

December 2023 - March 2024



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Topics

News, Politics & Our Society • Museum Discussions
Health & Wellness • Literature & Storytelling
Jewish Interests • Music & Performing Arts
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

GET CONNECTED FROM YOUR OWN PHONE



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?

Just for older adults and exclusively over the telephone! 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.

For programs in Russian, please call 917-441-5061

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 UWW Teleconference Program

University Without Walls programs are all 50 minutes. 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 "Meeting ID" to join your program. The number and Meeting ID are given when you register. If you need a toll-free number to access your program, please request one from a UWW Staff Member.

Staff Connected programs: DOROT staff will call and connect you approximately 15 minutes before the program. You will be on hold until the program begins.

Supporting DOROT We are proud to offer all DOROT programs free of charge. Please consider supporting DOROT to help us continue to provide quality programs. Donations may be made online at [dorotusa.org/donate](https://www.dorotusa.org/donate), by phone, or by mailing a check payable to DOROT to 171 West 85th Street, New York, NY 10024. We appreciate your support.

To register or get additional information, call 877-819-9147, E-mail uww@dorotusa.org
visit our website at www.DOROTUSA.org/UWW
All program times reflect Eastern Standard Time (EST)

Current Events (Staff Connected)

Section A: 8 Mondays at 11am December 18 – March 4

(no session on Dec. 25, Jan. 1, Jan. 15, and Feb. 19)

Section B: 12 Wednesdays at 11am December 20 – March 6

(no session on October 18 and November 22)

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.

Philosophy/Religions of the People's Republic of China (PRC), India and Japan (Staff Connected)

9 Tuesdays at 11am December 19 – February 27 *(no session on Dec. 26 and Feb. 20)*

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

Join Judy for an introduction to Asian philosophies and religions of the People's Republic of China, India, and Japan. Discuss the historic period of origin, tenets and works and their significance in the political and cultural development of the countries.

The Current Political Scene (Staff Connected)

Section A: 10 Tuesdays at 3pm December 26 – February 27

Section B: 8 Wednesdays at 3pm December 27 – February 14

Charles Perkins, Historian

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

This year huge challenges at home and abroad await the President and Congress; how to raise the debt ceiling, addressing infrastructure needs, the war in Ukraine and pressure from an aggressive China. Can Washington overcome a climate of partisanship to make progress on these issues?

Confronting Hate 1937-1952 (Dial In)

1 Friday at 1pm January 12

Jim Picinich, New York Historical Society

In 1937, the American Jewish Committee (AJC) launched an unprecedented media campaign to combat the increase in antisemitism gripping the United States. Confronting Hate 1937 to 1952 examines the history of the groundbreaking campaign through vibrant posters, engaging comic books, newspaper advertisements, radio spots, and television cartoons. Materials will be mailed before the program.

Museum Discussions

Going Dark: The Contemporary Figure at the Edge of Visibility (Staff Connected)

3 Wednesday at 10am February 14 – February 28

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

What does it mean to be hyper visible and subject to increased scrutiny and surveillance, while at the same time under-recognized and erased in the social and political landscape? Going Dark presents the work of 28 artists who partially obscure or hide the figure to explore a key tension in contemporary society: the desire to be seen and the desire to be hidden from sight. Materials will be mailed before the program.

A Tour of the Solar System (Dial in)

3 Wednesdays at 2pm January 17, February 14, & March 6 (sessions are once a month)

James Tardiff, The Intrepid Sea, Air & Space Museum

Fly with us as we take a tour of the star system, we call home. Learn some amazing facts and hear about the mysteries that still intrigue us about our home planet and our nearest cosmic neighbors.

An Overview of the Whitney Museum's Collection: The Whitney Women (Staff Connected)

1 Thursday at 11am February 22

Linda Sweet, The Whitney Museum of American Art

Although founded by a woman, the Museum did not immediately show or collect women artists. This session will explore the founding of the Museum and its evolving mission, and with the history of women artists and their relationship to the Museum from its earliest days to the present. Materials will be mailed before the program.

An Overview of the Whitney Museum's Collection: Abstract Art In America (Staff Connected)

1 Thursday at 3pm February 29

Linda Sweet, The Whitney Museum of American Art

During the 1930's and 40's, abstract (non-representational) art began to gain momentum as a fresh and exciting approach to modern art making in the United States. Initially, a small contingent of artists devoted themselves to abstraction but after World War II, it became the dominant means of expression in the United States. In this session, we will look at the ups and downs of abstraction as it continued to evolve in the late 20th century until today. Materials will be mailed before the program.

An Overview of the Whitney Museum's Collection: Art and Social Change (Staff Connected)

1 Thursday at 11am March 7

Linda Sweet, The Whitney Museum of American Art

This session will look at how artists have confronted the social and political issues of their times beginning in the early 20th century and continuing today. Since its founding, the Museum has served as a forum for the most urgent art and ideas of the time, from poverty and child labor to issues of representation and the fight for civil rights. We will examine the role artists play in transforming their time and shaping the future. Materials will be mailed before the program.

Self-Massage for Stress Relief and Relaxation (Staff Connected)

6 Fridays at 12pm Dec. 22, Jan. 5, Jan. 19, Feb. 2, Feb. 16 and March 1

Please note that this group meets bi-weekly

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

In this class we will use breath, gentle stretching and self-acupressure to help bring us into a calmer and more centered place. These techniques are all based on Classical Chinese medicine, with beautiful imagery and powerful effects. Materials will be mailed before the program.

Sounds of Yoga (Staff Connected)

4 Fridays at 10am December 22 – January 12

Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3rd Degree

We will explore various sounding techniques helpful for moving energy in our bodies, focusing our minds, uplifting our spirits, and expanding our awareness. From the humming sound of the yogic bumblebee breathing practice, to the sounds of the 7 chakras (energy centers), and more, enjoy this harmonious exploration of yoga and sound. (Some gentle seated movement will be incorporated as well). All levels are welcome. Materials will be mailed before the program.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation (Staff Connected)

6 Fridays at 10am January 19 – February 23

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 your 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.

Social Isolation in Older Adults (Staff Connected)

1 Monday at 2pm January 22

Beth Ann Ditkoff, MD, Medical Author

The US Surgeon General, Dr. Vivek Murthy, recently released an advisory addressing the “epidemic of loneliness and isolation.” In this one-part course, learn about the different types of loneliness and its mental/physical consequences. We will also discuss different strategies to combat a lack of social connection.

How to Preserve our Vision as We Age (Staff Connected)

1 Wednesday at 12pm January 24

Mark Bones, External Affairs Coordinator at VISIONS

Join Mark Bones from VISIONS to learn more about how to preserve your vision as you age. Mark will give an overview of blindness and visual impairments, the 4 common diseases that take away our vision, how to prevent vision loss as we age and help those who are suffering from blindness. He'll end with how VISIONS helps people with blindness regain their independence.

Literature & Storytelling

Book Discussion Group with NYPL: Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann (Dial In)

1 Friday at 1pm January 19

Daria Lindsay & Tami Chen, St. Agnes Library

This month join us for a lively conversation about Killers of the Flower Moon: the Osage murders and the birth of the FBI by David Grann. This essential book introduces readers to the Reign of Terror against the Osage people--one of history's most ruthless and shocking crimes. Materials will be mailed before the program.

Short Story Discussion Group with NYPL (Dial In)

Section A: 1 Wednesday at 12pm January 31

Section B: 1 Wednesday at 12pm February 28

Lillian Weber, Senior Librarian, Adult Services, New York Public Library

Come enjoy a lively discussion of classic and new short stories and explore your opinions on literature. The short will be mailed or emailed before the program.

Book Discussion Group with NYPL: The Dutch House by Ann Patchett (Dial In)

1 Friday at 1pm February 16

Daria Lindsay & Tami Chen, St. Agnes Library

This month join us for a lively conversation about the Dutch House by Ann Patchett. Ann Patchett, the New York Times bestselling author of Commonwealth and State of Wonder, returns with her most powerful novel to date: a richly moving story that explores the indelible bond between two siblings, the house of their childhood, and a past that will not let them go. Materials will be mailed before the program.

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

2 Thursdays at 1pm February 22 & February 29

DOROT Pearls of Wisdom 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 us as the Pearls share different personal stories and afterwards open the floor for discussion and questions.

Jewish Interests

Living with the Torah (Staff Connected)

8 Tuesdays 1pm December 19 – February 6

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.

Jewish Mysticism (Staff Connected)

8 Thursdays at 1pm December 21 – February 8

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 G-d and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

Our Female Prophets Speak: Lessons for Then and Now (Dial In)

10 Wednesdays at 10am January 3 – March 6

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

Due to popular demand, you may only register for one class facilitated by Debra Smith.

In this class, we will focus on the seven Jewish female prophets. We will study the very relevant teachings transmitted through their lives and teachings. We will also learn how Judaism's male and female prophets differed.

Diving into Deuteronomy: Living History Today (Dial In)

7 Mondays at 10am January 8 – March 4 (no session on Jan. 15 & Feb. 19)

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

Due to popular demand, you may only register for one class facilitated by Debra Smith.

In this class, we will explore Deuteronomy, the final book of the Torah (Old Testament). We will explore and discuss how the major social and historical topics of Deuteronomy are relevant today. Some topics to be covered include justice, care of the environment, marriage and divorce, evil and kindness to animals.

Welcoming Shabbat (Staff Connected)

3 Fridays at 1pm January 19, February 23, and March 8 (course occurs once a month)

Luisa Sinacore, MA, DOROT Pastoral Intern

We will come together monthly to welcome in the warmth and beauty of Shabbat through song and words of Torah. Let's celebrate together!

Jewish Short Stories: A Peek Into a World that Once Was (Staff Connected)

6 Thursdays at 2pm February 1 – March 7

Arielle Stein, Rabbinical Student, Hebrew Union College

Explore Jewish short stories with Rabbinical student Arielle Stein. Stories will range from 19th century Yiddish short stories through 21st century Hebrew short stories. Material will cover themes of resilience, assimilation, identity and more! Come prepared to laugh, wince and feel deeply. All texts will be provided in English translation.

Talmud Treasures (Staff Connected)

3 Wednesday at 1pm February 14 – February 28

Lee Slavutin, MD, CLU

The Talmud is filled with beautiful stories and powerful life lessons, articulated by our Sages and recorded over several hundred years. We will select a number of passages to learn together and extract lessons that we can apply to our lives now.

Music & Performing Arts

Recalling the Golden Days of Broadway (Staff Connected)

1 Thursday at 10am December 21

David Rothenberg, Radio Host; Retired Founder and Executive Director of the Fortune Society; Retired Theater Person

Join us for a discussion with David Rothenberg, host of WBAI radio show, "Any Saturday," to recall the golden era of Broadway. Prepare to hear stories of David's time as a Broadway producer and press agent and come prepared to share your own Broadway memories.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

12 Fridays at 11am December 22 – March 8

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!

Theater2You (Dial In)

3 Thursdays at 1pm December 28 – January 11

Lauren Koralnik, Theater2You

Do you love theater? Have you always wanted to participate in a theater group with fellow drama enthusiasts? Theater2You is the perfect program for you! In this program, each participant will be sent a script and will be assigned a specific character as we read a play together. Materials will be sent before the program.

A Journey to the Russian Opera (Staff Connected)

2 Wednesdays January 3 & 17 at 4pm (session offered bi-weekly)

Mikhail Svetlov, International Opera Singer

Join Mikhail Svetlov on a journey through the Russian Opera. First, Mikhail will take you back in time to the past and start from the birth of Russian opera in the 18th century. He will move forward in time to the 19th century, where the brilliant composers Glinka, Mussorgsky, Borodin, Tchaikovsky worked. He'll lead you to the 20th century of Rachmaninov, Stravinsky, Shostakovich and Prokofiev and end in the present day.

Intro to Jazz II (Dial In)

6 Thursdays at 12pm January 4 – February 8

Evan Arntzen, Clarinetist, Saxophonist, Vocalist / Educator

Explore the course of jazz history with expert musician and educator, Evan Arntzen. A continuation of Intro to Jazz 1, this course features guided listening and discussions on recordings of this quintessentially American art form from the mid-1950s until present day. Those who have taken the class before can expect different musical selections!

Narrative and Programmatic Symphonies: Exploring Music and its Stories (Dial In)

4 Tuesdays at 12pm January 16 – February 6

Mateo Balboa Doldan, Student Instructor at the Manhattan School of Music

Embark on a mesmerizing journey through the world of symphonic masterpieces that blur the lines between music and visual storytelling. Over four engaging sessions, you'll uncover the secrets of composers who weave intricate narratives with their compositions. From Berlioz's emotional "Symphonie Fantastique" to Rimsky-Korsakov's evocative "Scheherazade," explore how music paints vivid pictures and emotions. Unleash magical chaos with Dukas's "The Sorcerer's Apprentice" and decode the celestial tales of Holst's "The Planets." Finally, we delve into Mussorgsky's "Pictures at an Exhibition," where music and painting intertwine. Immerse yourself in the enchanting world of symphonic storytelling.

24/6: A Jewish Theater Company's Telephone Plays (Staff Connected)

6 Mondays at 12pm January 22 – March 4 (no session Feb. 19)

Yoni Oppenheim, Artistic Director, 24/6: A Jewish Theater Company

Come enjoy a short one-person, uplifting and comedic play followed by a conversation with 24/6's Artistic Director.

Ellington Through the Ages (Dial In)

4 Thursdays at 12pm February 15 – March 7

Evan Arntzen, Clarinetist, Saxophonist, Vocalist | Educator

Receive a guided musical tour of the work of Duke Ellington, one of the most prolific and important composers in American history. This course features listening, and discussion facilitated by expert musician and educator, Evan Arntzen, on selections from throughout Ellington's long career, as well as a look at how Ellington's legacy is being carried forward today.

Discussion Groups

Control Your Clutter, Control Your Life (Staff Connected)

10 Tuesdays at 10am December 19 – February 20

Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader

Want less in your life and enjoy more. Discover specific steps that can help in this process. Learn from others and gain new insight and awareness. Develop your action plan.

Coping With Change: Facing the Future with Confidence (Staff Connected)

10 Tuesdays at 11am December 19 – February 20

Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader

Explore the positive and negative aspects of change. Assess your own personal style of managing new events and understanding uncertainty. Create new strategies and understand new ideas from others.

Oasis Spaces: Home Organizing Solution (Staff Connected)

8 Thursdays at 3pm December 21 – February 15 (no session on Jan. 11)

Kathleen Fiorito, Expert Home Organizer

Do you struggle with clutter and keeping your home organized? Not sure how to begin to approach the piles of neglected tasks? Join this series to learn strategies to organize your home and share your progress as you streamline your lifestyle towards joy and serenity. Materials will be mailed before the program.

Coffee and Connect (Dial-In)

4 Thursdays at 2pm January 4 – January 25

Stephanie Hertz, DOROT Social Work Intern

What have you learned throughout your lifetime that you'd like to share with the younger generation? What are you most grateful for in your life? Join the journey of answering these questions and more at Coffee and Connect! Grab a beverage or snack of your choice and get ready to share meaningful stories, connect with other participants, and build community along the way. The facilitator will come to each session with a topic and a few engaging questions. All are welcome!

Across the Miles (Dial-In)

1 Wednesday at 3:30pm January 24

Without Walls Staff Throughout North America

Join us across the miles as the Without Networks comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Other Topics

"Scams, Shams, and Schemes: Protecting Your Identity" with the Pace Women's Justice Center (Staff Connected)

1 Thursday at 11am January 11

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

Join Pace Women's Justice Center Attorneys, Susan Carroll and Roberta Goodman and learn about scams and protecting your identity!

Support Groups

Bereavement Support Group (Dial In)

Section A (Loss of parent, partner, grandchild):

12 Tuesdays at 5pm December 19 – March 5

(no sessions on Dec. 26, Jan. 2, Jan. 16; make up sessions on Thursdays Dec. 28, Jan. 4, Jan. 18)

Section B (Loss of partner): 12 Thursdays at 6pm December 21 – March 7

Randi Cohen, MA, ACSW, Licensed Clinical Social Worker

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.

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

10 Tuesdays at 4pm December 19 – February 20

Valerie Ward, Licensed Clinical Social Worker

Join Valerie to share feelings, concerns and practical solutions to visions loss. Exchange resources, explore challenges and triumphs and connect with your peers.

Daily Tips for Vision Loss (Staff Connected)

12 Thursdays at 4pm December 21 – March 7

Mindy Jacobson, Cantor & Group Discussion Leader

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!

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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.

Melissa Esparza

Program Administrator, University Without Walls

Anna Cash

Program Coordinator, University Without Walls

Lily Sokobin

Program Administrator, University Without Walls

Jennifer Tyler

Program Assistant, University Without Walls

Amy Wald

Program Director, Connect through Tech

Community Guidelines

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 call (877) 819-9147.

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.
- STAFF CONNECTED SESSIONS: You will receive a call 15 minutes before the program time to connect you. Please wait patiently.
- DIAL IN SESSIONS: Please call into the program 5 minutes before the program begins, or on the hour. The facilitator must be on the line before participants can connect. If you call before they do, you will receive a message saying ""The meeting has not started, please wait or try again later".. If this happens, hang up and call again 5 minutes later.
- If you will not be able to join the call, please contact UWW staff before your program begins.

During the program

- 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.
- Wait for a fellow participant to finish their comment before beginning yours.
- Keep your comments relevant to the topic at hand and use language that is civil to people of differing opinions and experiences.
- Respect that it is the facilitator's responsibility to manage the conversation, including redirection.
- STAFF CONNECTED SESSIONS: 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.
- DIAL IN SESSIONS: If you get disconnected, you can reconnect yourself by following the same steps as you did to connect the at the beginning of the session.

Thank you and we hope you enjoy University Without Walls!

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

Estanne and Martin Fawer
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Community Partners

24/6 A Jewish Theater
Company
Bikur Cholim
Chesed Organization

Family Eldercare
Heights and Hills
Intrepid Sea, Air &
Space Museum
New York Public Library
Pace Women's Justice Center
The Solomon R. Guggenheim
Museum
The Whitney Museum of
American Art
Visions
Well Connected-Front Porch

Remembrance

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

Gertrude Stone
Helen Zemser

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:

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

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

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



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



171 West 85th Street
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www.dorotusa.org

Announcements

Staff Updates

Welcome **Yevgeniya Gribov**, our new Russian University Without Walls (RUWW) Program Administrator! In the Russian University Without Walls (RUWW) program, Yevgeniya engages with a vibrant community of Russian-speaking older adults who participate in our English language learning programs and conversations courses.

Program Updates

Accessible Registration

Did you know that the University Without Walls can provide accessible registration for those with Vision Loss? If you would like the brochure to be read to you, reach out to us via phone or email and we will ensure you receive this service moving forward.

Caring Calls

Interested in making a new friend over the phone? Join Caring Calls! Connect with an adult volunteer weekly for a 20-30-minute friendly chat to socialize and talk about common interests. Matches are for 8 weeks but often last longer. If you're interested, please call 212-769-2850.

Onsite and Special Programs

Did you know that DOROT offers programs on ZOOM and in-person? Discover wellness classes, creative arts workshops, talks, concerts, films, and aging well programs that provide opportunities for learning, discovery and exchange. Learn more here: <https://dorot.trumba.com/> or email dorotprograms@dorotusa.org.

DOROT in Queens

DOROT has expanded to Queens! We have begun to offer programs directly and through local partners about and of special interest to Queens residents. Be on the lookout for additional information and please feel free to share it with friends and family in Queens.

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