



# University Without Walls

LIFELONG LEARNING FOR  
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## May and June 2020 Programming

### News & Current Events

#### **The Current Political Scene – Section C**

8 Thursdays 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.

### Museum Discussions

#### **Making/Knowing: Craft in Art, 1950–2019**

3 Tuesdays at 12 PM, April 21, May 26, June 23 (Staff Connecting)

Floyd Sklaver, Educator, Whitney Museum of American Art Join this discussion on the power structures that determine fine art and craft. The Making/Knowing: Craft in Art, 1950-2019, a current exhibition, includes techniques ranging from weaving to sewing to pottery to beading. We will explore how artists use craft to rethink notions of fine art. Materials will be emailed prior to the first discussion.

### **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,**

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## **A Journey Through the Cosmos: Exploring the Wonders of Space**

4 Fridays at 12 PM, June 5 - 26 (Staff Connecting)

Frantz Lucien, Ifetayo Abdus-Salam, Elisse Acevedo & Elysia Segal Intrepid Sea, Air & Space Museum

Complex The Universe is filled with so much more than stars and planets! During our time together we will discuss the origins of Space, the process it took to look like it does today, and what it will look like millions of years from now. Materials will be emailed prior to the first discussion.

## **Health and Wellness**

### **Getting in Touch with Intuition: Sound Meditation**

Tuesday May 5 at 2:00 pm (Self Connecting)

Tess Rose Lampert

This experience combines guided meditation 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.

### **Heart Opening and Forgiveness: Sound Meditation**

Tuesday May 12 at 2:00 pm (Self Connecting)

Tess Rose Lampert

This experience combines guided meditation 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.



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## **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.

## **Self-Massage for Stress Relief and Relaxation – Section B**

1 Friday at 12 PM, May 22 (Self Connecting)

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. Do all of the exercises or any part that are appealing.

## **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**

### **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.



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## **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.

## **Play Reading Group**

3 Thursdays at 1 PM, May 14 - 28 (Staff Connecting)

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**

### **Short Story Discussion Group**

1 Tuesday at 12 PM, May 12 (Staff Connecting)

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

Read and enjoy discussion on a different short story each month. Stories will be emailed to participants prior to the start of the sessions.

### **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.



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## 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.

### **An Introduction to Jewish Mysticism and Kabbala**

6 Mondays at 2pm May 18 – June 22 (no class May 25) (Self Connecting)

Rabbi Debra Smith, MSW, Maggidah and Spiritual Leader

The earlier roots of Jewish mysticism and Kabbala date back to the first century CE. We will study the historical development of Jewish mysticism from ancient to contemporary times. Our discussion will include the different schools of Jewish mysticism and the key leaders of the movement. Basic concepts of mysticism and Kabbala will be introduced.

### **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.



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## Welcoming Shabbat

1 Friday at 11 AM, June 5 (Staff Connecting)

Ricki Saady, BA, Partners in Torah

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

## Psalm 91: The Promise of Protection

1 Friday at 11 AM, June 12 (Staff Connecting)

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

Together we will read and enjoy this beautiful Psalm which addresses our fears and wish to be protected. We will also look at the varied places the poem appears in Jewish liturgy.

## Intergenerational Programming

### **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: A 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.



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## Other Topics

### **Managing Stress; What are Your Options**

7 Mondays at 10am, April 20 – June 7 (Staff Connecting)

Connie Gemson, LMSW, Social Work Consultant

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 (Staff Connecting)

Connie Gemson, LMSW, Social Work Consultant

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

### **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.

### **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.



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## **The Amusement Park: A Fun History**

3 Mondays at 3:00 pm: May 4 – May 18 (Self Connecting)

Stephen M. Silverman, Biographer, Journalist, Editor

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.

## **Vita Storytelling Club**

3 Wednesdays at 2pm May 13 - May 27 (Self Connecting)

Lilly 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! In the workshop, you'll have the 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!

## **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**

1 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 production methods of cacao into chocolate into familiar and unfamiliar forms.