

January 2021 - March 2021



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

News, Politics & Our Society • Museum Discussions
Music/Performing Arts • Health & Wellness
Literature & Storytelling • Jewish Interests
Other Topics • Support Groups

For registration or information,

Call 1-877-819-9147
E-mail uww@dorotusa.org
Visit our website
www.dorotusa.org/uww



Since 1976, DOROT has been an innovative leader in the fields of aging services and volunteerism. DOROT alleviates social isolation among older adults and provides services to help them live independently as valued members of the community. We serve the Jewish and wider community, **bringing the generations together** in a mutually beneficial partnership of older adults, volunteers and professionals.

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What is University Without Walls?

Experience the joys and benefits of community and lifelong learning as we explore art and culture, discuss news, share memories, practice new skills and get important information from the comfort of home. Support groups are also available, connecting peers with the same life situations. Other UWW programs may be offered in Russian and Chinese.

For programs in Russian, please call 917-441-5061
For programs in Chinese, please call 212-453-4542

All the University Without Walls programs in this catalog are exclusively over the telephone. If you prefer to attend a DOROT program via Zoom, please email dorotprograms@dorotusa.org for other program options.

Connecting To Your Winter 2021 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.

News, Politics & Our Society

Current Events (Staff Connected)

6 Mondays at 11am January 25 – March 8 (*no session February 15*)

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 US. and worldwide. 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.

The Current Political Scene (Staff Connected)

Section A: 10 Tuesdays at 3pm January 19 – March 23

Section B: 10 Thursdays at 3pm January 21 – March 25

Charles Perkins, Historian

Please note you may only register for either **The Current Political Scene** OR **Current Events**.

The 2020 election is over. The 117th Congress and President Biden will take over in January. Change is certain, but where will it take us? Will the progressive Democrats be willing to compromise with a centrist President? Can Biden get enough Republican cooperation to put in place his program of infrastructure renewal, rebuilding alliances worldwide, and tackling the climate change challenge? What will the post-Trump Republican Party look like? And, who will emerge as the early frontrunner in New York City's mayoral election?

Let's Talk About Anti-Racism (Staff Connected)

3 Mondays at 1pm March 8 – March 22

Colette Phipps, LMSW, CDP

Current events in our society have brought to the fore many public discussions about racism and anti-racism. This series of conversations will provide an opportunity and platform to talk about these sensitive topics. We will define and explore various terms, connect the present to the past, and critically self-reflect. Participants are encouraged to share their experiences and listen to the experiences of others. "Caste: The Origins of our Discontent" by Isabel Wilkerson will be mailed in advance of program.

Museum Discussions

Artistic Struggles (Staff Connected)

1 Friday at 11am January 29

Sande Pisik, ART Guide - Brooklyn Museum

Let's examine objects from different cultures that help us understand an artist's struggle for recognition and use of materials, and the Museum's challenges to display them. Materials will be mailed before the program.

The Spiritual in Art (Dial In)

5 Tuesdays at 10am February 2 – March 2

Maya Jeffereis, Educator - The Solomon R. Guggenheim Museum

The founders of the Solomon R. Guggenheim Museum championed abstract art for its spiritual and utopian ideals. Together we will explore the museum's early collection with works by Vasily Kandinsky and Laszlo Moholy-Nagy, and contemporary abstract art that addresses spirituality and social possibilities today. Materials will be mailed before the program.

Edith Halpert and the Rise of American Art (Staff Connected)

2 Fridays at 12pm February 12 – February 19

Liliane Yurkofsky, Docent - The Jewish Museum

Join us as we focus on the life and legacy of Edith Halpert (1900–1970) who was the first significant female gallerist in the United States and responsible for propelling American art to the fore at a time when the European avant-garde still enthralled the world. Materials will be mailed before the program.

A Woman's Work is Never Done (Staff Connected)

1 Tuesday at 2pm February 16

Ellen Sussman, ART Guide - Brooklyn Museum

Let us come together to learn about works of art in the Brooklyn Museum's collection that explore the role of women and the art created by women. Materials will be mailed before the program.

Picturing Places: Depictions of Home, New York City and the United States in Modern Art (Dial In)

5 Mondays a 12pm February 22 – March 22

Lara Schweller, Associate Educator, Community & Access Programs - Museum of Modern Art

Come together for an interactive conversation around artists' depictions of place. We will look at modern artworks about the home, New York City, and the United States to consider how artists tell stories about memory, nostalgia and the human experience through depictions of landscape. Materials will be mailed before the program.

Gallery Highlights from the Museum of Chinese in America (Staff Connected)

1 Monday at 11am March 22

Lauren Nechamkin & Nora Chen, Education Department - Museum of Chinese In America

Join us in examining pivotal policies that shaped the experiences of Chinese Americans past and present. Using MOCA's rich collection of historic pop culture, political cartoons, and other primary sources, we'll explore the intersections of race, citizenship, and the American identity. Materials will be mailed before the program.

Ancient Egyptian Art and Religion (Dial In)

1 Wednesday at 4pm March 24

Austin Goodwin, ART Guide - Brooklyn Museum

Together we will explore the role of objects in ancient Egyptian religion by studying selected examples of ancient Egyptian artwork from the Brooklyn Museum's collection. Materials will be mailed before the program.

Health and Wellness

Streamline to Serenity: Decluttering Talks (Dial In)

8 Wednesdays at 10am January 20 – March 10

Kathleen Fiorito, Expert Home Organizer

Streamline your lifestyle towards joy and serenity. From hoarding to getting backed up in piles of neglected tasks, we will feel supported as we discuss strategies to live our best lives!

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

Section A: 8 Tuesdays at 11am February 2 – March 23 (Dial In)

Section B: 8 Fridays at 10am Feb 5 – March 26 (Staff Connected)

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 can also feel a greater sense of calm. Each session includes a short group discussion based on written materials mailed before the program.

Self-Massage for Stress Relief (Dial In)

3 Fridays at 12pm January 29, February 26, March 19

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

We will meet monthly to learn a protocol of gentle stretches, acupressure 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. Materials will be mailed before the program.

Movement Speaks! (Dial In)

3 Tuesdays at 2pm February 2 – February 16

Pamela Knowles, Dances for a Variable Population

Appreciate the movement of your body! Learn proper alignment and awareness, while delighting in the freedom to express yourself in gentle but lively creative movement and dance combinations. Enjoy, connect with others, and move more!

Progressive Relaxation with Guided Imagery (Staff Connected)

5 Mondays at 10am Feb 22 – March 22

Linda Lee Davida, Holistic Health Counselor, Certified Private Meditation Instructor

Through meditation and imagery, you can live a healthier and more meaningful life. Let's breathe, visualize and heal our minds, bodies and spirits together.

What Do We Know About Healthy Aging? (Staff Connected)

1 Tuesday at 1pm February 23

Beth Ann Ditkoff, MD, Medical Author

The Baltimore Longitudinal Study of Aging is a clinical research study that began in 1958, and it is the longest-running study of human aging. We will learn about this ongoing project and discover what lessons have been discovered about normal aging and discuss ideas for living a longer and healthier life.

Take 4 Steps to Upgrade Your Motivation in Life (Dial In)

2 Thursdays at 2pm March 16 - March 23

Janice Hermalyn, MS, BS; DOROT Volunteer

Motivation comes from the inside. Let's explore our motivation strategies as well as discuss and practice practical tools for motivating ourselves so we can live more fulfilled lives

Music/Performing Arts

“Sing For Your Seniors” Concert Series (Dial In)

Please Select Any Two:

Section A: 1 Tuesday at 2pm January 26

Section B: 1 Monday at 2pm February 22

Section C: 1 Wednesday at 2pm March 24

Jackie Vanderbeak, Founder and Producing Artistic Director

Come together for these live concerts and connect with professional performing artists who will share music and stories from Broadway and beyond. Each session will feature something different.

Introduction to Jazz (Dial In)

4 Wednesdays at 2pm January 27 – February 17

Evan Arntzen, Graduate Student - Manhattan School of Music

Join this clarinetist/saxophonist, to explore of jazz history with guided listening. We will discuss the first 50 years of recorded output of this quintessentially American art form. Even if you have taken this group before, you can expect different musical selections and the insights of those joining the discussion for the first time.

Wellness Through Songwriting (Dial In) 3

Thursdays at 1pm February 4 – February 18

Ariel Weissberger MA, MT-BC, LCAT, Berko Music Therapy

What is it about our favorite songs that make us feel the way they do? Let's explore the power of music in our lives. We will consider the lyrics and music behind classic songs and then collaborate to write our own song as a group and learn about the power of music in our lives.

World Music (Dial In)

4 Fridays at 1PM February 5 – February 26

John Verkuilen, Doctoral Student - Manhattan School of Music

Are you curious about music outside of North America and Europe? Together we will sample the melodies, harmonies, rhythms, and instruments found in other corners of the world, discovering our differences and similarities to our global neighbors.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

6 Fridays at 11am February 19 – March 26

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!

Exploring Classical Music Masterpieces (Dial In)

3 Wednesdays at 4pm February 24 – March 10

Jeremy Caplan, and Amateur Violinist & Director of Teaching & Learning - CUNY Newmark Graduate School of Journalism

From a magnificent Mozart String Quartet to the beautiful Bruch Scottish Fantasy for Violin, each session in this classical music appreciation series dives into one a wonderful work by one of the great composers. Enjoy a classical music masterpiece as you join us for an enjoyable hour of listening, discussion and learning.

Choral/Orchestral Masterworks (Staff Connected)

4 Fridays at 1PM March 5 – March 26

John Verkuilen, Doctoral Student - Manhattan School of Music

Join us to explore the largest musical compositions in history! You'll learn about early masses and oratorios to Passions, Requiems, and large-scale musical dramas, listening to and discussing works by Johannes Brahms, Hector Berlioz, Giuseppe Verdi, and more!

Literature & Storytelling

Life Story Workshop with Vita Story Club (Dial In)

10 Thursdays at 12pm January 21 – March 25

Vita Story Club

Can you describe the neighborhood you grew up in? What was the greatest historical event you lived through? Answer these questions and more while we share our meaningful life stories with one another. Each session begins with two engaging prompt questions and you will receive an audio recording of your storytelling for you to save as a keepsake!

Novel Discussion: All the Light We Cannot See by Anthony Doerr (Staff Connected)

1 Friday at 1pm January 29

Irfan Ali, Community Outreach Coordinator, New York Public Library

From Anthony Doerr comes the National Book Award Finalist and Pulitzer Prize winner. Join this conversation about this stunningly ambitious and beautiful novel about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II. Book will be mailed before the program.

Travel Through Poetry (Dial In)

7 Mondays at 3pm February 1 - March 22 (*no session February 15*)

Linda Levine, DOROT Volunteer

Leave your suitcase in the closet and pull up a chair! We will travel to new places (or return to familiar ones) through the power of poetry. You can keep exploring new places – even while you stay at home. Each week we will visit a city in the United States, Canada or South America. Materials will be mailed before the program.

Short Story Discussion Group (Staff Connected)

1 Wednesday at 12pm February 10

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

“When you read a short story, you come out a little more aware and a little more in love with the world around you”. Join us as we read and enjoy discussing a short story together! The short story will be mailed before the program.

The Pearls of Wisdom Present... (Staff Connected)

2 Mondays at 1pm February 22 – March 1

Juliette Holmes & Vivian Warfield

The Pearls of Wisdom are a touring ensemble of elder storytellers, who present rich stories that illuminate their individual pasts and, in turn, our collective histories. Join Juliette Holmes who will share the story of the integration of a beach in Savannah, Georgia. The following week, Vivian Warfield will share a story still in the making.

Novel Discussion: I Know Where the Crowds Sing by Delia Owens (Dial In)

1 Friday at 1pm February 26

Irfan Ali, Community Outreach Coordinator, New York Public Library

A stunning debut novel and runaway New York Times bestseller, this novel tells the story of an unforgettable young woman determined to make her way in the wilds of North Carolina, and the two men that will break her isolation open. Come together to discuss the story and our thoughts about it. Book will be mailed before the start of the program.

Lasting Impressions: Recipes to Remember (Staff Connected)

2 Wednesdays at 2pm March 3 – March 10

Lena King, Project Coordinator and Cookbook Editor

Come join us to discuss DOROT’s community cookbook, featuring the memories and recipes of 47 people who so generously shared their contributions over the last year. The conversation will include readings from contributors who will share their stories in their own voices as we admire all the delicious foods you might cook up at home in honor of the occasion! Printed selections will be mailed before the program.

Novel Discussion: On Earth We're Briefly Gorgeous by Ocean Vuong (Staff Connected)

1 Friday at 1pm March 26

Irfan Ali, Community Outreach Coordinator, New York Public Library

Poet Ocean Vuong's debut novel is a sweeping and shattering portrait of a family, and a testament to the redemptive power of storytelling. Be a part of the conversation as we discuss how a letter from a son to a mother who cannot read unearths a family's history whose epicenter is rooted in Vietnam - and leads to an unforgettable revelation. Book will be mailed before the program.

Jewish Interests

Jewish Teachings About Home (Staff Connected)

1 Thursday at 11am January 21

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

We are spending more time at home than ever before. Let's take this opportunity to explore Jewish teachings about the practical, emotional and spiritual meanings of Home.

The Books of Ezra and Nehemiah – Part 5 (Dial In)

10 Thursdays at 4pm January 21- March 25

Rabbi Isaac Mann, Professor of Rabbinics, Academy of Jewish Religion

The Books of Ezra and Nehemiah focus on the history of the Jewish people in the Holy Land after returning from Babylonian Exile. Join us as we talk about the challenges they faced, including intermarriage, rivalry between rich and poor, strengthening of religious observance, and physical attacks by neighboring enemies - all still relevant today. Returning participants and newcomers are welcome!

Famous Jewish American Women: How They Have Touched Our Lives (Dial In)

8 Mondays at 10am January 25 - March 22 (no session February 15)

Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev

We will study noteworthy Jewish American women who have influenced many areas of life throughout modern history. How did America shape these leading figures and how in turn did they shape our history? These women have followed a variety of life paths, such as science, the arts, literature, politics and sports, including Ruth Bader Ginsberg, Barbra Streisand, Rebecca Gratz, Molly Picon and many more.

Traditional Jewish Responses to Challenging Times – Part 3 (Dial In)

8 Mondays at 2pm January 25 – March 22 (no session on Feb 15th)

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 or participation in earlier sessions is necessary. Some of the texts will be sent to you to look at for the sessions.

Living with the Torah (Staff Connected)

8 Tuesdays at 1 PM January 26 – March 16

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 (Staff Connected)

8 Thursdays at 1pm January 28 – March 18

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.

A Eunuch and a Daughter: Minor Characters in the Purim Story (Staff Connected)

1 Thursday at 10am February 4

Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Metrowest, NJ
Esther, Mordechai, Haman and the King are the well-known lead players in the Purim story. Let's come together to meet some of the minor characters who move the Biblical story along and discuss how their roles are expanded in Rabbinic texts.

Welcoming Shabbat (Staff Connected)

3 Fridays at 11am January 22, February 19, March 19

Emily Aronson, DOROT Pastoral Intern

We will meet monthly to welcome in the warmth and beauty of Shabbat through song and words of Torah with DOROT's pastoral intern. Let's celebrate together!

Highlights of the Passover Haggadah (Dial In)

3 Tuesdays at 12pm March 9 – March 23

Emily Aronson, DOROT Pastoral Intern

Join us as we explore key passages of the Passover Haggadah to better understand their origins, historical significance, and contemporary meaning. Using text study, discussion, and song we can prepare together the celebration of Passover.

The Egyptian Hallel: Psalms 113 and 114 (Staff Connected)

1 Tuesday at 10am March 23

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

These two psalms of triumphant rescue from suffering have a special place in the Passover seder and introduce the collection of Psalms known as Hallel which are recited on many holidays throughout the year. We will examine the content of Psalms 113 and 114 together and discuss their role in Jewish liturgy and theology.

Other Topics

Resiliency: Bouncing Back After Hard Times (Staff Connected)

7 Tuesdays at 10am January 19 - March 2

Constance Gemson, LMSW; Social Work Consultant

Resiliency is the ability to bounce back after hard times. Together we will explore the importance of ABC: adversity, belief, consequence and discuss how to develop a more optimistic yet realistic attitude.

Friendship: Creating Connections and Community (Staff Connected)

7 Tuesdays at 11am January 19 - March 2

Constance Gemson, LMSW; Social Work Consultant

Come together in this interactive program to converse on the importance of friendship. We will consider how to appreciate new and long-time connections and discover how to expand our social circles.

The People's Republic of China (Dial In)

10 Wednesdays at 11am January 20 – March 24

Judy Lass, MA, MS.ED, LMSW; DOROT Volunteer

Join this introduction to the People's Republic of China. We will focus on the significance of geography as well as the cultural, economic and political evolution from the early dynastic period to the present. The question of how international relations contribute to the success and failure of China's current system will also be covered.

Staying in the Driver's Seat with Advance Care Planning (Staff Connected)

2 Wednesdays at 2pm February 17 – February 24

Roberta Goodman, Esq. and Susan Carroll, Esq from the Pace Women's Justice Center, Elder Justice Unit

Join attorneys from the Pace Women's Justice Center to learn more about Advance Care Planning and the helpful legal documents which will allow you to control decision making about your health care choices. Materials will be mailed before the program.

Support Groups

In-Sight Program for the Visually Impaired (Staff Connected)

10 Tuesdays at 4 PM January 19 – March 23

Carole Yablonowitz

Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

Daily Tips for Vision Loss (Staff Connected)

8 Mondays at 4 PM January 25 – March 22 (There will be no session February 15)

Mindy Jacobsen

Join a weekly discussion group to learn coping techniques such as how to get your mail read, identify products in your cabinet and maintain your balance. Bring your questions, and we'll all share our wisdom!

Bereavement Support Group

Section A: 10 Tuesdays at 5 PM, January 19 – March 23 (Dial In)

Section B: 10 Thursdays at 6 PM, January 21 – March 25 (Dial In)

Randi Cohen, MA, ACSW, LCSW

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.

Connect Through Tech /University Without Walls Staff

DOROT's Connect Through Tech (CTT) department leverages technology to provide programs to older adults which support social connections and help them access the resources and information they need to live independently in an increasingly digital world. University Without Walls is one of the programs in the Connect Through Tech department.

Lorraine Voytek

Director, Connect Through Tech

Melissa Esparza

Program Administrator, University Without Walls

Carissa Davies

Program Coordinator, University Without Walls

Zoya Stein

Program Assistant, University Without Walls

Etiquette

DOROT's University Without Walls programs welcome older adults from diverse backgrounds and locations. To foster an inclusive and mutually beneficial experience for all, we ask participants to abide by the program's guidelines. For questions about these guidelines, please contact Lorraine Voytek, Director of Connect Through Tech at 917-441-3725.

At all times

- All communication with staff, volunteers, facilitators, and participants is to be respectful in tone, volume, language and subject matter.
- DOROT will not share your personal information with anyone without your consent.

Registration

- Before calling to register, select all the program titles you want and ensure they work for your schedule.
- Keep your catalog and write down your program dates for future reference.

Connecting to classes

- You will receive a call 10 minutes before the program time to connect you. Please wait patiently.
- If you will not be able to join the call, please contact UWW staff before your program begins.
- For Staff Connected, you may be on hold for 15 minutes while others are connected; please wait patiently
- For Dial In, you will need to have the phone number and PIN ready to connect yourself
- Please make sure you know if your program is Staff Connected or Dial In.

During classes

- Introduce yourself by your first name each time you speak
- Ensure a quiet environment by muting your phone when listening, refraining from other conversations or answering other calls, and turning off radios and televisions. Any of these distractions could result in being disconnected by staff.
- Keep your comments relevant to the topic at hand and be respectful of differing views and different life experiences
- If you miss the connecting call or get disconnected, you can call DOROT to be reconnected, but we may not be able to do so.

Thank you

With gratitude, we acknowledge the following foundations, corporations, agencies and individuals that recently have contributed generously to DOROT's University Without Walls programming:

University Without Walls Endowments

Estante and Martin Fawer
Marvin Fenster in memory of
Anna and Isaac Fenster
(Passover Seders and Yizkor
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Community Partners

Bikur Cholim Chesed
Organization
Brooklyn Public Library
Covia - Well Connected
Dances for a Variable Population
Heights and Hills
Manhattan School of Music
Museums of Chinese in America
Museum of Modern Art (MoMA)
New York Public Library
Pace Women's Justice Center
Sing for Your Seniors

The Jewish Museum
The Solomon R. Guggenheim
Museum
University Settlement

Remembrance

We remember the following
individuals who touched the
lives of DOROT's teleconference
community:

Linda Anderson
Matthew Anish
Violet Black
Jenny Block
Nell Drischell
Miriam Fischer
Norman Gietzen
Vilyam Gil
Jimmy Li
Helen Schwartz
Lorraine Siegel
Eleanor Silverman
Larry Stern
Deborah Sudran
Shirley Yanover

Additional Without Walls Programs

DOROT is part of the international Without Walls Network of programs providing older adults with the opportunity to participate in activities and classes over the phone. Older adults across the United States are welcome to join the programs listed below. For more information, please contact each program directly:

Covia - Well Connected (877) 797-7299 • Covia.org

Lifetime Connections Without Walls (888) 500-6472 • familyeldercare.org

Mather Lifeways (888) 600-2560 • matherlifeways.com

Share Your Thoughts

Many participants phone and write to staff to describe in detail how they have benefited from UWW. Participants regularly note their enjoyment of new friendships, intellectual stimulation and learning new information. They report decreased feelings of social isolation and appreciate sharing their experiences with others who face similar challenges. Some participants share ideas on how to improve the program or their experiences. We welcome you to write to us and share your thoughts at info@dorotusa.org

It felt like someone threw a life raft to me in the middle of the ocean. I am so thankful for this group and it's hard to express in words what it means to me.

- RM

Classes are interesting and informative and I haven't taken one course I haven't been pleased with.

- HL

"I joined University Without Walls to keep my sanity! I am just so appreciative of the variety of programming, and I don't have to travel anywhere!"

- SP

"[University Without Walls] has helped remind me of the fullness of my life despite the current challenges. Hearing the stories of others has also helped me feel part of a community."

- SK



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



171 West 85th Street
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www.dorotusa.org

“It's a 2 way program, the instructor learns from the older adults and the older adults learn from the instructor. DOROT is like a family!”