:00 PM - 2:15 PM
Director Talk:
Mark Rosenblatt, Ganef

3:00 PM- 4:00 PM
Medicare Fall Open
Enrollment with the
Medicare Rights Center

3:00 PM-4:00 PM
QiGong_

4:00-5:00 PM
Monday Mindset

TUESDAY

12

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

1:00 PM-2:30 PM
The Legacy of...
Ethel Merman!

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

WEDNESDAY

13

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-4:00 PM
Leslie Lohman Museum

Scroll down for listings
for the rest of the month



THURSDAY

14

10:45 AM-11:45 AM
Current Events

11:00 AM-12:30 PM
"I Have Soaked in
Something to Paint":
John Sloan,
New York City and
Greenwich Village

12:30 PM-1:30 PM
BACK TO BASICS:
Maintaining a Healthy
Spin and Back

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

3:15 PM- 4:00 PM
Yoga Nidra

4:00 PM- 5:00 PM
Making Your Home Flow

FRIDAY

15

9:45 AM-11:15 AM
Decluttering Meetup

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

12:00 PM-1:00 PM
The Legacy of the Battle
of Shiloh

1:30 PM-3:00 PM
A Virtual Tour
of Spanish Harlem

DOROT

MONDAY 18

11:00 AM-12:00 PM
Chair Yoga

2:00 PM-3:30 PM
Crystal Bridges: A Visit to an American Museum of Art

3:00 PM-4:00 PM
QiGong

4:00-5:00 PM
Monday Mindset

TUESDAY 19

9:30 AM- 10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Everyday Revelations

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

2:30 PM-3:45 PM
The History of Broadway Part 2

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

WEDNESDAY 20

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-3:45 PM
MSK Breast Cancer Awareness Talk

Scroll down for listings for the rest of the month



THURSDAY 21

10:45 AM-11:45 AM
Current Events

12:30 PM-1:30 PM
BACK TO BASICS: Maintaining a Healthy Spin and Back

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
Yoga Nidra

4:15 PM- 5:30 PM
Book Discussion "Dear Committee Members" by Julie Schumacher

FRIDAY 22

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

12:00 PM-1:30 PM
Funny Ladies: The Great Women of Comedy for the Past Century

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

October 2021

MONDAY 25

11:00 AM-12:00 PM
Chair Yoga

3:00 PM-4:00 PM
QiGong

3:00 PM-4:30 PM
Artist Talk: Social Justice
& the Art of Quilt Making
with Sylvia Hernandez

4:00-5:00 PM
Monday Mindset

TUESDAY 26

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

3:30 PM-4:30 PM
Time Capsule Ceremony

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

WEDNESDAY 27

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

4:00 PM-5:00 PM
BanJew: The Secret History
of
the Banjo in Yiddish Music

THURSDAY 28

10:45 AM-11:45 AM
Current Events

12:30 PM-1:30 PM
BACK TO BASICS:
Maintaining a Healthy
Spin and Back

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
Yoga Nidra

4:15 PM- 5:30 PM
Monthly Music
Appreciation

FRIDAY 29

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

12:00 PM-1:00 PM
Celebrating
LGBTQ+ History Month:
A Conversation with
Activist and Leader
Karla Jay

2:00 PM-3:30 PM
A Fortress in Brooklyn:
Race, Real Estate, and the
Making of Hasidic
Williamsburg.

DOROT

Onsite@
Home