

January 2022

MONDAY

3

11:00 AM-12:00 PM
Chair Yoga

3:00 PM-4:00 PM
QiGong

TUESDAY

4

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Lasting Impressions
Writing Workshop

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

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

2:00 PM-3:15 PM
Immigration Stories

WEDNESDAY

5

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

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-12:30 PM
Current Events

3:00 PM-4:30 PM
Phx Art Museum
Presents: Sea to
Shining Sea

Scroll down for listings
for the rest of the month



THURSDAY

6

10:00 AM-11:00 AM
The Experience
of the Poem

10:45 AM-11:45 AM
Current Events

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

2:00 PM-3:00 PM
MFA Boston Presents:
The Art of Euka Holmes

4:00 PM-5:00 PM
Monthly Music
Appreciation

FRIDAY

7

9:45 AM-11:15AM
Decluttering Meetup

12:00 PM-1:30 PM
The Legacy of the
Notorious RBG

DOROT

Onsite@
Home

January 2022

MONDAY 10

11:00 AM-12:00 PM
Chair Yoga

10:00 AM-11:00 AM
Monthly Beginner
Meditation

1:00 PM-2:30 PM
Author Talk:
Paul Kaplan

3:00 PM-4:00 PM
QiGong.

TUESDAY 11

9:30 AM-10:00 AM
Morning Meditation

10:00 AM-11:00 AM
Brain Health Salon:
Dance, Creativity
and the Brain

10:30 AM-12:00 PM
Lasting Impressions
Writing Workshop

2:00 PM-3:15 PM
Immigration Stories

WEDNESDAY 12

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

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-12:30 PM
Current Events

3:00 PM-3:45 PM
Monthly Wellness Talk
w MSK

3:00 PM-4:30 PM
Sport Scandals

Scroll down for listings
for the rest of the month



THURSDAY 13

10:00 AM-11:00 AM
The Experience
of the Poem

10:00 AM-11:00 AM
Stories in the Moment
For All

10:45 AM-11:45 AM
Current Events

12:00 PM-1:30PM
The Legacy of Footsteps

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

FRIDAY 14

12:00 PM-1:00 PM
American Tradition:
Drawings from Black
Artists

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

DOROT

MONDAY

17

DOROT CLOSED
in Observance of
Martin Luther
King Jr. Day

TUESDAY

18

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Lasting Impressions
Writing Workshop

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

12:00 PM-1:30 PM
Introduction to
Advance Care
Planning w NYLAG

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

2:00 PM-3:15 PM
Immigration Stories

3:00 PM-5:00 PM
LGBTQ+ Film Screening.

WEDNESDAY

19

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

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-12:30 PM
Current Events

3:00 PM-4:30 PM
Sport Scandals

5:30 PM-6:45 PM
Aging Alone, Together
LGBTQ+ Community
Program

Scroll down for listings
for the rest of the month



THURSDAY

20

10:00 AM-11:00 AM
The Experience
of the Poem

10:45 AM-11:45 AM
Current Events

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

3:00 PM-4:30 PM
LGBTQ+ Film Club
Talk Back

FRIDAY

21

9:45 AM-11:15AM
Decluttering Meetup

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

12:00 PM-1:30 PM
Author Talk: Daniel Levin

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

DOROT

MONDAY 24

11:00 AM-12:00 PM
Chair Yoga

12:00 PM-1:30 PM
Grief and Grievance: Art and Morning in America

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

3:00 PM-4:00 PM
QiGong.

TUESDAY 25

9:30 AM-10:00 AM
Morning Meditation

10:30 AM-12:00 PM
Lasting Impressions Writing Workshop

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

2:00 PM-3:15 PM
Immigration Stories

WEDNESDAY 26

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

12:00 PM-1:00 PM
Mindfulness Meditation

1:30 PM-12:30 PM
Current Events

3:00 PM-4:30 PM
Sport Scandals

5:30 PM-6:45 PM
Aging Alone, Together
LGBTQ+ Community Program

Scroll down for listings for the rest of the month



THURSDAY 27

10:00 AM-11:00 AM
The Experience of the Poem

10:45 AM-11:45 AM
Current Events

12:00 PM-1:00 PM
Conversation w Fran Handman

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

2:00 PM-3:30 PM
Art History Talk w Sylvia Meo

4:00 PM-5:00PM
Book Club: The Last Days of Night by Graham Moore

FRIDAY 28

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

12:00 PM-1:15 PM
'Times They Were a-Changin': Jewish Protest Singers of the 1960s

DOROT

December 2021

MONDAY

31

11:00 AM-12:00 PM
Chair Yoga

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

3:00 PM-4:00 PM
QiGong.

TUESDAY

1

WEDNESDAY

2

THURSDAY

3

FRIDAY

4

DOROT