



# University Without Walls

LIFELONG LEARNING FOR AN  
ENGAGED COMMUNITY



## Connecting To Your Fall 2020 Programs

University Without Walls Programming is offered in two different formats: Dial-In and Staff Connected. The format will be noted next to the times and dates of each program.

**Dial in programs:** You will call a phone number and dial a four digit “password” to join your program. The number and password are given when you register.

**Staff connected programs:** DOROT staff will call and connect you approximately 10–15 minutes before the program. You will be on hold until the program begins.

**There are no fees to enroll or participate in University Without Walls. A suggested contribution of \$5 per class session is welcomed and helps us continue to provide quality programs. Donations can be made online, by phone, or by mailing a check payable to 171 W 85<sup>th</sup> Street, New York, NY, 10024.**

**We appreciate your support!**

## Special Events for Large Audiences

### Political Town Hall (Dial In)

**1 Wednesday at 3pm October 14**

*Moderated by Charles Perkins, Historian*

Hear ye! Hear ye! Join us for our first large audience UWW program, where a panel of professionals from media, academia and other sectors will discuss the challenges America is facing in the economy, healthcare and our criminal justice system. The focus is on the role of these issues in our November election. Registrants will be invited to email questions ahead of the event for the moderator to pose to the panel. Please note that due to the larger audience format, conversation will be limited to the panel itself. You are invited to register for our follow up discussion on October 15th which is listed under the "News, Politics & Our Society" section.

### A Blissful Afternoon with Classical Music - "Lights!" (Dial In)

**1 Wednesday at 2pm December 9**

*Si-Yo Music Society Foundation / Si-Yo Musical Phone PalTM*

Join us for our first large audience UWW live music program. Feel the joy found in live classical music with the Si-Yo ArtistsTM as they present their final event of the UWW fall season. Materials will be mailed in advance. Please note that due to the larger audience format, group discussion will consist of the hosts sharing participant questions which will participants can send in by email after receiving the mailing.

## News, Politics & Our Society

### Current Events (Staff Connected)

**9 Mondays at 11am September 14 – November 16 (no session September 28)**

*Tom Kertes, Retired Newspaper Columnist and Film Critic*

Please note you may only register for either The Current Political Scene OR Current Events.

Many of us feel we are living through fascinating, controversial, and, yes, sometimes even perilous times, both in the US. and worldwide. With the U.S. Presidential Election looming ever closer, 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.

## **The Current Political Scene (Staff Connected)**

**Section A: 10 Tuesdays at 3pm September 22 – December 1 (no session November 24)**

**Section B: 10 Thursdays at 3pm September 24 – December 3 (no session November 26)**

*Charles Perkins, Historian*

Please note you may only register for either **The Current Political Scene** OR **Current Events**. This fall, as the nation struggles to bring the coronavirus under control, a campaign will be waged for president, and the 117th Congress. The stakes are high. Will Biden unseat Trump, and will the US Senate switch to Democratic control? Which party will emerge from election day with power to reshape the electoral map for the next decade? We will follow the campaign stories up to election day and analyze the results after November 3rd.

## **Political Town Hall Discussion Group (Staff Connected)**

**1 Thursday at 2pm October 15**

*Charles Perkins, Historian*

Join this follow up discussion to share your thoughts on the Political Town Hall! We will be able to dive deeper into the topics discussed, the issues addressed and the questions that remain. Space will be limited to normal University Without Walls session size.

## **News Articles Discussion Group with NYPL (Dial In)**

**4 Thursdays at 1pm September 24, October 29, November 19, December 17**

*Andrew Fairweather, Information Assistant, New York Public Library*

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

## **Voting by Absentee Ballot (Staff Connected)**

**1 Wednesday at 2pm October 7**

*League of Women Voters of New York City*

Much has changed, but voting continues to be a valuable privilege and you don't have to leave your home to do it! Voting absentee through the mail is easy, safe and non-partisan. Find out how to obtain and complete your absentee ballot and the important timelines to adhere to. Materials will be mailed in advance.

## **Let's Talk About Anti-Racism (Staff Connected)**

**3 Thursdays at 11am October 8 – October 22**

*Colette Phipps, LMSW, CDP*

Current events in our society have brought to the fore many public discussions about racism and anti-racism. This series of conversations will provide an opportunity and platform to talk about these sensitive topics. We will define and explore various terms, connect the present to the past, and critically self-reflect. Participants are encouraged to share their experiences and listen to the experiences of others. Book will be mailed in advance of program.

## **What has the Supreme Court Done? (Staff Connected)**

**4 Wednesdays at 11am October 28 – November 18**

*Malla Pollack, J.D., Legal Writer*

We will analyze cases decided by the U.S. Supreme Court during its last term (October 2019 through June 2020). Is the Court changing course? How much of the Court's announced basis for decision is political compared to legal? How do these decisions impact our lives? Materials will be mailed in advance.

## **Museum Discussions**

### **Stepping Out (Staff Connected)**

**3 Mondays at 2pm October 12 – October 26**

*Floyd Sklaver, Educator, Whitney Museum of American Art*

Explore and learn how gay/lesbian/bisexual/transgender and queer artists used various media throughout the 20th and 21st centuries to explore themes of visibility, advocacy and memory. Materials will be mailed in advance.

## **Ship Shape: Exploring Naval Ships (Dial In)**

**5 Fridays at 12pm November 13 – December 18 (no session November 27)**

*Frantz Lucien, Elysia Segal, Elisse Acevedo, Ifetayo Abdus-Salam*

**Intrepid Sea, Air & Space Museum Complex**

From Clipper ships, to nuclear-powered carriers, ships have served as amazing vessels for travel, combat, and transport through history. Join us on this brief dive into the nautical world of ingenuity and invention, as we examine ships' forms, functions and legacies. Materials will be mailed in advance.

## **Exploring Material: Sculpture in the Guggenheim Collection (Staff Connected)**

**3 Wednesdays at 12pm December 2 – December 16**

*Karen Bergman, Access Programs Associate, The Solomon R. Guggenheim Museum*

Explore a wide range of material in sculptures in the Guggenheim collection. From more traditional choices like marble and wood to more surprising materials including window blinds and shoes, we'll delve into what artists use to make their artwork and consider why.

## **Music/Performing Arts**

### **Blissful Afternoons with Classical Music (Dial In)**

**Please select any two:**

**Music of Peace: 1 Friday at 1pm September 25**

**Spirited: 1 Friday at 1pm October 30**

**Simple Gifts: 1 Friday at 1pm November 20**

*Si-Yo Music Society Foundation/ Si-Yo Musical Phone Pal*

Feel the joy found in live classical music with the Si-Yo Artists™ as they present a celebratory musical journey through monthly themed performances and group discussion. Materials will be mailed in advance.

## **The Beauty of Opera (Dial In)**

**4 Thursdays at 1pm October 1 – October 22**

*Manhattan School of Music Graduate Student*

Opera aficionados and newbies alike—join us for an unforgettable journey that will have you listening, singing and celebrating opera! Together we'll explore the composers, plots and arias of well-known operas.

## **Introduction to Jazz (Dial In)**

**4 Tuesdays at 2pm October 6 – October 27**

*Manhattan School of Music Graduate Student*

Join us for a lively discussion as we listen to the great jazz legends and explore the history of jazz music.

## **Classic Musicals (Staff Connected)**

**6 Thursdays at 2pm November 5 – December 17 (no session November 26)**

*Leo Schaff, Singer; Songwriter*

Listen and enjoy original cast recordings, great stories, and our shared memories of classic shows like *Annie Get Your Gun*, *Peter Pan*, and *Sound of Music*. Songs include: "Doin' What Comes Naturally", "No Business Like Show Business", "Never Neverland", "I Won't Grow Up", "My Favorite Things", "Climb Every Mountain", and more.

## **Sing-Along Broadway (Staff Connected)**

**6 Thursdays at 3pm November 5 – December 17 (there will be no session November 26)**

*Leo Schaff, Singer; Songwriter* Sing together or just listen in as we revel with lyrics from shows like *Oklahoma*, *Showboat*, *Annie Get Your Gun*. Songs will include: "Oh What A Beautiful Mornin", "People Will Say We're in Love", "Make Believe", "Ole Man River", "They Say It's Wonderful", "The Girl That I Marry" and so many more... Warm up, everyone! Songbook will be mailed in advance.

## LIFELONG LEARNING FOR AN ENGAGED COMMUNITY

### **The Corner of Casablanca and Sunset Boulevard (Staff Connected)**

**8 Fridays at 11am October 23 – December 18 (no session November 27)**

*Tom Kertes, Retired Newspaper Columnist and Film Critic*

Let's meet there and talk about the greatest movies in Hollywood history – the stars, directors, screenplays, and the fascinating stories behind the often-tumultuous process of creation. What goes into making a classic Hollywood movie? Why do these films still speak to us today, perhaps with more urgency than ever before? In short-everything you wanted to know about movies but were afraid to ask!

### **Inside The Lives and Minds of Broadway Composers (Staff Connected)**

**4 Tuesdays at 12pm November 3 - November 24**

*Manhattan School of Music Graduate Student*

Together we will learn about the Broadway composers who shaped musical theater history. We will listen to their hits and discuss what made their songs and stories so successful.

### **The History of Rock 'n' Roll (Staff Connected)**

**4 Wednesdays at 4pm November 4 – December 2 (there will be no session November 25)**

*Manhattan School of Music Graduate Student*

Join us for a walk down memory lane as we revisit the birth of rock and roll.

## **Health & Wellness**

### **Strategies for Managing Chronic Pain in Older Adults (Staff Connected)**

**1 Tuesday at 1pm September 15th**

*Alexandra Jurenko, LCSW and Alba Gomez, LMSW, VOICES 60+ Senior Advocacy Program, Hospital for Special Surgery*

We will discuss and practice strategies to help cope with and manage chronic pain, a major public health problem. Your discomfort doesn't have to lead to avoidance of activities that you love, increased risk for falls or an impact your emotional health. Together we can improve outcomes. Handouts will be mailed in advance.



## **The 4 Steps to Upgrade Your Motivation in Life (Staff Connected)**

**2 Tuesdays at 2pm September 15 – September 22**

*Janice Hermalyn, MS, BS; DOROT Volunteer*

Live a more fulfilled life by increasing your motivation. We will discuss and use practical tools for motivating yourself to achieve whatever goals you set for yourself.

## **Streamline to Serenity: Decluttering Talks (Dial In)**

**8 Wednesdays at 10am September 16 - November 4**

*Kathleen Fiorito, Expert Home Organizer*

Streamline your lifestyle towards joy and serenity. From hoarders to people backed up in piles of neglected tasks, these discussions are for everyone seeking support and strategies to live their best life!

## **Self-Massage for Stress Relief (Dial In)**

**4 Fridays at 12pm September 25, October 30, November 20, December 18**

*Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist*

We will learn a protocol of gentle stretches, acupressure points you can gently stimulate, and breathing techniques we can use to help us feel more calm, relaxed, and open. Practice some or all exercise movements that appeal to you.

## **Seated Qigong, Tai Chi Easy Arms, and Guided Meditation**

**Section A: 8 Fridays 10am September 25 - November 20 (no session October 16)  
(Staff Connected)**

**Section B: 8 Tuesdays 11 am September 29 - November 17 (Dial In)**

*Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3rd Degree*

Learn Chair Yoga warmups, seated Tai Chi Easy™, and Qigong arm movements to increase your chi (life- force), strengthen your muscles and focus the mind. Combined with guided relaxation visualizations and meditation, you will also feel a greater sense of calm. Each session includes a short group discussion based on written materials mailed in advance.



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## **Movement Speaks (Dial In)**

**3 Wednesday at 1pm October 7 – October 21**

*Dances for a Variable Population*

Appreciate the movement of your body! Learn proper alignment and awareness, while delighting in the freedom to express yourself in gentle but lively creative movement and dance combinations. Enjoy, connect with others, and move more!

## **What Do We Know About Healthy Aging? (Staff Connected)**

**1 Monday at 11AM October 19th**

*Beth Ann Ditkoff, MD, Medical Author*

Learn about the Baltimore Longitudinal Study of Aging, a clinical research study that began in 1958, and is the longest-running study of human aging. Discover the lessons about normal aging from this ongoing project, including tips for living a longer and healthier life.

## **Progressive Relaxation with Guided Imagery (Staff Connected)**

**5 Mondays at 3PM November 16 – December 14**

*Linda Lee Davida, Holistic Health Counselor, Certified Private Meditation Instructor*

Through meditation and imagery, you can live a healthier and more meaningful life. Let's breathe, visualize and heal our minds, bodies and spirits.

## **Let's Talk: Conversations & More**

### **Intergenerational 9/11 Remembrance Conversation (Dial In)**

**1 Tuesday at 5pm September 15**

Join our DOROT high school student volunteers in a dialogue about service and the place volunteerism plays in our civic life. This program is offered as part of the National 9/11 Day of Service.

## **Conversations: Travel Through Poetry (Dial In)**

**6 Mondays at 3pm October 5 – November 9**

*Linda Levine, DOROT Volunteer*

Through the beauty of poetry, we will take a walking tour of places we always wanted to visit or revisit. These poems will allow us to experience the history, smells of great food, neighborhoods and physical beauty of America's great cities and states. Each week we will read a poem at home and then share our thoughts at our conversation group.

## **Conversations: Cultivating Your Garden (Dial In)**

**6 Thursdays at 11am October 8 – November 12**

*Cheryl Fusco, DOROT Volunteer*

Let's talk gardening! Whether it's windowsill, terrace, or backyard, let's come together to explore and share tips on the very best ways to grow your garden. During these sessions we will share our knowledge on the best indoor/outdoor plants, fertilizers and pots to use!

## **Conversations: Films We Love (Staff Connected)**

**6 Wednesdays at 2pm October 14th - November 18th**

*June Mayer, DOROT Volunteer*

Join us for a lively discussion of our favorite films. Beginning in the 1950's, we will span decades and genres – ranging from musicals, comedies, dramas and foreign films unearthing some hidden gems along the way.

## **2020 Across the Miles (Dial In)**

**1 Wednesday at 3:30 PM October 21**

*Amber Carroll, Covia*

Join participants from similar telephone “without walls” programs from California to Canada. We will share stories and talk about lives in our different locations.

## Literature & Storytelling

### **The Pearls of Wisdom Present: “Going to Work with Mamma” (Staff Connected)**

**1 Thursday at 3pm September 17**

*Shirley Young*

The Pearls of Wisdom are a touring ensemble of elder storytellers, who present rich stories that illuminate their individual pasts and, in turn, our collective histories. Shirley Young’s story recalls her own ‘Rosa Parks’ moment with her mother in Baton Rouge, Louisiana as they were going to and from work one day.

### **Life Story Workshop with Vita Story Club (Dial In)**

**12 Mondays at 12pm September 21 – December 14 (no session September 28)**

*Vita Story Club*

Can you describe the neighborhood you grew up in? What was the greatest historical event you lived through? Answer these questions and more in our life story workshop with Vita Story Club! Exchange meaningful life stories with other participants. A workshop facilitator will come prepared to each session with two engaging prompt questions and will audio record your storytelling for you to create a collection of audio stories to save as a keepsake!

### **Short Story Discussion Group (Dial In)**

**2 Tuesdays at 12pm October 6 & December 8**

Michael Messina, Senior Librarian, Adult Services, New York Public Library

Read and enjoy discussing a short story together! Each short story will be mailed in advance.

### **Novel Discussion: The Other Americans by Laila Lalami (Staff Connected)**

**1 Friday at 1pm October 9**

*Irfan Ali, Community Outreach Coordinator, New York Public Library*

Nominated for the 2019 Pulitzer Prize, this novel tells the story of the suspicious death of a Moroccan immigrant—at once a family saga, a murder mystery, and a love story, informed by the treacherous fault lines of American culture. The book will be mailed prior to the session.

## **Novel Discussion: Nickel Boys by Colson Whitehead (Dial In)**

**1 Friday at 1pm November 13**

*Irfan Ali, Community Outreach Coordinator, New York Public Library*

Winner of the 2020 Pulitzer Prize, this novel is based on the real story of a reform school in Florida that operated for one hundred and eleven years, dramatizing another strand of American history through the story of two boys sentenced to this hellish reform school in Jim Crow-era Florida. The book will be mailed prior to the session.

## **The Pearls of Wisdom Present: “Excuse Me, Do You Remember Me?” (Staff Connected)**

**1 Thursday at 4pm December 10**

*Luther Gales*

The Pearls of Wisdom are a touring ensemble of elder storytellers, who present rich stories that illuminate their individual pasts and, in turn, our collective histories. Luther Gales tells a story from his time as a police officer and the young man whose life he impacted more than he knew.

## **Novel Discussion: The House of Broken Angels by Luis Alberto Urrea (Staff Connected)**

**1 Friday at 1pm December 11**

*Irfan Ali, Community Outreach Coordinator, New York Public Library*

From a gifted Pulitzer finalist, this is the story of one weekend in which a family holds both a funeral on Saturday and a last birthday party on Sunday. It is here that the De La Cruzes, a family on the Mexican- American border, celebrate two of their most beloved relatives during this joyous and bittersweet weekend. The book will be mailed prior to the session.

## **Jewish Interests**

### **The Books of Ezra and Nehemiah – Part 4 (Dial In)**

**10 Thursdays at 4 PM September 17 – December 3 (no session October 8 and November 26)**

*Rabbi Isaac Mann, Professor of Rabbinics, Academy of Jewish Religion*

Continue the study of the Books of Ezra and Nehemiah, focusing on the history of the Jewish people in the Holy Land after returning from Babylonian Exile. We will talk about the challenges they faced, including intermarriage, rivalry between rich and poor, strengthening of religious observance, and physical attacks by neighboring enemies - all still relevant today. Newcomers are welcome!

### **What Makes God Change the Divine Mind? (Staff Connected)**

**1 Monday at 10am September 21**

*Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Metrowest, NJ*

We will study texts from the Midrash which explore whether and how human beings can change God's plans.

### **Welcoming Shabbat (Staff Connected)**

**3 Fridays at 11 AM October 2, November 6, December 4**

*Emily Aronson, DOROT Pastoral Intern*

Welcome in the warmth and beauty of Shabbat through song and words of Torah with DOROT's pastoral intern. Let's celebrate together!

### **History of the Jewish People - Part 2 (Dial In)**

**12 Mondays at 10am October 5 – December 21**

*Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev*

We will study the history of the Jewish people from the Birth of Zionism to modern times, covering historical figures, major historical events and social trends that have shaped the development of Judaism. Over these sessions we will travel from the time of the pogroms in Russia in the late 17th century, through early Zionism, Jewish migration to the US, the Holocaust, the birth of the State of Israel and Israel and American Jewry today. Part 1 not needed – newcomers welcome!

## **Living with the Torah (Staff Connected)**

**8 Tuesdays at 1 PM October 13 – December 8 (no session November 24)**

*Lee Slavutin, MD, CLU*

The Alter Rebbe, Rabbi Schneur Zalman of Liadi teaches us to live with the Parsha of the Torah. Each week we can be inspired to change our lives from the powerful lessons in the Torah portion. Let's come together for this exciting journey.

## **Introduction to Jewish Mysticism (Staff Connected)**

**6 Thursdays at 1pm October 15 – November 19**

*Lee Slavutin, MD, CLU*

The Tanya provides a spiritual roadmap to Jewish mysticism with an emphasis on applying the lessons to our daily service to God and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

## **Traditional Jewish Responses to Challenging Times – Part 3 (Dial In)**

**7 Mondays at 2pm October 19 – November 30**

*Rabbi Isaac Mann, Professor of Rabbinics, Academy of Jewish Religion*

How have rabbis and leaders of the Jewish community responded to major disasters that befell Jewish people and, in some cases, society in general? Together we examine different kinds of responses found in the Bible and in later traditional Jewish texts. No knowledge of Hebrew or participation in earlier sessions is necessary. Some of the texts will be sent to you to look at for the sessions!

## **The Jewish Guide for Treating People Nicely: Mussar (Dial In)**

**5 Thursdays at 10am November 5 – December 10 (No session November 26)**

*Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev*

Mussar is a Jewish spiritual practice that teaches concrete instructions and guidelines to help us treat others with respect and live a meaningful life. Using important texts and teachings from our tradition (written in English), we will study several key Mussar practices including Compassion, Gratitude, Generosity, Wisdom and Patience. This program and its curriculum are offered in partnership with Chai Mitzvah. Materials will be mailed in advance. ([www.chaimitzvah.org](http://www.chaimitzvah.org))

## **Miriam the Prophetess (Staff Connected)**

**4 Mondays at 11am November 2 – November 23**

*Ricki Saady, DOROT Volunteer*

The sister of Moses and Aaron, Miriam is a special woman whose stories are told in the Torah. Her cup can hold a significant place at the Women's Passover Seder table. We will explore her stories with Torah readings and commentary.

## **Jewish Theology: Different Understandings of God (Dial In)**

**3 Wednesdays at 10am December 2 – December 16**

*Emily Aronson, DOROT Pastoral Intern*

How have Jewish understandings of God developed and changed over time? How can we reconcile our own beliefs about God with traditional texts? These sessions will explore biblical and rabbinic theology, mysticism, modern thought, and feminist theology.

## **Other Topics**

### **Coping with Change: Facing the Future with Confidence (Staff Connected)**

**7 Tuesdays at 10am September 15 – October 27**

*Constance Gemson, LMSW; Social Work Consultant*

How can we manage challenging times? Discover how change begins with endings and understand your own coping style. All ideas are welcome.

### **Imagination & Insight: Exploring Your Creativity (Staff Connected)**

**7 Tuesdays at 11am September 15 – October 27**

*Constance Gemson, LMSW; Social Work Consultant*

Develop new possibilities by discovering new sources of wonder. Find how even ordinary events can be special! Learn how daily life can produce magic!



## **Asian Religions: An Introduction to Asian Philosophy (Dial In)**

**10 Wednesdays at 11am September 30 – December 9 (There will be no session November 25)**

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

Let's explore the religions of the People's Republic of China, India and Japan. Included will be a brief discussion of the period of origin, tenets, and writings, as well as, their significance on the political and cultural development of the respective country.

## **"Taking a Line for a Walk" (Dial In)**

**3 Tuesdays at 2pm December 1 – December 15**

*Artist and Professor Emeritus Lynda Monick-Isenberg*

Drawing is the way we first make our mark in the world. It is as expressive, unique and as personal as our signature. In three sessions we will draw together, learn simple observational line drawing techniques and positively reflect on our work. It is never too late to learn to draw, begin to draw again, or to make our mark on the world. Materials will be provided.

## **Support Groups**

Our weekly support groups offer the opportunity to speak with experts, learn about resources and meet other people who are experiencing the same life situations.

## **In-Sight Program for the Visually Impaired (Staff Connected)**

**15 Tuesdays at 4 PM September 15 – December 29 (no session November 24)**

*Carole Yablonowitz* Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

## **Daily Tips for Vision Loss (Staff Connected)**

**14 Mondays at 4 PM September 14 – December 21 (no session September 28)**

*Mindy Jacobsen*

Join a weekly discussion group to learn coping techniques such as how to get your mail read, identify products in your cabinet and maintain your balance. Bring your questions, and we'll all share our wisdom!

**Bereavement Support Group**

**Section A: 16 Tuesdays at 5 PM, September 15 – December 29 (Dial In)**

**Section B: 16 Thursdays at 6 PM, September 17 – December 29 (Dial In) (no session November 26; make up on November 24. no session December 24, December 31; make up December 22, December 29)**

*Randi Cohen, MA, ACSW, LCSW*

Come together in a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and he