

September 2022

Onsite@
Home

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



THURSDAY

1

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

2:30 PM-3:45 PM
VIRTUAL
Anti-Semitism:
Tracing the Roots
of an Ancient Curse

4:00 PM-5:15 PM
VIRTUAL
Bucket List Book Club:
To the Lighthouse

FRIDAY

2

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

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

12:30 PM-2:00 PM
VIRTUAL
Alice Neel:
People Come First

2:00 PM-3:15 PM
VIRTUAL
Bucket List Book Club:
To the Lighthouse

DOROT

September 2022

MONDAY

5

DOROT is closed
on Monday, Sept. 5
in observance of
Labor Day

TUESDAY

6

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

2:30 PM-3:30 PM
VIRTUAL
Hearing Loss
and Your Health

WEDNESDAY

7

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-4:00 PM
VIRTUAL
Cybersecurity: How To
Use Your Device

THURSDAY

8

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

12:00 PM-1:30 PM
VIRTUAL
The Magic of Fred Astaire

2:30 PM-3:45 PM
VIRTUAL
Anti-Semitism:
Tracing the Roots
of an Ancient Curse

4:00 PM-5:15 PM
VIRTUAL
Bucket List Book Club:
To the Lighthouse

FRIDAY

9

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

12:00 PM-1:30 PM
VIRTUAL
The Essential Klezmer:
Seth Rogovoy

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DOROT

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September 2022

MONDAY 12

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
Remembering 9/11:
A Community Reflection

1:00 PM-2:30 PM
VIRTUAL
Phoenix Art Museum
Presents: Diego Rivera
and Frida Kahlo

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

TUESDAY 13

9:00 AM-10:30 AM
IN-PERSON
Birdwatching.

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

2:30 PM-3:30 PM
VIRTUAL
Hearing Loss
and Your Health

WEDNESDAY 14

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-4:00 PM
VIRTUAL
Demystifying Long-Term
& Post-Acute Care

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THURSDAY 15

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

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

2:00 PM-3:30 PM
IN-PERSON
Klezmer Violin Concert

2:30 PM-3:45 PM
VIRTUAL
Anti-Semitism:
Tracing the Roots
of an Ancient Curse

4:00 PM-5:15 PM
VIRTUAL
Bucket List Book Club:
To the Lighthouse

FRIDAY 16

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

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

10:30 AM-12:00 PM
VIRTUAL
Aging Alone, Together

12:00 PM-1:30 PM
VIRTUAL
Title IX: Activism On
& Off the Field

DOROT

Onsite@
Home

September 2022

Onsite@
Home

MONDAY 19

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

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

Storytelling with
Pearls of Wisdom

1:00 PM-2:00 PM
VIRTUAL

Brooklyn Navy Yard
Sustainability Tour

3:00 PM-4:00 PM
VIRTUAL

QiGong.

4:00 PM-5:15 PM
VIRTUAL

Rosh Hashanah
with Hanan Harchol

TUESDAY 20

9:00 AM-10:30 AM
IN-PERSON

Birdwatching

10:30 AM-12:00 PM
VIRTUAL

Creatively Writing
Our Legacies

12:00 PM-1:30 PM
VIRTUAL

Women of New York

1:00 PM-2:00 PM
VIRTUAL

Stretch & Strengthen

2:30 PM-3:30 PM
VIRTUAL

Hearing Loss
and Your Health

4:00 PM-5:00 PM
HYBRID

The Sound of the Shofar
VIRTUAL

The Sound of the Shofar
IN-PERSON

WEDNESDAY 21

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-1:30 PM
VIRTUAL

What Happens When
Someone Dies
Without a Will?

1:30 PM-2:30 PM
VIRTUAL

Current Events

3:00 PM-4:00 PM
VIRTUAL

Energy Exercises

VIRTUAL: Offered on Zoom
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THURSDAY 22

10:00 AM-11:30 AM
VIRTUAL

Experience of the Poem

10:45 AM-11:45 AM
VIRTUAL

Current Events

12:30 PM-1:30 PM
VIRTUAL

Jin Shin Jyutsu

1:00 PM-2:30 PM
VIRTUAL

Film Screening &
Talkback: "Our House"

FRIDAY 23

10:30 AM-11:30 AM
VIRTUAL

Stretch & Strengthen

10:30 AM-12:00 PM
VIRTUAL

Aging Alone, Together

12:30 PM-2:00 PM
VIRTUAL

Understanding Gender
Identity & Supporting
Trans Youth

September 2022

MONDAY 26

DOROT is closed
on Monday, Sept. 26
in observance of
Rosh Hashanah

TUESDAY 27

DOROT is closed
on Tuesday, Sept. 27
in observance of
Rosh Hashanah

WEDNESDAY 28

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

11:30 AM-1:00 PM
VIRTUAL
Choosing Hope:
Heritage of Judaism
Workshop

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

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

2:30 PM-4:00 PM
IN-PERSON
Fast Friends

THURSDAY 29

10:00 AM-11:30 AM
VIRTUAL
Experience of the Poem

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

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

3:00 PM-4:30 PM
VIRTUAL
What Matters:
End of Life Care

FRIDAY 30

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

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

10:30 AM-12:00 PM
VIRTUAL
Aging Alone, Together

2:00 PM-3:30 PM
VIRTUAL
Romantic Poetry

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