

GENERATIONS HELPING

DOROT

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# In-Person Programs

## November 2023

### **Fitness Class with NYRR**

**Tuesdays, 10:00 AM–11:00 AM**

Join us for a holistic fitness class instructed by the New York Road Runners Striders utilizing rhythm and musicality to enhance agility, coordination and endurance.

### **Weekly Walking Group**

**Thursdays, 10:00 AM–11:15 AM**

Led by New York Road Runners Striders coaches, this walking group is for older adults who want to get active, stay fit and improve their health.

### **Comics Workshop**

**Monday, November 13, 11:30 AM–1:30 PM**

A hands-on memoir comics workshop inspired by educator/cartoonist Lynda Barry's theories of creative concentration as "deep play," and writing as "delivering an image." No experience needed!

### **Birdwatching in Central Park**

**Tuesday, November 14, 9:00–11:00 AM**

**Meets in Central Park (Register for Location)**

Come see the lovely birds migrating through Central Park, rated one of the 10 best places in the US for birding. Led by Miriam Rakowski, knowledgeable birder with 30+ years of experience.

### **Improvisation for the Fun of It!**

**Tuesdays, November 14, 21 & 28**

**11:30 AM – 1:00 PM**

Expand your confidence, creativity and mental agility in this improvisation class led by actor and playwright Frank Ingrasciotta. This fun, spirited course is like a rehearsal for the TV show *Whose Line Is It Anyway*.

### **Knit & Crochet Club**

**Tuesday, November 21, 10 AM–12 PM**

Enjoy conversation with fellow knitters while making scarves, hats and other items for New Yorkers in need. All levels of experience are welcome. New participants can join at any time.

## Live Concert: Life Cycles of 19th & 20th-Century Women

Monday, November 27, 12:30 PM–2:00 PM

Experience a captivating concert that intertwines the life cycles of 19th and 20th-century women through music. Schumann's *Frauen-liebe und Leben* presents eight songs that beautifully capture key moments in an 18th-century woman's family life, originally composed as a wedding gift for his wife, Clara Schumann, in 1840. In contrast, Dominic Argento's Pulitzer-Prize winning *From the Diary of Virginia Woolf* provides a modern perspective on the life journey of the intriguing 20th-century icon. With eight songs, it delves into Virginia Woolf's experimentation with form, battles with depression, and her experiences during the Second World War. Performed by Mezzo-Soprano Caitlin McKechney and Pianist Lara Saldanha.

## Tea Making with Horticultural Society

Tuesday, November 28, 2:00 PM–3:30 PM

Step into the world of aromatic herbs at our tea bag making workshop. Immerse yourself in the art of crafting delightful tea bags, each infused with a unique blend of dried herbs chosen for their incredible benefits. Discover herbal remedies as we explore the therapeutic properties of different herbs. During this workshop, you will create distinctive tea bags with a medley of herbs catering to various wellness needs.

## Board Game Social

Thursday, November 30, 2:00 PM–3:30 PM

Looking to make new friends, play a favorite game or learn a new one? Join us for the Board Game Social. We will have several tables with different games to choose from, or feel free to bring your favorite game to share. All levels welcome, no experience needed.

## COVID19-Safety Protocols:

<https://www.dorotusa.org/covid-19-policy-update>

**RSVP is required for all programs.**

**To RSVP:**

**Email [dorotprograms@dorotusa.org](mailto:dorotprograms@dorotusa.org)  
or call (917) 441-3745**

**All events will take place at DOROT,  
171 West 85th Street, New York City,  
unless otherwise noted.**