



University Without Walls

LIFELONG LEARNING FOR AN ENGAGED COMMUNITY



April 2020 Programming

Music/Performing Arts

Inside The Lives and Minds of Broadway Composers

3 Wednesdays at 11am April 22 – May 6 (Self Connecting)

Connor Cheek, Graduate Student, Manhattan School of Music

Together we will learn about the lives of early Broadway composers who have shaped musical theater History. We will listen to their hits and discuss what has made their music/lyrics so successful that they are still widely celebrated today.

From Vikings to Visionaries: A History of Swedish Culture

3 Thursdays at 3pm April 23 – May 7 (Self Connecting)

Helena Claesson, Graduate Student, Manhattan School of Music

A cultural history of Sweden through the lens of Swedish traditions and music. We'll be taking a journey through time from Gustav Vasa to the founding of IKEA, and also learn about what "Fika" is and why we all need it in our lives!

A Fiddler on the Roof. Meshuggah, neyn?

3 Tuesdays at 3pm April 21 – May 5 (Self Connecting)

Samantha Hahn, Graduate Student, Manhattan School of Music

Join Fiddler on the Roof in Yiddish's Beylke in a discussion, sing-a-long, storytelling session, and Q&A about the making of Fiddler on the Roof (1964) and Fidler Afn Dakh (2019).

What is University Without Walls?

Just for older adults: experience the joys and benefits of community and lifelong learning – all over the phone and from the comfort of home!

For registration or information,

Call 1-877-819-9147
uww@dorotusa.org
www.dorotusa.org/uww

GET CONNECTED FROM YOUR OWN PHONE
THERE ARE NO FEES TO ENROLL OR PARTICIPATE



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Ancient Knowledge and the Quest for Lost Civilizations

3 Fridays at 2pm April 24 – May 8 (Self Connecting)

Benjamin Miller, Graduate Student, Manhattan School of Music

Where did ancient civilizations get their cosmic knowledge?

Fortissimo, Fantastico: Folklore and Fairytales

3 Mondays at 2pm April 20 – May 4 (Self Connecting)

Lilith Spivack, Graduate Student, Manhattan School of Music The fantastical worlds of fairy tales lend themselves perfectly to the grandeur and emotional intensity of opera and song. Join us in exploring different fairy tales and their musical counterparts!

“Magical Mystery Tour”: A Sing Along Through The Beatles

3 Wednesdays at 2pm April 22 – May 6 (Self Connecting)

Trista Tratos, Graduate Student, Manhattan School of Music

Each week we will sing some of the best Beatles tunes from each era and discuss how and why the songs were written, their place in history, and exactly why their music means so much to us.

“Radio Theater”

3 Wednesdays at 2 PM, April 22 – May 6 (Staff Connecting)

Living Room Players, Actors Fund

Harkening back to the days of the radio broadcast, The Living Room Players are a group of actors 65 plus, who enjoy performing from classic and original work for your listening pleasure. Post-performance discussion follows each performance.

Classic Musicals

6 Thursdays at 2 PM, April 23 – June 4 (no session May 28) (Staff Connecting)

Leo Schaff, Singer; Songwriter

Fiddler on The Roof, Music Man, and Fiorello. Great stories, great songs. Let's enjoy the original Broadway cast recordings and discuss each show, share our memories, and appreciate the talent behind the words and music.



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Sing-Along Broadway

6 Thursdays at 3 PM, April 23 – June 4 (no session May 28) (Staff Connecting)

Leo Schaff, Singer; Songwriter

Join your voice with others to sing along with some of Broadway's greatest hits. Listeners always welcome! We'll enjoy selections from My Fair Lady, Finian's Rainbow, Guys and Dolls, Fiddler on The Roof. As a "conference call chorus" we'll sing along with great recordings of such memorable tunes as "I Could Have Danced All Night", "The Rain in Spain", "Glocca Morra", "Luck Be A Lady", "Sunrise Sunset", "If I Were A Rich Man", etc.! Lyrics will be mailed prior to the start of the sessions.

Literature

News Articles Discussion Group with NYPL-Section B

1 Thursdays at 1 PM, April 23 (Self Connecting)

Andrew Fairweather, Information Assistant, New York Public Library

Join us for our article discussion group where we will together analyze long-form articles covering topics ranging from culture, the arts, technology, and politics. Articles will be emailed prior to the first discussion.

Museum Discussions

Ordinary Objects, Extraordinary Meanings – Section B

1 Thursday at 10am April 30 (Self Connecting)

Allison Tretter

A shoe, a bandana, a deck of cards. What stories can everyday objects tell us about a person or an event? Together we will discuss how the 9/11 Memorial Museum uses its collection to commemorate the lives of those lost in the terrorist attacks of 2001, and we will explore how we give emotional meaning and resonance to our own mementos.



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Health & Wellness

Healthy Cooking Workshops

4 Tuesdays at 10am, April 21 – May 12 (Self Connecting)

Susan Sandler, M.S., Registered Dietitian Nutritionist

A recipe for success in achieving a long life free of pain. The tips in this four part series provide nutrition information in easy-to-understand lay language that you are unlikely to find elsewhere: use of healthy fats in cooking; the cuts of meat to choose; cooking equipment to speed you out of the kitchen faster; breakfast as a meal; and hydration. Time for Q&A will end every session.

Jewish Interests

Traditional Jewish Responses to Catastrophes

5 Mondays at 2pm April 20-May 11 (Self Connecting)

Rabbi Isaac Mann

In this 5-session course we will provide a general overview of how the rabbis and leaders of the Jewish community responded to major disasters that befell our people as well, in some cases, society in general. We will look at several different kinds of responses found in the Bible and in later traditional Jewish texts. No knowledge of Hebrew is necessary. If you provide an e-mail address, some of the texts that we will look at will be emailed to you.

Positivity Bias

4 Mondays at 12pm April 20 – May 11 (Self Connecting)

Lee Slavutin

Practical wisdom for positive living based on the teachings of the Lubavitcher Rebbe. Based on the book “Positivity Bias” authored by Mendel Kalmenson.



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



News & Current Events

Current Events – Section B

5 Fridays at 11 AM, April 17 – May 15 (Self Connecting)

Tom Kertes, Retired Newspaper Columnist and Film

Many feel we are living through fascinating, controversial, and, yes, sometimes even perilous times, both in the U. S. and worldwide. If you agree, join us to discuss where we are, how we got here, what we can do about it, and where all this might lead in the future.

Other Topics

Managing Stress; What are Your Options

7 Mondays at 10:00 : April 20 – June 7 (Self Connecting)

Connie Gemson

Join this interactive class to develop new options to create serenity. New ideas and insights will serve to provide serenity.

Journaling: Writing your Words, Writing Your Life

7 Mondays at 11 am: April 20 – June 7 (Self Connecting)

Connie Gemson

Record, reflect, remember by keeping a journal. This process will lead to greater awareness and reflection on the past, present and future.

Sharing Our Strengths

6 Thursdays at 11am April 23 – May 28 (Self Connecting)

Ann Burack-Weiss, PhD, LCSW

We cannot reach our later years without enduring tragedy and loss - in our own lives and in the world around us Using discussion prompts, we will reconnect with and share the strengths that served us in the past as, together, we survive the health crisis of the present.



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Presidential Administrations: Similarities and Differences Spanning 1796-1916

5 Tuesdays at 11 AM, April 21 – May 19 (Self Connecting)

Judy Lass, MA, MS.ED, LMSW; Volunteer, DOROT

Together we will compare and contrast the philosophies of four consecutive Republican and Democratic Administrations. Specific events and/or legislation will be a basis for our discussions. This season we will focus on administrations spanning from 1796-1916, with John Adams, Thomas Jefferson, Andrew Jackson, Abraham Lincoln, Theodore Roosevelt, and Woodrow Wilson.

THEN AND NOW: Intergenerational Programming

4 Tuesdays 2:30pm – 3:30pm April 21 – May 12 (Self Connecting)

Are you curious to learn about what life is like for today's teenagers? Join a group of Jewish high school students for a weekly 50-minute intergenerational reflection on Jewish life and how it has changed since your childhood. This is an opportunity to enjoy a lovely pre-Shabbat gathering with some thoughtful and engaging young people.

LGBT Support Group for Elders

8 Wednesdays at 3 PM, April 22 – June 10 (Staff Connecting)

Bobby Rosenthal, LMSW, Care Manager, SAGE

This support group will provide the opportunity to connect with older adults in the lesbian, gay, bisexual and transgender community in a safe and supportive environment. Discussions will include health and wellness, isolation and loneliness, support in relationships, adjusting to aging transitions and pursuing interests and hobbies.



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Conversations: All Things New York

4 Mondays at 1 PM, April 6 – 27 (Staff Connecting)

Ben Mushel, DOROT MSW intern

Whether you are a native “New Yorkah”, a transplant or someone who loves New York from afar, let’s kibbitz about all the things that make the Big Apple one of our favorite places. Each weekly conversation will be an opportunity to share and reminisce about our favorite NYC activities, restaurants, museums, parks, and more!

The Pearls of Wisdom present, “The Worm Business”

1 Wednesday at 3PM, April 22 (Staff Connecting)

Diana Yates, Storyteller

The Pearls of Wisdom are a touring ensemble of elder storytellers. The Pearls present rich stories that illuminate their individual pasts and, in turn, our collective histories. Diana, like all Pearls, strives for her stories to bring sparks of recognition that will illuminate her audience’s own personal histories. “The Worm Business” highlights her method of earning money as a child entrepreneur.