

July 2020 DOROT Onsite @Home Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion 12PM-1PM Guided Meditation 1pm-2pm Memoir Monthly Check In 1:30pm-2:30pm Current Events 2pm-3pm Iconic Moments in Sports	2 10:45AM-11:45AM Current Events 12:30-1:30PM Breathe, Stretch, Shake It Out	3 DOROT Closed	4
5	6 11AM- 12PM Chair Yoga 2PM-3PM Sharing our Strengths 3PM-4PM QiGong 4:15PM-5:15PM Roses & Thorns	7 11AM- 12:30PM Meet The Artist: Liz Curtin 1PM-2PM Stretch & Strengthen 1:45PM-3:15PM- Fairy Tale Your Life	8 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion 12PM-1PM Guided Meditation 1:30PM-2:30PM Current Events 2PM-3PM Iconic Moments in Sports	9 10:45AM-11:45AM Current Events 12:30PM-1:30PM Breathe, Stretch, Shake It Out 4PM-5PM Music Appreciation	10 10:30AM-11:30AM Stretch & Strengthen 12:00PM-1:30PM The Legacy of Jewish People and the Civil War with Andree Brooks 2PM-2:45PM Shabbat@Home	11
12	13 11AM- 12PM Chair Yoga 12:30PM-1:30PM In Conversation with NAACP's Geoffrey Eaton 3PM-4PM QiGong 4:15PM-5:15PM Roses & Thorns	14 11AM- 12:30PM Meet The Artist: Susan Newmark 1PM-2PM Stretch & Strengthen 1:45PM-3:15PM- Fairy Tale Your Life 4PM-5PM Siyo Music Foundation Live Concert	15 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion 12PM-1PM Guided Meditation 1:30PM-2:30PM Current Events 2PM-3PM Iconic Moments in Sports	16 10:45AM-11:45AM Current Events 12:30PM-1:30PM Breathe, Stretch, Shake It Out 4PM-5PM Music Appreciation	17 9:45AM-10:45AM Decluttering Workshop 10:30AM-11:30AM Stretch & Strengthen 12PM-1:30PM Legacy Lecture: Look Up & Explore the Sky with Riva Blumenfeld 2PM-2:45PM Shabbat@Home	18

<p style="text-align: center;">19</p>	<p style="text-align: center;">20</p> <p>11AM- 12PM Chair Yoga</p> <p>3PM-4PM QiGong</p> <p>4:15PM-5:15PM Roses & Thorns</p>	<p style="text-align: center;">21</p> <p>11:00AM- 12PM Art Studio: Water Color Workshop</p> <p>1PM-2PM Stretch & Strengthen</p> <p>2:30PM-4PM Elinor Carucci and COVID-19 Stories</p>	<p style="text-align: center;">22</p> <p>10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion</p> <p>12-1PM Guided Meditation</p> <p>1PM-3PM Pearls Of Wisdom</p> <p>1:30pm-2:30pm Current Events</p> <p>3:45PM-5:00PM Book Discussion</p>	<p style="text-align: center;">23</p> <p>10:45AM-11:45AM Current Events</p> <p>12:30PM-1:30PM Breathe, Stretch, Shake It Out</p> <p>4PM-5PM Music Appreciation</p>	<p style="text-align: center;">24</p> <p>9:45AM-10:45AM Decluttering Meetup</p> <p>10:30AM-11:30AM Stretch & Strengthen</p> <p>12:00PM-1:00PM The History Behind Deliciousness: Flavor Science</p> <p>2PM-2:45PM Shabbat@Home</p>	<p style="text-align: center;">25</p>
<p style="text-align: center;">26</p>	<p style="text-align: center;">27</p> <p>11AM- 12PM Chair Yoga</p> <p>3PM-4PM QiGong</p> <p>4PM-5PM Roses & Thorns</p>	<p style="text-align: center;">28</p> <p>11:00AM- 12PM Art Studio: Water Color Workshop</p> <p>1PM-2PM Stretch & Strengthen</p>	<p style="text-align: center;">29</p> <p>10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion</p> <p>12PM-1PM Guided Meditation</p> <p>1:30PM-2:30PM Current Events</p>	<p style="text-align: center;">30</p> <p>10:45AM-11:45AM Current Events</p> <p>12:30-1:30PM Breathe, Stretch, Shake It Out</p> <p>4PM-5PM Music Appreciation</p>	<p style="text-align: center;">31</p> <p>10:30AM-11:30AM Stretch & Strengthen</p> <p>12:00PM-1:00PM Circle Circle Arts Live Music Performance</p> <p>2-2:45PM Shabbat@Home</p>	