



DOROT Weekly and Monthly Programs

March & April 2020

Dear DOROT Community,

Welcome to March & April 2020 at DOROT! Inside this calendar you'll find your favorite ongoing offerings, along with details about our many special events and one-time programs. To name just a few:

- A discussion with prolific *New Yorker* cartoonist Mort Gerberg
- An interactive Native American storytelling workshop, offered in conjunction with Symphony Space
- An afternoon *a capella* performance by the Yale Society of Orpheus & Bacchus student chorus
- An exciting offsite tour at the MET Opera

We also wanted to pass along a few housekeeping notes, too:

- Due to the Passover Package Delivery and upcoming Passover observance, our schedule is modified. Please review the calendar grid before joining us onsite.
- Many of our programs require registration, and are filled on a first-come, first-served basis. Please make sure to register by phone or email for the programs you're most interested in!

We look forward to seeing you soon. As always, please be in touch with any questions, comments or suggestions!

Wendy Handler, Director of Onsite & Special Programs

JOIN US ONSITE AT DOROT:

171 West 85th Street (NE Corner of Amsterdam)
New York, NY 10024



Wheelchair Accessible

Onsite Programs at DOROT are in-person opportunities to improve health and wellness, discuss ideas, share stories, and appreciate the arts.

Most Onsite Programs have a suggested contribution of \$5. We appreciate your support.

Meet Our Onsite Programs Staff:



Wendy Handler

Onsite & Special Programs Director
917.441.3724
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Shannon O'Connor

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Lena King

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Visit Us online at dorotusa.org
DOROT Resource Line: 212.769.2850

Health & Wellness Classes

Medical clearance from your physician is required for all movement classes.

Please bring a medical clearance to your first class. Call Shannon at 917.441.3743 for details. All classes below are drop-in. Space is limited and available on a first-come, first-served basis.

Gentle Chair Yoga

11:00 AM – 12:00 PM on Mondays

Bring awareness to your breath and explore yoga poses while seated in a chair. Benefits include stress reduction, flexibility, and balance. Some standing exercises are included.

Led by Nobue Hirabayashi, Hatha Yoga Teacher.

Stretch & Strengthen

Resumes Monday, March 16

12:30 PM on Mondays & Thursdays

1:30 PM on Mondays & Thursdays

Learn simple exercises using resistance bands and weights. Increase joint flexibility, mobility and balance.

Some standing exercises included.

Led by Tia Speros-Harker, Certified Fitness Instructor.

Qigong

2:30 – 3:20 PM on Mondays

Improve balance, posture and flexibility as you coordinate simple movement sequences with breath. This class will leave you feeling relaxed and energized as you start your week. Some standing included.

Led by Siewli Stark, Certified Mind Body Specialist.

Reminder: Classes will not meet during Package Delivery Week, March 23-27. Review our calendar grid for closings.

Mr. Gu's Method

11:30 AM – 12:10 PM on Tuesdays

Learn simple exercises based in Chinese Medicine and designed for you to increase energy and help move towards greater health. This is a seated class.

Led by Hilary Zeltner, licensed by Mr. Gu.

Tai Chi

10:45 – 11:45 AM on Fridays

This moving meditation series involves a set series of relaxing, graceful movements coordinated with deep rhythmic breathing. Benefits include increased flexibility, balance, overall strength, improved circulation and sense of inner peace. This class involves mostly standing movement.

Led by Christina Wong, Tai Chi Instructor

Short-Run Movement Classes:

Thursdays, February 27, March 5 + 12

12:30– 1:20 Rhythm & Stomp

with Charlie Markham, BA Choreography

1:30– 2:20 Tai Chi Easy™, Chair Yoga and Qigong Fusion

with Melissa Elstein, Yoga/Tai Chi Easy™ Instructor

For additional details about these classes, please call us at 917-441-3745.

Discussions & Gatherings

All programs on this page are drop-in unless otherwise noted.
Space is limited and available on a first-come, first-served basis.

Roses & Thorns Discussion Group

10:15 – 11:15 AM on Tuesdays

Reflect on experiences of aging and learn from each other in a supportive, drop-in setting. **Weekly participation is encouraged.**

Led by Sandy Warshaw, LCSW

Current Events Café

12:15 – 1:30 PM on Tuesdays

Meet up for refreshments and conversation about current events, politics, and community happenings. Feel free to bring your lunch.

Led by Adellar Greenhill & Pamela Haft

Mah Jongg–Beginner Class & Drop-In Play

1:00 – 4:00 PM on Tuesdays

Drop-In Mah Jongg is an opportunity to meet other players and engage in mixed level play. Please review our play guidelines before participating.

To register for the beginner class, contact us at dorotprograms@dorotusa.org or 917-441-3745.

Led by Susanne Schultz-Wendt, Mah Jongg Instructor

Book Discussion Group

3:30 – 4:45 PM on Tuesday, March 3

The Ensemble by Aja Gabel

Discuss the book of the month and meet new friends. To learn where to pick up a free book and register, contact us:

dorotprograms@dorotusa.org or 917-441-3745.

Led by Jeremy Caplan, CUNY Journalism Professor

Knit and Crochet Group: *Volunteer with us!*

10:00 AM on Wednesdays

March 11, 18 + April 8, 22

Knit lapghans, hats, and scarves for older adults in DOROT's Homeless Prevention Programs, or work on your own project. Beginners welcome!

RSVP to Jamie Phillips required:

917.441.5054 or jphillips@dorotusa.org

Guided Meditation

11:00 AM – 12:00 PM on Thursdays

Join Amy for a weekly introduction to guided meditation and MBSR techniques. Whether you are new to meditation or have joined us in the past, this class will help you slow down and build focus.

Led by Amy Gross, Meditation Instructor

Kol DOROT Community Chorus

2:45 – 3:45 PM on Thursdays

Sing your favorite songs from the 1930s to the present accompanied by live piano and guitar. Everyone is welcome to participate in this joyful community chorus!

Led by Carla Friend, Musical Director & Musician

Decluttering Meet-ups

10:45 AM – 12:15 PM on Fridays

March 6, 13 + April 3, 17

Share tips, tricks and questions on the topic of home organizing. No matter how big your piles of neglected tasks, these discussions are for everyone seeking support and strategies to live their best life!

Led by Kathleen Fiorito, Expert Home Organizer

Reminder: Classes will not meet during Package Delivery Week, March 23-27. Review our calendar grid for closings.

Special Events & Workshops

Registration is required for all Special Events & Workshops:

- Due to limited space, registration is on a first-come, first-served basis. Wait lists are available.
- Registration is limited to one additional guest.
- Unclaimed seats will be released to drop-ins five minutes before the start of a program.

To register e-mail DOROTprograms@dorotusa.org or call 917.441.3745.

Sports Issues & Ethics Discussion Group

Mondays, March 2, 16 + April 6, 27

1:15 – 2:15 PM

How do ethical issues influence sports culture, athletes' success and ultimately, the world of sports?

Join us for these dynamic discussions!

Led by David Ruttenberg, Sports Enthusiast.

CircleSinging Workshop

Monday, March 2, 3:45 – 5 PM

Join us for an afternoon of music-making and improvisational sound. Similar to a drum circle, each voice in this group will contribute to creative sound. Bring your desire to sing, make sounds, and listen to our collective voice!

With Siewli Stark, CircleSinging Leader.

Hand Painted Silk Scarf Workshop

Monday, March 2, 12:30 – 2 PM

Join us for this hands-on, paint-your-own silk scarf workshop.

Led by Susan Steinbrock, Textile Artist.

Hand Painted Cotton Napkin Workshop

Monday, March 9, 12:30 – 2 PM

Paint your very own set of four cotton napkins in this hands-on workshop.

Led by Susan Steinbrock, Textile Artist.

UnLonely Project: Creativity Circles

Begins Monday, March 9, 2:00 – 3:45 PM

Experience creative arts as a fun path to explore issues, thoughts, and feelings around aging in this seven week series. **Registration required.**

Led by Shannon O'Connor, DOROT Staff.

Collage Workshop

Thursday, April 2, 1:00 – 4:00 PM

Try your hand at the creative art of collage.

Whether you're an experienced artist or a beginner, join us for an inspiring and fun afternoon of expression.

With Sheila Lewis, Collage Artist.

Behind the Golden Curtain

Monday, April 6, 12:30 – 1:30 PM

From the old MET to the current MET at Lincoln Center, this storied organization has grown into the largest classical music organization in North America. Join Stuart Holt, Director of Community Engagement at the MET Opera Guild as he shares mesmerizing details on the background of the building and institution.

Living with Vision Loss:

Education, Advocacy & Assistance

Wednesday, April 8, 10:30 AM – 12 PM

Barbara Robins, and her colleague Derrick Pollitt, will join us to represent the *Greater New York Council for the Blind*. Each live with low vision and will share their unique journeys of vision loss, an overview of common vision issues, helpful resources and advocacy opportunities, plus everyday tips for getting around NYC.

Torah Study: Modern Midrash

April 24, 10:45 AM – 12:00PM

Join us for an interactive look at contemporary interpretations of ancient Jewish texts. Together, we will consider musical, literary and artistic representations of Torah and try our hand at creating *midrashim* of our own!

Led by Sam Weiss, HUC Rabbinic Intern

Friday Features

Registration is required for all Friday Features.

- Due to limited space, registration is on a first-come, first-served basis. Wait lists are available.
- Registration is limited to one additional guest. Please note, unclaimed seats will be released to drop-ins five minutes before the start of a program.

To register e-mail DOROTprograms@dorotusa.org or call 917.441.3745.

Treetops Harp Classical Concert

Friday, March 6, 12:30– 2:00 PM

Hailed for her “expressive musicality and creativity” by *The New York Times*, Lisa Tannenbaum has performed solo, chamber and orchestral repertoire at major venues and festivals throughout the world. Don’t miss this special concert, featuring classical pieces for harp plus Broadway favorites!

Legacy Lecture:

The Life of a Cartoonist, with *New Yorker* Cartoonist Mort Gerberg

Friday, March 13, 12:30 – 2:00 PM

Prolific cartoonist Mort Gerberg, whose work appears regularly in *The New Yorker* and other major publications, is known for combining artistry with intuitive wit. Join us as he takes a break from the literal drawing board to talk about his life as a cartoonist. Don’t miss this free-wheeling conversation, illustrated by Mort’s personally selected cartoons.

Cybersecurity 101: How to Use Your Computing Devices Safely

Friday, March 20, 12:30 – 2:00 PM

It can be a cyber jungle out there. Cybersecurity expert Dr. Pierre Darmon will share important tips and expert advice to help you protect your data, your devices and your hard-earned money. Learn what you need to have and do to guard against the latest threats and scams.

**A New Light on Tiffany
with New York Historical Society**

Friday, April 3, 12:30–2 PM

View masterpieces of the elegant American art of Tiffany and hear the personal stories of head glassmaking designer Clara Driscoll and her team of “Tiffany Girls,” when the New York Historical Society visits to discuss this exciting exhibit.

Legacy Lecture:

Connections to the Land

Friday, April 17, 12:30 – 2:00 PM

Join us for an exploration into the world of Israeli poetry. Scholar and educator Rachel Korazim returns to DOROT from her home in Israel to demonstrate how the core Zionist narrative presents an unbroken connection between the people and the land, even as individuals may feel doubts, pain and critique along with their attachment. Join us for a close look and dynamic discussion of works by some of Israel’s finest poets.

All About West Side Community Garden

Friday, April 24, 12:30 – 2:00 PM

Explore the past and present of the beloved West Side Community Garden, now over 40 years old. Learn about its transformation from a trash-strewn empty lot, to a vibrant community organization run by its members, and open to all. During the last two weeks of April, visit the Garden (open daily until dusk) to see approximately 15,000 tulips in bloom!

Sunday & Evenings

Registration is required for all Sunday and Evening Programs.

- Due to limited space, registration is on a first-come, first-served basis. Wait lists are available.
- Registration is limited to one additional guest. Please note, unclaimed seats will be released to drop-ins five minutes before the start of a program.

To register e-mail DOROTprograms@dorotusa.org or call 917.441.3745.

Fashion in Second Empire Paris

Sunday, March 1, 1:00 – 2:00 PM

Examine Parisian fashion during the time of Napoleon! Join us to look at how the attitudes of dress and the body changed, and consider how Paris became the exciting fashion mecca it is, *Led by Elizabeth Morano, Associate Teaching Professor at The New School*

Music Appreciation: Johannes Brahms

Tuesday, March 3, 5:00 – 6:00 PM

Join us to explore the intimacies and mysteries of the great piano quartets by Johannes Brahms, the 19th century German composer whose poetic chamber music continues to resonate today. We'll listen to recordings and delve into what makes this music so special. Musical beginners and experts alike welcome.

Led by Jeremy Caplan, Classical Music Lover

From Convenience to Curse:

Reducing Reliance on Single Use Plastics

Sunday, March 8, 1:00 – 2:30 PM

Join us for this intergenerational program examining the plastic pollution crisis facing our planet. Walk away with practical tips to reduce your plastic consumption, plus special surprises too!

Led by Melissa Elstein, NY/NJ Plastic Free Waters Partnership & West 80s Neighborhood Association

Portraits of Reconciliation

Tuesday, March 10, 5:00 – 6:30 PM

Angela James, photographer and founding partner of Celebrate Your Children, travels the state of New York photographing incarcerated adults, and where possible, their children. Learn about the process of establishing trust and respect within the prison environment, hear how she collaborates, and see samples of her amazing portfolio.

Yale Society of Orpheus & Bacchus

a Cappella Performance

Wednesday, March 11, 4:00 – 5:00 PM

Catch the longest continuously-running all-undergraduate *a cappella* group in the nation on their tour! With a repertoire built over the last 80 years and counting, the SOBS perform Yale traditionals, jazz, blues, rock + roll, and original compositions.

The Leaf Arrow Storytellers

Thursday, March 12, 5:30 – 7:00 PM

Join Joe Cross of the Caddo Indian Nation and Donna Couteau of the Sac & Fox Indian Nation, when this dynamic couple bring to life the teachings, histories and cultural practices of various Native American tribes.

Program brought in conjunction with Symphony Space.

Lara Saldanha in Concert

Sunday, March 15, 1:00 – 2:30 PM

Enjoy an eclectic concert of pieces by your favorite classical musicians as well as music from forgotten female composers, when concert pianist Lara Saldanha returns to DOROT. Don't miss this special afternoon!

Movies with Max Alvarez:

The Reel Fosse/Verdon...

Tuesday, March 17, 4:00 – 5:15 PM

Join film historian Max Alvarez for this exhilarating and electrifying tribute to the real Fosse/Verdon featuring rare archival footage of the two dance legends as well as selections from the film versions of *Damn Yankees*, *Sweet Charity*, *Cabaret*, and such edgy Fosse masterworks as *All That Jazz*.

You Count! Census Kick-Off Event

Wednesday, April 1, 6:00 – 7:30 PM

It's Census 2020 and all New Yorkers need to be counted. DOROT volunteers and Census Bureau staff will be available onsite to help you complete the census form online using laptops and iPads.

African American Influences on American Music

Thursday, April 2, 5:30 – 7 PM

Explore the heritage of the West-African griot, or praise singer, with multifaceted musician Marsha Perry Starkes, who combines traditional African instruments and musical forms with contemporary influences. Learn about polyrhythms, call-and-response, slave spirituals, and more!

Program brought in conjunction with Symphony Space.

Juilliard Chamber Music Concert

Sunday, April 5, 1:00 – 2:00 PM

Join us when the gifted Juilliard students return to DOROT to share their prodigious talents. This concert will feature a string quartet and piano solo.

Cyma's Story: A play by Barbara Kahn

Sunday, April 19, 1:00 – 2:15 PM

In her one-woman play, Barbara Kahn redefines the west as she portrays the world of a Jewish lesbian immigrant in 1939 Wyoming. News of war in Europe brings memories of her childhood struggles and fears for family left behind.

Tony Middleton in Concert

Thursday, April 23, 5:30 – 6:30 PM

Join us when legendary jazz musician Tony Middleton returns to DOROT with an unforgettable evening of live music. Middleton's accomplishments include performances with music icons such as Bart Bacharach, Quincy Jones, and Cy Coleman, as well as lead roles in several Broadway musicals, including *Porgy and Bess*.

Up in the Cheap Seats with Ron Fassler

Sunday, April 26, 1:00 – 2:00 PM

Join us for a priceless afternoon of stories with author/actor Ron Fassler reflecting on his days as a teenager when he saw 200 Broadway shows over a four-year period for as little as \$2 each. Ron's unique perspective from both behind the scenes as a theatre professional and from up in the balcony when he was a kid is a talk not to be missed!

Lasting Impressions: Legacy Arts & More!

Everyday Revelations - Poetry Workshop

10:30 AM—12 PM Thursdays

Join us for a poetry workshop that's for absolutely everyone. Each week, you'll read and discuss the kinds of poems where you know what's going on, write to prompts and share if you'd like. Stop by and check out this special group.

Led by Jessica Greenbaum, LMSW, Poet and Author

Life Planning Documents: An Overview

Wednesday, April 29, 10:30 AM -12 PM

It's never too late to get one's life-planning documents in order, whether for the first time or as an update. Join NYLAG attorney Tina Janssen-Spinosa as she presents an easy-to-understand, comprehensive overview of the life planning documents everyone should consider having, as well as the myths and misconceptions, pitfalls, opportunities, current tools and techniques of life planning.

+ Ask The Experts

Consultations by Appointment Only

Between 1:00PM - 5:00PM

NYLAG attorneys will be available to meet privately with you on a range of legal topics. DOROT social work staff will be on hand to assist with your advance directives and help answer related questions. Registration is required for an afternoon appointment.

This program is made possible through a generous grant from The Berg Foundation

Hearts, Minds and Muscles:

Storytelling + Sound Effects Workshop

Tuesdays, March 31 + April 7, 21

2:00 - 4:00 PM

Bring your stories to life with bird whistles, bells, kazoos and more! Learn to blend sound and storytelling in this unique workshop.

Led by Phyllis Capella, "The Walking Jukebox"

Mixed Media Memory Collage

Tuesdays, April 16—May 26

10:30—12 PM

Reflect on your life through mixed media collage. We will learn about design elements including balance, focal point and composition, then construct a collage based on the theme of your memories with fabric, paper and various embellishments.

*Led by Sheeba Maya, fine artist,
Harlem Needle Arts*

The Artistic Legacy Of... Craft, and the Politics of Everyday Materials

Wednesday, April 22

10:30AM-12PM

Riva Blumenfeld, Art Educator, returns to DOROT to discuss the ways that contemporary artists like Pepon Osorio, Nick Cave, Robert Rauschenberg, Mike Kelley and Liza Lou have used everyday materials like rope, beads and clothing to articulate their inspiration and inherent politics.

Registration is required for Legacy Arts Programs!

- Due to limited space, registration is on a first-come, first-served basis. Wait lists are available.
- Registration is limited to one additional guest. Please note, unclaimed seats will be released to drop-ins five minutes before the start of a program.

To register contact Lena King at
LKing@dorotusa.org or 917.441.3744.

More Ways to Connect with DOROT

Off-Site Outing

MET Opera Guild Tour

Wednesday, April 22

3:00 – 4:30 PM

Go behind-the-scenes for an exclusive look at what it takes to make operatic magic at the MET! Join us as we visit the scenic and carpentry shops, rehearsal and dressing rooms and the stage area. *Tour involves stairs and considerable standing.*

Space is limited and registration is required. Waitlists are available. To register e-mail DOROTprograms@dorotusa.org or call 917.441.3745.

Intergenerational Programs

Radio LIVE! Intergenerational Workshop

Wednesdays, April 22 - May 20

5:00 to 6:00 PM

Join us this spring to recreate some of your favorite radio moments with DOROT's high school student interns! Scripts in hand, we will read aloud a wide array of actual radio broadcasts and share our work in a final culminating event.

Space is limited and registration is required. Waitlists are available. To register e-mail DOROTprograms@dorotusa.org or call 917.441.3745.

Support Group for Spousal Caregivers of People with Alzheimer's

Are you the spouse of a person with Alzheimer's Disease or a related form of dementia?

Our group, which meets every other Tuesday morning, provides caregivers the opportunity to discuss the challenges they're facing in a safe and supportive setting.

For more information please contact Lisa Sutz, LCSW by email, lsutz@dorotusa.org or phone, 917.441.5092. Lisa meets with all prospective members prior to their attending to mutually determine if the group is a good fit.

Winter Weather Procedure

In the interest of safety, DOROT may decide to close the building, cancel classes or have a delayed opening or early closing time due to poor weather conditions. Whenever possible, the DOROT Onsite & Special Programs Department will send an email to alert you of last minute closings or delays, and will also leave a message on our special DOROT Programs extension, 917-441-3745.

We encourage you to call our Programs office or the DOROT main number, 212-769-2850, before joining us onsite if you are concerned about the weather.

March 2020 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:00–12:00 Chair Yoga 12:30–2:00 Hand–Painted Silk Scarf Workshop 1:15–2:15 Sports Ethics & Issues 2:30–3:30 Qigong 3:45–5:00 Circle Singing with Siewli Stark</p>	<p>3</p> <p>10:15–11:15 Roses & Thorns 10:30–12:00 Crazy Quilt 11:30–12:10 Mr. Gu’s Method 12:15–1:30 Current Events Café 1:00–4:00 MahJongg 1:30–3:30 Wisdom Tales 3:30–4:45 Book Discussion 5:00–6:00 <i>Music Appreciation</i></p>	<p>4</p>	<p>5</p> <p>10:30–12:00 Legacy Arts Poetry 11:00–12:00 Meditation 12:30–1:20 Rhythm & Stomp 1:30–2:20 Tai Chi Easy™ 2:45–3:45 Kol DOROT</p>	<p>6</p> <p>10:45–11:45 Tai Chi 10:45–12:15 Decluttering Group 12:30–2:00 <i>Treetops Harp Classical Concert</i> with Lisa Tannenbaum</p>
<p>9</p> <p>11:00–12:00 Chair Yoga 12:30–2:00 Hand–Painted Cotton Napkin Workshop 2:00–3:45 Creativity Circle 2:30–3:30 Qigong</p>	<p>10</p> <p>10:15–11:15 Roses & Thorns 10:30–12:00 Crazy Quilt 11:30–12:10 Mr. Gu’s Method 12:15–1:30 Current Events Café 1:00–4:00 MahJongg 1:30–3:30 Wisdom Tales 5:00–6:30 <i>Portraits of Reconciliation</i></p>	<p>11</p> <p>10:00–12:00 Knit & Crochet 4:00–5:00 <i>a Cappella Performance by Yale Society of Orpheus & Bacchus (SOBS)</i></p>	<p>12</p> <p>10:30–12:00 Legacy Arts Poetry 11:00–12:00 Meditation 12:30–1:20 Rhythm & Stomp 1:30–2:20 Tai Chi Easy™ 2:45–3:45 Kol DOROT 5:30–7:00 <i>The Leaf Arrow Storytellers</i> with Symphony Space</p>	<p>13</p> <p>10:45–11:45 Tai Chi 10:45–12:15 Decluttering Group 12:30– 2:00 Legacy Lecture: <i>The Life of a Cartoonist</i> with Mort Gerberg</p>
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<p>23</p> <p>Package Delivery Preparations No Programs</p>	<p>24</p> <p>Package Delivery Preparations No Programs</p>	<p>25</p> <p>Package Delivery Preparations No Programs</p>	<p>26</p> <p>Package Delivery Preparations No Programs</p>	<p>27</p> <p>Package Delivery Preparations No Programs</p>
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April 2020 DOROT Onsite Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't miss our Sunday Programs in April!</p> <p>April 5, 1:00–2:15PM: <i>Julliard Concert</i></p> <p>April 19, 1:00–2:15PM: <i>Cyma's Story: A play by Barbara Kahn</i></p> <p>April 26, 1:00–2:00 PM: <i>Up in the Cheap Seats with Ron Fassler</i></p>		<p>1</p> <p>6:00–7:30pm You Count! Census Kickoff Event</p>	<p>2</p> <p>10:30–12:00 Legacy Arts Poetry 11:00–12:00 Meditation 1:00–4:00 Collage Workshop 2:45–3:45 Kol DOROT 5:30–7:00 <i>African American Influences on American Music</i> with Symphony Space</p>	<p>3</p> <p>10:45–11:45 Tai Chi 10:45–12:15 Decluttering Group 12:30–2:00 <i>A New Light on Tiffany</i> with New York Historical Society</p>
<p>6</p> <p>11:00–12:00 Chair Yoga 12:30–1:30 <i>Behind the Golden Curtain</i> with MET Opera Guild 1:15–2:15 Sports Ethics & Issues 2:00–3:45 Creativity Circle 2:30–3:20 Qigong</p>	<p>7</p> <p>10:15–11:15 Roses & Thorns 11:30–12:10 Mr. Gu's Method 12:15–1:30 Current Events Café 1:00–4:00 MahJongg 2:00–4:00 Storytelling Workshop with Sound Effects</p>	<p>8</p> <p>10:00–12:00 Knit & Crochet 10:30–12:00 <i>Living with Vision Loss: Education, Advocacy & Assistance</i> with Barbara Robins and Derrick Pollitt</p> <p>DOROT Closes at 3:00PM.</p>	<p>9</p> <p style="text-align: center;">1st Day of Passover DOROT is Closed.</p>	<p>10</p> <p style="text-align: center;">2nd Day of Passover DOROT is Closed.</p>
<p>13</p> <p>11:00–12:00 Chair Yoga 12:30–1:20 Stretch & Strengthen 1:30–2:20 Stretch & Strengthen 2:00–3:45 Creativity Circle 2:30–3:30 Qigong</p>	<p>14</p> <p>10:15–11:15 Roses & Thorns 10:30–12:00 Mixed Media Memory Collage 11:30–12:10 Mr. Gu's Method 12:15–1:30 Current Events Café</p> <p>DOROT Closes at 3:00PM.</p>	<p>15</p> <p style="text-align: center;">7th Day of Passover DOROT is Closed.</p>	<p>16</p> <p style="text-align: center;">8th Day of Passover DOROT is Closed.</p>	<p>17</p> <p>10:45–11:45 Tai Chi 10:45–12:15 Decluttering Group 12:30–2 <i>Connections to the Land: Israeli Poetry Lecture</i> with Rachel Korazim</p>
<p>20</p> <p>11:00–12:00 Chair Yoga 12:30–1:20 Stretch & Strengthen 1:30–2:20 Stretch & Strengthen 2:00–3:45 Creativity Circle 2:30–3:30 Qigong</p>	<p>21</p> <p>10:15–11:15 Roses & Thorns 11:30–12:00 Mixed Media Memory Collage 1:30–12:10 Mr. Gu's Method 12:15–1:30 Current Events Café 1:00–4:00 MahJongg 2:00–4:00 Storytelling Workshop with Sound Effects</p>	<p>22</p> <p>10:00–12:00 Knit & Crochet 10:30–12:00 <i>The Artistic Legacy of ...Craft, and the Politics of Everyday Materials</i> 3:00–4:30 *Off-Site Tour* MET Opera Guild 5:00–6:00 Radio LIVE!</p>	<p>23</p> <p>10:30–12:00 Legacy Arts Poetry 11:00–12:00 Meditation 12:30–1:20 Stretch & Strengthen 1:30–2:20 Stretch & Strengthen 2:45–3:45 Kol DOROT 5:30–6:45 <i>Tony Middleton Concert</i></p>	<p>24</p> <p>10:45–11:45 Tai Chi 10:45–12:00 Torah Study 12:30–2 <i>Local History Lecture: West Side Community Garden & Annual Tulip Festival</i> with Judy Robinson</p>
<p>27</p> <p>11:00–12:00 Chair Yoga 12:30–1:20 Stretch & Strengthen 1:15–2:15 Sports Ethics & Issues 1:30–2:20 Stretch & Strengthen 2:30–3:30 Qigong</p>	<p>28</p> <p>10:15–11:15 Roses & Thorns 10:30–12:00 Mixed Media Memory Collage 11:30–12:10 Mr. Gu's Method 12:15–1:30 Current Events Café 1:00–4:00 MahJongg</p>	<p>29</p> <p>10:00–12:00 <i>Life Planning Documents</i> with NYLAG 1:00–5:00 Ask the Experts (By Appointment Only) 5:00–6:00 Radio LIVE!</p>	<p>30</p> <p>10:30–12:00 Legacy Arts Poetry 11:00–12:00 Meditation 12:30–1:20 Stretch & Strengthen 1:30–2:20 Stretch & Strengthen 2:45–3:45 Kol DOROT</p>	<p>May 1</p> <p>10:45–11:45 Tai Chi 10:45–12:15 Decluttering Group 12:30–2 <i>Lights Up Fade to Black</i> with Theater of Light</p>