Connecting To Your Summer 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.

LITERATURE & STORYTELLING

**Life Story Workshop with Vita Story Club**

*6 Fridays at 1pm, July 24 – August 28 (Dial In)*

*Lily Zhou and Linnea Guerin*

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 and transcribe your life stories for you to keep!

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
Short Story Discussion Group

1 Tuesday at 12pm, August 4th (Dial In)

Michael Messina, Senior Librarian, Adult Services, New York Public Library
Read and enjoy discussing a short story together! The story will be mailed or emailed to participants prior to the start of the session.

HEALTH AND WELLNESS

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

Section A: 8 Fridays 10 am July 3 - August 21 (Staff Connected)
Section B: 8 Tuesdays 11 am July 7 - August 25 (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 provided written materials.

What Does Your Gut Bacteria Say About You?

2 Mondays at 12 PM, July 13 – July 20 (Staff Connected)
Beth Ann Ditkoff, MD, Medical Author, Retired Surgeon
Our microbiomes are unique groups of microorganisms like bacteria, viruses, and fungi that live inside our guts. Come learn how scientists are studying microbiomes and about the role they play in our health, particularly with diseases such as type 2 diabetes, heart disease and dementia.
Self-Massage for Stress Relief and Relaxation

1 Friday at 12pm, July 31 (Dial In)

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist
We will learn a protocol of gentle stretches, acupuncture 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.

NEWS AND CURRENT EVENTS

The Current Political Scene: Section B

8 Tuesdays at 3pm, July 7 - August 25 (Staff Connected)

Charles Perkins, Historian and Former Educator
Please note you may only register for either The Current Political Scene OR Current Events.
In these discussions, we will track the 2020 presidential and congressional elections and the ongoing struggle for power between the executive and legislative branches with the multiple investigations and court battles. We will also discuss how international events impact the American political landscape.

Current Events

8 Fridays at 11am, July 10 – August 28 (Dial In)

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 U. S. 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.
News Articles Discussion Group with NYPL
2 Thursdays at 1 PM, July 23 and August 27 (Dial In)
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 or emailed prior to the first discussion.

MUSEUM DISCUSSIONS

A Few of My Favorite Things: Vicki’s Highlights of the Brooklyn Museum
1 Monday at 3pm July 20 (Dial In)
Vicki Horowitz, ART Guide, Brooklyn Museum
Join me via pictures of artworks throughout the Brooklyn Museum. We will discuss a selection of the museum’s masterpieces and my personal favorites from the permanent collection.

American Women in the Brooklyn Museum
1 Wednesday at 2PM, August 12 (Staff Connected)
Jennifer DiMartino, ART Guide, Brooklyn Museum
Discover works created by or portraying strong women in the Brooklyn Museum’s collection and learn about how these women defied social constructs of their day, living their lives on their own terms.

JEISH INTERESTS

Jewish Cuisine
9 Mondays at 10am, June 29 -August 24 (Dial In)
Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Jewish cuisine has evolved over many centuries and refers to the cooking and eating traditions of Jews worldwide. We will consider the history and different styles of Jewish cuisine, including Ashkenazi, Sephardic, Yemenite, Persian, Indian, and Israeli fusion. The Jewish food laws, fasting, and Shabbat food traditions will also be explored.

For registration or information, call 1-877-819-9147
Hatch, Match and Dispatch - The Jewish Life Cycle
3 Wednesdays at 3pm July 1 – July 15 (Dial In)
Sandy Gruenberg, DOROT Volunteer
Together we will learn and about Birth, Bar Mitzvah, Marriage and Death in the Jewish tradition. Why do we break a glass at a wedding? How do you do a Zoom Bar Mitzvah? Have you ever seen a birth gartel? What music is appropriate for each rite? These and many other questions you have will be answered in this three-part series.

The Books of Ezra and Nehemiah – Part 3
9 Thursdays at 4 PM, July 2 – August 27 (Dial In)
Rabbi Isaac Mann, Professor of Rabbinics, Academy of Jewish Religion
This program continues 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 discuss 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!

Welcoming Shabbat
2 Fridays at 11 AM, July 3, August 7 (Staff Connected)
Katja Vehlow, 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!

Creation in Jewish and Christian Eyes
3 Wednesdays at 12pm July 8-July 22 (Dial In)
Katja Vehlow, DOROT Pastoral Care Intern
We will look at Jewish and Christian interpretations of creation, considering questions such as: Resting on the seventh day? “Original sin” - what is it and why does it matter? What is the role of humanity in God’s creation?
Traditional Jewish Responses to Challenging Times – Part 2  
7 Mondays at 2pm July 13-August 24 (Dial In)  
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 is necessary. Some of the texts will be sent to you for the class!

Living with the Torah  
6 Thursdays at 1 PM, July 16– August 27 (no session July 30) (Staff Connected)  
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  
4 Tuesdays at 1 PM, July 21 – August 11 (Staff Connected)  
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.

MUSIC/PERFORMING ARTS  
Classic Musicals  
6 Thursdays at 2pm July 2 – August 6 (Staff Connected)  
Leo Schaff, Singer; Songwriter Schaff, Singer; Songwriter  
Pacific, the King and I, Camelot – Classics indeed! We’ll hear the original Broadway cast recordings, re-live the stories, and share our memories. Songs include: “Some Enchanted Evening”, “Bali Hai”, “Hello Young Lovers”, “Shall We Dance?”, “If I would ever leave you”, “The Lusty Month of May” and more!
Sing-Along Broadway
6 Thursdays at 3pm July 2 – August 6 (Staff Connected)
Leo Schaff, Singer; Songwriter Schaff, Singer; Songwriter
Carousel, Kiss Me Kate, South Pacific. Lyrics will be provided as we join in to sing: “If I loved you”, “June is Bustin’ Out All Over”, “You’ll Never Walk Alone” “Wunderbar”, “Nothin’ like a Dame”, “Wonderful Guy” and so many more… Warm up, everyone!

The Corner of Casablanca and Sunset Boulevard
8 Mondays at 11am July 6 – August 24 (Dial In)
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!

The Magic of Violin Concertos
3 Fridays at 1pm, July 10- July 24 (Dial In)
Jeremy Caplan, Director of Teaching & Learning at CUNY’s Newmark Graduate School of Journalism and Amateur Violinist
Join us to experience the joys and surprises of the great violin concertos. We’ll listen to recordings and delve into what makes this music so special. Musical beginners and aficionados are all welcome!

Travel Around the World Through Live Music
2 Wednesdays at 2pm, July 15-July 22 (Staff Connected)
Si-Yo Artists, Si-Yo Music Foundation, Inc.
What inspired Claude Debussy—best known for his work Clair de Lune—to write a piece about a pagoda even though he never traveled to Asia? What was Wolfgang Amadeus Mozart’s inspiration behind “Turkish March” when he had never been to Turkey? Let’s listen to music performed live by a Si-Yo Artist TM and explore the different cultures and locations that became inspirations to classical music composers.
A Cantor Sings...And Discusses
1 Wednesday at 3pm, July 29 (Dial In)
Ella Gladstone Martin, Student Cantor, Hebrew Union College
Delight in the live performance of an aspiring cantor as she sings beloved Jewish melodies from throughout the ages. A cantor has an important role in sharing meaningful music and leading prayer for Jewish congregations. Discussion of the music will follow the performance.

LET’S TALK: CONVERSATIONS & MORE

Understanding Your Spiritual Autobiography
7 Tuesdays at 10am June 30 – August 11 (Staff Connected)
Constance Gemson LMSW; Social Work Consultant
Join this interactive discussion where we remember and understand the significant events in our lives. All points of view are encouraged as we reflect and discover our own special sources of meaning.

Music! Music! Music!: The Power of Poetry
7 Tuesdays at 11am June 30 – August 11 (Staff Connected)
Constance Gemson LMSW; Social Work Consultant
Together we will talk about the joy of music and how poets have described the power of melody in the classical tradition or in jazz. Learn how music of all kinds provide solace, enrichment and fun! No special knowledge is needed - just your enthusiasm!

Animal Encounters
4 Wednesdays at 4pm July 15-August 5 (Dial In)
Joanna Barsky, MSW
Join us to share and hear about experiences with our non-human friends. Are you a bird watcher, dog or cat lover, safari-partaker, zoo enthusiast? Who doesn’t love talking about their favorite furry or feathered friends? Animals with scales are welcome for discussion too. Whether it’s the subway pizza rat, an elephant who can paint, or your beloved pet, join us for chat.

For registration or information, call 1-877-819-9147
Conversations: All Things New York  
4 Thursdays at 11am July 16 - August 6 (Dial In)  
Joanna Barsky, MSW
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!

Across the Miles  
1 Wednesdays at 3:30 PM, July 22 (Dial In)  
Join participants from similar telephone “without walls” programs from California to Canada. We will share stories and talk about lives in our different locations.

INTERGENERATIONAL CONVERSATIONS
For over 40 years, DOROT has rejoiced in bringing the generations together. The following programs are all facilitated by teens participating in DOROT’s Summer Teen Internship Program.

Then & Now: Jewish Traditions and Experiences  
4 Thursdays at 11 AM, June 25 – July 16 (Dial In)  
Join DOROT teen interns for an intergenerational exploration of modern life through Jewish traditions and experiences.

You & Me & Now  
4 Tuesdays at 2 PM, July 21 - August 11 (Dial In)  
Join DOROT teen interns for a lively discussion of current events and social issues through an intergenerational lens.

Then & Now: A Conversation With Today’s High School Students (Dial In)  
4 Thursdays at 11 AM, July 23 - August 13  
Are you curious to learn about what life is like for today’s teenagers? Willing to share some of your own life experiences? Join DOROT teen interns to explore music, entertainment, technology and a wide range of other topics in this student-led experience.
OTHER TOPICS

The Evolution of Women’s Rights
8 Wednesdays at 11am, July 1-August 19 (Dial In)
Judy Lass MA, MS.ED, LMSW; Volunteer, DOROT
Explore the evolution of women’s role in America from the 19th to the 21st century. We will discuss significant women in the women’s rights movement and the effects of their efforts, including Sojourner Truth, Elizabeth Cady Stanton, Susan B. Anthony, Jane Adams, Margaret Sanger, Eleanor Roosevelt, Betty Friedan and Condolezza Rice.

Streamline to Serenity: Decluttering Talks
3 Wednesdays at 10am, July 8-July 22 (Dial In)
Kathleen Fiorito, Expert Home Organizer
Streamline your lifestyle towards joy and serenity with Kathleen Fiorito, an expert home organizer. 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!

Improving Transportation Safety for Older Adults
1 Thursday at 11am, August 20 (Dial In)
Hilda Cardenas, Accessibility: Mobility Coordinator NYC Department of Transportation
Whether you go for a walk to the doctor or to dinner, you use sidewalks, streets, and other public street amenities of New York, The NYC Department of Transportation (NYC DOT) maintains and improves sidewalks and streets to ensure they are safe for older adults and persons with disabilities. Join us for a discussion with NYC DOT to learn about the programs dedicated to improving mobility and travel for all.

Day of Service Thank You Cards for Emergency Workers
We are all so appreciative of our first responders and other emergency workers. In commemoration of the September 11 National Day of Service, DOROT is inviting you to help us make greeting cards with messages of thanks that we will send to our local heroes. We are hoping to send 500 cards and would welcome your help. Sign up for this project to receive a package of cardmaking materials by mail in mid-July along with instructions. We will also send you a postage-paid envelope so that you can return your handmade cards to DOROT by September 8.

For registration or information, call 1-877-819-9147
SUPPORT GROUPS

In-Sight Program for the Visually Impaired
9 Tuesdays at 4 PM, June 30 – August 25 (Staff Connected)
Carole Yablonowitz, Group Discussion Leader
Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

Bereavement Support Group
Section A: 9 Tuesdays at 5 PM, June 30 – August 25 (Dial In)
Section B: 9 Thursdays at 6 PM, July 2 – August 27 (Dial In)
Randi Cohen, MA, ACSW
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 heal.

Caring for a Loved One with Memory Loss
9 Wednesdays at 7 PM, July 1 – August 26 (Dial In)
Randi Cohen, MA, ACSW
Join with others who are caring for a loved one with memory loss. Express your feelings in a supportive environment and discuss the issues you are encountering.

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 85th Street, New York, NY, 10024.
We appreciate your support.