

August 2022

MONDAY

1

9:30 AM-10:00 AM
VIRTUAL
Morning Meditation

11:00 AM-12:00 PM
VIRTUAL
Chair Yoga

12:00 PM-1:30 PM
VIRTUAL
The Legacy of Yayoi Kusama

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

3:00 PM-4:00 PM
VIRTUAL
QiGong.

VIRTUAL: Offered on Zoom
IN-PERSON: Offered at DOROT
HYBRID: Offered on Zoom and at DOROT

Scroll down for listings
for the rest of the month



TUESDAY

2

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

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

1:00 PM-3:00 PM
VIRTUAL
Everyday Heroes: Storytelling Workshop

2:00 PM-3:30 PM
VIRTUAL
Ambiguous Horizons Writing Workshop

4:00 PM-5:15 PM
VIRTUAL
Bucket List Book Club: Dostoevsky's Crime and Punishment

WEDNESDAY

3

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

11:00 AM-11:45 AM
VIRTUAL
Community Discussion: Favorite Novels, Writers, & Short Stories!

12:00 PM-1:00 PM
VIRTUAL
Mindfulness Meditation

1:30 PM-2:30 PM
VIRTUAL
Current Events

2:30 PM-3:30 PM
VIRTUAL
Intro to Line Dancing.

4:00 PM-5:15 PM
VIRTUAL
Bucket List Book Club: Dostoevsky's Crime and Punishment

THURSDAY

4

10:00 AM-11:00 AM
VIRTUAL
Soul of Shabbat Workshop

10:45 AM-11:45 AM
VIRTUAL
Current Events

FRIDAY

5

9:45 AM-11:15 AM
VIRTUAL
Decluttering Meetup

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

12:00 PM-1:30 PM
VIRTUAL
Cesare Civetta: Great African American Singers (Part 1)

DOROT

Onsite@
Home

August 2022

MONDAY

8

9:30 AM-10:00 AM
VIRTUAL

Morning Meditation

11:00 AM-12:00 PM
VIRTUAL

Chair Yoga

12:00 PM-1:00 PM
VIRTUAL

New York Historical
Society: Objects Tell
Stories

3:00 PM-4:00 PM
VIRTUAL

QiGong

VIRTUAL: Offered on Zoom
IN-PERSON: Offered at DOROT
HYBRID: Offered on Zoom and at DOROT

Scroll down for listings
for the rest of the month



TUESDAY

9

1:00 PM-2:00 PM
VIRTUAL

Stretch & Strengthen

1:00 PM-3:00 PM
VIRTUAL

Everyday Heroes
Storytelling Workshop

2:00 PM-3:30 PM
VIRTUAL

Ambiguous Horizons:
Short Story

WEDNESDAY

10

10:30 AM-11:30 AM
VIRTUAL

Chair Yoga, QiGong,
Tai Chi Easy Fusion

12:00 PM-1:00 PM
VIRTUAL

Mindfulness Meditation

12:00 PM-1:00 PM
VIRTUAL

Open Mic-Our Favorite
Summer Memories

1:30 PM-2:30 PM
VIRTUAL

Current Events

THURSDAY

11

10:00 AM-11:00 AM
VIRTUAL

Soul of Shabbat
Workshop

10:45 AM-11:45 AM
VIRTUAL

Current Events

12:30 PM-1:30 PM
VIRTUAL

Classical Indian Dance

FRIDAY

12

10:30 AM-11:30 AM
VIRTUAL

Stretch & Strengthen

12:00 PM-1:30 PM
VIRTUAL

Cesare Civetta: Great
African American Singers
(Part 2)

DOROT

Onsite@
Home

August 2022

MONDAY 15

9:30 AM-10:00 AM
VIRTUAL

Morning Meditation

10:00 AM-11:00 AM
VIRTUAL

Beginner Meditation

11:00 AM-12:00 PM
VIRTUAL

Chair Yoga

11:00 AM-12:30 PM
VIRTUAL

Photographer Jeanine
Michna-Bales

1:00 PM-2:30 PM
VIRTUAL

Operatic Tribute to
Rodgers & Hammerstein

3:00 PM-4:00 PM
QiGong.

VIRTUAL: Offered on Zoom

IN-PERSON: Offered at DOROT

HYBRID: Offered on Zoom and at DOROT

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TUESDAY 16

10:30 AM-12:00 PM
VIRTUAL

Creatively Writing Our
Legacies

11:00 AM-12:00 PM
VIRTUAL

Out@DOROT

1:00 PM-2:00 PM
VIRTUAL

Stretch & Strengthen

2:00 PM-3:30 PM
VIRTUAL

Ambiguous Horizons:
Short Story W/ Lena K.

4:00 PM-5:00 PM
VIRTUAL

African American Woman
Writers w/ Dr. Frieda
Ekoto

WEDNESDAY 17

10:30 AM-11:30 AM
VIRTUAL

Chair Yoga, QiGong,
Tai Chi Easy Fusion

12:00 PM-1:00 PM
VIRTUAL

Mindfulness Meditation

1:30 PM-2:30 PM
VIRTUAL

Current Events

3:00 PM-4:30 PM
VIRTUAL

Behind the Scenes at
the Tenement Museum

THURSDAY 18

10:45 AM-11:45 AM
VIRTUAL

Current Events

4:00 PM-5:00 PM
VIRTUAL

Monthly Music
Appreciation

FRIDAY 19

9:45 AM-11:15 AM
VIRTUAL

Decluttering Meetup

10:30 AM-11:30 AM
VIRTUAL

Stretch & Strengthen

12:00 PM-1:30 PM
IN-PERSON

August Summer Social
at DOROT

DOROT

Onsite@
Home

August 2022

MONDAY 22

9:30 AM-10:00 AM
VIRTUAL
Morning Meditation

11:00 AM-12:00 PM
Chair Yoga

3:00 PM-4:00 PM
QiGong

VIRTUAL: Offered on Zoom
IN-PERSON: Offered at DOROT
HYBRID: Offered on Zoom and at DOROT

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TUESDAY 23

10:30 AM-12:00 PM
VIRTUAL
Creatively Writing
Our Legacies

11:00 AM-12:30 PM
VIRTUAL
Aging in Happiness &
Health: Ahead of the
Curve

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

2:00 PM-3:30 PM
VIRTUAL
Ambiguous Horizons:
Short Story

4:00 PM-5:00 PM
VIRTUAL
The Legacy of the
Bintel Brief

WEDNESDAY 24

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

12:00 PM-1:00 PM
VIRTUAL
Mindfulness Meditation

1:30 PM-2:30 PM
VIRTUAL
Current Events

3:00 PM-4:15 PM
VIRTUAL
Reflections on Hollywood,
History, and Sports

THURSDAY 25

10:45 AM-11:45 AM
VIRTUAL
Current Events

2:00 PM-3:00 PM
VIRTUAL
Henrietta Szold and the
Jewish World She
Helped Make

4:00 PM-5:00 PM
VIRTUAL
Book Club w/ Jeremy

FRIDAY 26

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

August 2022

MONDAY 29

9:30 AM-10:00 AM
VIRTUAL
Morning Meditation

11:00 AM-12:00 PM
Chair Yoga

3:00 PM-4:00 PM
QiGong

TUESDAY 30

10:30 AM-12:00 PM
VIRTUAL
Creatively Writing Our
Legacies

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

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

3:00 PM-4:30 PM
HYBRID
Joseph Cornell,
Dreams and Shadows
(Part 2) VIRTUAL

Joseph Cornell,
Dreams and Shadows
(Part 2) IN-PERSON

WEDNESDAY 31

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

12:00 PM-1:00 PM
VIRTUAL
Mindfulness Meditation

1:30 PM-2:30 PM
VIRTUAL
Current Events

VIRTUAL: Offered on Zoom
IN-PERSON: Offered at DOROT
HYBRID: Offered on Zoom and at DOROT

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