May 2020 Programming

News & Current Events

The Current Political Scene – Section C
8 Tuesdays at 2 PM, May 7 – June 25 (Self Connecting)
Charles Perkins, Historian and Former Educator In these discussions, we will track the early stages of the 2020 presidential and Congressional elections, as well as 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 are impacting the American political landscape.

Health and Wellness

Getting in Touch with Intuition: Sound Meditation
Tuesday May 5 at 2:00 pm (Self Connecting)
This experience combines guided mediation and traditional sound healing instruments like singing bowls and chimes, for a relaxing and effective way of looking within. The theme of this session is getting in touch with your own intuition, and connecting to the wisdom that is within all of us. The vibrations of the instruments used are tuned to the same frequencies emitted by the pineal gland, also known as the third eye, for gentle stimulation that promotes balance and a general feeling of wellbeing. Headphones recommended

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
Heart Opening and Forgiveness: Sound Meditation
Tuesday May 12 at 2:00 pm (Self Connecting)
This experience combines guided mediation and traditional sound healing instruments like singing bowls and chimes, tuned to the physical heart and thymus gland. We know the heart is a seat of great power in our physical body, and focusing on the physical heart can be powerful metaphysically as well. Bringing energy down from the brain, which is typically both overactive and under-utilized, we can lead with the wisdom of the heart. Through our hearts we can experience incredible healing, letting go of what no longer serves us, including forgiveness of self and others. Lightening the load our heart carries around allows more openness, more space for love to reflect and multiply. Headphones recommended.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation – Section B
7 Tuesdays at 11 AM, May 12 – June 23 (Self Connecting)
Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3d Degree Gain calming and energizing benefits of Tai Chi while seated at home! Learn simple Tai Chi Easy™ and Qigong arm movements to increase our chi (life-force). Enjoy guided relaxation visualizations and meditation. Each session includes a short group discussion based on the written materials mailed prior to the first discussion.

What Does Your Gut Bacteria Say About You?
2 Wednesdays at 12 PM, May 27 – June 3 (Staff Connecting)
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.
Music/Performing Arts

Play Reading Group (Staff Connecting)
3 Thursdays at 1 PM, May 14 - 28
Traci DiGesu LMSW, Manager, Activities & Volunteer Programs, Actors Fund
Come together to read one act plays and discuss their playwrights. Each play will be read aloud during the session, with call participants each playing a part! This interactive group will bring the words off the page, offering a unique view as we examine the work as both reader and player. Plays will be emailed prior to the start of the sessions.

Literature

News Articles Discussion Group with NYPL
1 Thursdays at 1 PM, May 21 (Staff 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.

Jewish Interests

A Guide for the Perplexed – Rambam 3
3 Mondays at 1 PM, May 4 - 18 (Staff Connecting)
Lee Slavutin, MD, CLU
A Guide for the Perplexed addresses the most fundamental questions we face–what is the nature of God and what is our purpose in this life? Rambam weaves together faith and wisdom and inspires us to pursue a meaningful life.

Dulcie of Worms: A Medieval Woman of Valor
1 Tuesday at 10 AM, May 12 (Staff Connecting)
Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Greater Metrowest, NJ
We will be introduced to Dulcie, a Jewish German woman of the Medieval era, through the unique poem written by her husband, Rabbi Eleazar of Worms, himself an important medieval scholar. After she was murdered by the Crusaders, he recounted her daily activities using the model of Proverbs 31.
Talmud Treasures: The Wisdom of Our Sages and Life's Lessons
4 Tuesdays at 1 PM, May 19 – June 9. (Staff Connecting)
Lee Slavutin, MD, CLU
Learn the wisdom of our Sages and how to apply it to your daily life. Each week we will examine the Torah portion and related Talmudic teachings and try to distill a few important practical lessons.

Other Topics
The Amusement Park: A Fun History
3 Mondays at 3:00 pm: May 4 – May 18 (Self Connecting)
Stephen Silverman
Experience the electrifying, never-before-told true story of amusement parks, from the middle ages to present day, and meet the colorful (and sometimes criminal) characters who are responsible for their enchanting charms.

Mexican Underworld Mythology: A Look into Mesoamerican Culture of Death and the Afterlife
1 Tuesday May 19 at 2:00 pm (Self Connecting)
Tess Rose Lampert
In ancient Mesoamerican culture, death was a complex part of life. There is a rich tapestry of deities, rituals, and mythology surrounding life after death, and a cultural perspective that is wholly different from our own. This talk explores some of the characters and philosophies of death before the Americas had contact with Western religion and culture.

History of Chocolate: Ancient Mexican Delicacy
Tuesday May 26 at 2:00 pm (Self Connecting)
Tess Rose Lampert
Chocolate is a delicious part of life that many of us have enjoyed for our entire lives. Did you know chocolate comes from a tree? Or that it was used as currency before coins? This talk will trace the history and proaction methods of cacao into chocolate into familiar and unfamiliar forms.
Vita Storytelling Club
Lilly Zhou and Linnea Guerin
3 Wednesdays at 2pm May 13 - May 27 (Self Connecting)
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! In the workshop, you’ll have to opportunity to 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!

THEN AND NOW: A conversation with today’s high school students
Section B: 4 Mondays at 4pm May 4 – June 1 (no session on Memorial Day)
Section D: 4 Wednesdays at 3pm May 6 - 27 (Self Connecting)
Are you curious to learn about what life is like for today’s teenagers? Join a group of current high school students for a lively weekly 50-minute intergenerational conversation via telephone about the similarities and differences between life as a high school student in your youth and what today’s teens are experiencing. We will explore music, entertainment, technology, and a wide range of other topics in this student-led experience. This session will be led by a group of DOROT high school student interns.

THEN AND NOW: An intergenerational pre-Shabbat conversation with Jewish teens
4 Fridays at 3pm May 1 – 22 (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. This session will be led by a group of Jewish DOROT high school student interns.