

January 2025 – May 2025



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY

Registration will begin on January 13, 2025



Topics

News, Politics & Our Society • Museum Discussions
Health & Wellness • Jewish Interests
Literature & Storytelling • Music & Performing Arts
Discussion Groups • 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 For information about how to support DOROT, please call (917) 441-5095 or review the back of this brochure.

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)

News, Politics & Our Society

Current Events Discussion Group (Staff Connected)

14 Mondays at 11am January 27 – May 12 (No session February 17 and April 14)

Renee Ascher, DOROT Board Member and Volunteer

Please note you may only register for one section of The Current Political Scene OR Current Events Discussion Group.

Join Renee for a robust discussion about world events as they unfold and impact our lives. There's the consequential and the mundane pulling us in different directions. Together we will dissect, diffuse, and debate the way it impacts us and the world.

The Current Political Scene (Staff Connected)

Section A: 14 Mondays at 3pm January 27 – May 12 (No session February 17 and April 14)

Section B: 14 Tuesdays at 3pm January 28 – April 29

Section C: 14 Wednesdays at 3pm January 29– April 30

Charles Perkins, Historian

Please note you may only register for one section of The Current Political Scene OR Current Events Discussion Group.

2025 will usher in a new political environment in Washington. The Trump administration, with Republican majorities in both chambers of Congress, will attempt, among other actions, to deport millions of illegal immigrants, drastically cut federal government bureaucracies, and impose tariffs on goods from multiple countries. Will they succeed, and if so, will the character of our nation be fundamentally changed?

Historic Leaders in World History (Staff Connected)

16 Tuesdays at 11am January 28 – May 13

Judy Lass, MA, DOROT Volunteer

In the course we will discuss and juxtapose two leaders from the same country. We will cover the biographies of different leaders and compare their influence on their countries and world history. The countries and leaders we will discuss are Russia: Peter (Romanov) the Great and Joseph Stalin, Germany: Otto Von Bismarck and Adolph Hitler, and People's Republic of China: Mao Zedong and Deng Xiaoping.

More Than Sports (Staff Connected)

8 Wednesdays at 11am January 29 – March 19

Tom Kertes, Retired Newspaper Columnist and Sports Commentator

Join Tom Kertes, a former athlete, sports columnist and TV commentator to discuss all things sports and culture. In this class, you'll explore the role of sports in society and media. You can look forward to a weekly analysis of what's going on with your favorite teams, the ins and outs of the industry and important moments in sports history.

The Barbara and Bentley Kassal Foundation

Museum Discussions

Harmony and Dissonance: Orphism in Paris, 1910-1930 (Staff Connected)

2 Thursdays at 10 am February 13 – February 20

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

In Paris in the 1910's an international group of artists explored modernity along with new advances in engineering, technology and science by creating kaleidoscopic, vibrant paintings. In a symphony of color, form, and motion these artists allied painting, poetry, and music with one another and with the zeitgeist of modernity itself. Explore works by Chagall, Kandinsky, Sonia and Robert Delaunay, Duchamp, and Kupka as they captured the simultaneity of modern life. Materials will be mailed before the program.

Collection in Focus: Piet Mondrian, Ever Further (Staff Connected)

1 Thursday at 10am March 20

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Explore a focused exhibition that chronicles the evolution of Piet Mondrian's signature abstract style from his early landscapes of the Dutch countryside to his final investigations of the dynamism of New York City. Materials will be mailed before the program.

Portraits of Leaders (Staff Connected)

1 Thursday at 11am March 27

Diana Toole, The Brooklyn Museum

In this class, we will look at portraits of leaders from different eras and places and compare them. We will ponder the following questions: How are leaders portrayed? What does this say about us? The artist? The time period? We will discuss dress, symbols, artistic conventions and choices and how these things help us to understand these leaders. Materials will be mailed before the program.

Art and the City (Staff Connected)

1 Thursday at 11am April 3

Diana Toole, The Brooklyn Museum

Together, lets look at a few paintings depicting different areas of NYC and talk about how they've changed and stayed the same. We'll cover a few different eras to really get to some interesting comparisons and share our own stories about how NYC has changed. We'll also talk about how our birthplaces may have changed or stayed the same. Materials will be mailed before the program.

Star Stories (Dial In)

1 Wednesday at 2pm April 9

James Tardiff, The Intrepid Sea, Air & Space Museum

Many of us have always had a fascination with the stars. We look up today and see the same stars, divided into the same familiar shapes as our ancestors, but how did the constellations come to be? Let's explore the entertaining and fascinating stories behind some of your favorite constellations. Materials will be sent before the program.

Is There Anybody Out There: The Search for Life in the Cosmos (Dial In)

1 Wednesday at 2pm April 30

James Tardiff, The Intrepid Sea, Air & Space Museum

Explore the possibilities for life to exist in the universe. How may we find it? What will it be like? Where could we find it? It may be closer than you think. Materials will be sent before the program.

Edges of Ailey (Staff Connected)

3 Thursdays at 11am May 1 – May 15

Linda Sweet, The Whitney Museum of American Art

Edges of Ailey is the first large-scale museum exhibition to celebrate the life, influences, and legacy of the visionary dancer and choreographer Alvin Ailey. The exhibition highlights Ailey's keen interest in the visual arts. The artworks on view include painting, sculpture, prints, drawings, video, collage, and photography made before, during, and after Ailey's lifetime, with many directly connected to the choreographer. Materials will be mailed before the start of the program.

Health & Wellness

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

7 Fridays at 10am January 31 – March 28 (No session February 14 and February 21)

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 or emailed before the program.

How to Talk to Your Doctor about Risk of Falling (Staff Connected)

1 Thursday at 2pm, February 13

Beth Ann Ditkoff, MD, Medical Author, DOROT Volunteer

The CDC's Stopping Elderly Accidents, Deaths & Injuries (STEADI) Initiative comprises three core elements: Screen, Assess, and Intervene. This class will review a STEADI checklist of risk factors for falling, so that you can talk to your doctor about preventing falls and staying independent.

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

7 Fridays at 12pm February 14 – May 9

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

Please note that this group meets bi-weekly.

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 or emailed before the program.

Navigating Medicare (Staff Connected)

1 Tuesday at 2pm February 18

Dr. Gil Kunken, HIICAP Medicare Consultant, New York City Department for the Aging

Get the latest information on changes to Medicare. Discussion will reflect new premiums, plan choices, and protections. Take this opportunity to get your Medicare questions answered.

Sounds of Yoga (Staff Connected)

7 Fridays at 10am April 4 – May 16

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 or emailed before the program.

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

1 Thursday at 11am April 10

Cathleen McGuire, CVRT, Senior Director of Rehab & Outreach at VISIONS

Join Cathleen from VISIONS to learn more about how to preserve your vision as you age. The presentation 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. Also join to learn how VISIONS helps people with blindness regain their independence.

Jewish Interests

A Journey through Jewish History: From Biblical Times to Today (Staff Connected)

7 Mondays at 10am January 27 – March 17 (No session February 17)

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

Due to popular demand, you may only register for two classes facilitated by Debra Smith.

We will explore Jewish history from the Biblical times of our patriarchs through the present day. Join us to discuss different and significant events and historical figures that have shaped our peoplehood throughout history.

Living with the Torah (Staff Connected)

15 Tuesdays 1pm January 28 – May 13 (No session February 18)

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.

Exploring the Life and Times of Rabbi Jesus (Staff Connected)

8 Wednesdays at 10 am January 29 – March 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 two classes facilitated by Debra Smith.

We will study the historical, political, economic, and religious life in ancient Israel during the time Rabbi Jesus lived and served the ancient Jewish community. The sacrificial system, the religious sects, and the concepts of atonement and remission of sin will be studied along with the concepts of grace, redemption and suffering. How did the life and teachings of a popular and charismatic Jewish teacher evolve into a new faith of Christianity?

Jewish Mysticism (Staff Connected)

15 Thursdays at 1pm January 30 – May 15 (No session February 20)

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.

"Burning Lights: Jewish Life Through Yiddish Short Stories and Songs" presented by 24/6: A Jewish Theater Company (Staff Connected)

3 Mondays at 12pm February 10 – March 3 (No session on February 17)

Rokhl Kafriksen, writer of "Rokhl's Golden City" a Yiddish language and culture column for Tablet Magazine and Yoni Oppenheim, Artistic Director, 24/6: A Jewish Theater Company

Join us to hear lively short stories read in Yiddish by Rokhl, beginning with excerpts from Bella Chagall's poignant memoir of Jewish life in turn of the century Vitebsk, Brenendike Likht (Burning Lights). We will also listen to some of the most beloved Yiddish folksongs, chosen specially by Rokhl. All conversation will be in English and translations of all stories and songs will be provided in advance.

Welcoming Shabbat (Staff Connected)

3 Fridays at 12pm February 21, March 7, March 21

Ora Jacobson, DOROT Pastoral Intern

Please note that this group meets every other week

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

A Tour of Jewish Berlin: From the Early Settlers to its Heyday (Dial in)

1 Monday at 2pm February 24

Olga Bokhonovskaya, MBA

Who were the first Jewish settlers in Berlin and when was the community established? What made the Jews of Berlin different? Virtually stroll around Berlin's oldest neighborhood where the first Jews settled and visit the City Center that was once dominated by the city's Jews. You'll go to the oldest Jewish cemetery and marvel at the New Berlin Synagogue. Walking in the footsteps of the Jewish intellectuals and merchants you will uncover the Golden Age of the Berlin's Jewry. Olga, your guide, is a native of Odessa in the Ukraine. Materials will be mailed or emailed before the program.

Retelling our Torah Stories through Folklore (Staff Connected)

7 Mondays at 10am March 24 – May 12 (No session April 14)

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

Due to popular demand, you may only register for two classes facilitated by Debra Smith.

Join us to explore a variety of stories from different time periods and from different books of the Torah (Old Testament). We will examine how these classic Torah stories evolved into popular Jewish folklore as we listen to, discuss, and enjoy the folktale versions of these classic stories.

Rituals, Symbols and Practices in Judaism: Then and Now (Staff Connected)

8 Wednesdays at 10am March 26 – May 14

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

Due to popular demand, you may only register for two classes facilitated by Debra Smith.

Dating back to ancient Temple sacrifices and going forward to practices such as wearing a red ribbon or having a Hamsa, Judaism has a rich tradition of rituals and practices. We will learn about many of the ancient Jewish religious practices, rituals and symbols and explore new rituals and practices that have become common today.

Talmud Treasures (Staff Connected)

4 Wednesdays at 1pm April 2 - April 23

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 several passages to learn together and extract lessons that we can apply to our lives.

Literature & Storytelling

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

3 Thursdays at 2pm January 30, February 27, & April 17

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.

Short Story Discussion Group with NYPL (Dial In)

Section A: 1 Wednesday February 26 at 12pm

Section B: 1 Wednesday March 26 at 12pm

Section C: 1 Wednesday April 30 at 12pm

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. Short story will be mailed or emailed before the program.

The Healing Power of Poetry: Addressing Grief (Staff Connected)

2 Wednesdays at 4pm February 26 and March 26

Dr. Lynne Rosenthal, Professor of English and Literature & Certified Poetry Therapist

Please note that this group will meet monthly

Grief is an inner response to any important loss, but poetry offers an important way for us to heal. Join Lynne in using words, images, sounds and rhythms to process feelings of grief and loss. In this two-part workshop, we will read and discuss selected poems and respond to them with our own writing as we begin to move forward together on the journey towards healing. Content will be different than previous sessions. Materials will be sent before the program.

Book Discussion Group with NYPL: Chronicle of a Death Foretold by Gabriel Garcia Marquez (Dial In)

1 Friday at 1pm February 28

Daria Lindsay, St. Agnes Library

This month's book is a gripping tale of honor, fate, and collective guilt in a small Colombian town. The people of the town know a murder is coming, but no one stops it. Twenty-seven years later, a journalist arrives in town to try and piece together the truth. This suspenseful story unravels the mystery of Santiago Nasar's death in an attempt to at last understand what happened and why. Book will be mailed prior to the program.

Book Discussion Group with NYPL: The Marriage Portrait by Maggie O' Farrell (Dial In)

1 Friday at 1pm March 28

Daria Lindsay, St. Agnes Library

Join us to dive into this historical fiction novel set in Renaissance Italy about a young woman's life altering marriage. This lush, enchanting tale follows young duchess Lucrezia de' Medici as she uncovers the secrets and dangers lurking in the treacherous court and her husband's true intentions. The author weaves intrigue and art into this story of survival. Book will be mailed prior to the program.

Book Discussion Group with NYPL: The Awakening by Kate Chopin (Dial In)

1 Friday at 1pm April 25

Daria Lindsay, St. Agnes Library

Let's read and discuss this groundbreaking feminist classic. Edna Pontellier feels trapped in her life as a wife and mother in 19th-century Louisiana. The story explores her struggle for independence and self-discovery in a world that demands conformity. The author examines themes of identity and passion in a deeply patriarchal world. Book will be mailed prior to the program.

Music & Performing Arts

Great Women Instrumentalists of Jazz (Dial In)

4 Thursdays at 1pm January 30 – February 20

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

Let expert musician and educator, Evan Arntzen, take you on a survey of some of jazz's greatest unsung (and sung) heroines, including Lovey Austin, Mary Lou Williams, Dorothy Donegan, Terri Lyne Carrington, and many others. This course covers the time period from the beginnings of recorded jazz, with the final session dedicated to presenting a few of the best female jazz instrumentalists playing today.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

Section A (Full Semester): 16 Fridays at 11am January 31 – May 16

Section B (Half Semester): 8 Wednesdays at 11am March 26 – May 14

Tom Kertes, Retired Newspaper Columnist and Film Critic

Please note you may only register for one section of this course.

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!

The Plays of Tennessee Williams (Staff Connected)

Section A: 4 Fridays at 1pm January 31 – February 21

Section B: 4 Fridays at 1pm February 28 – March 21

Talbot Hall, Screenwriter and Director, Steven and Alexandra Cohen Fellow of the USC School of Cinematic Arts

Please note you may only register for one section of this course.

"STELLAAAA!" A Streetcar Named Desire. The Glass Menagerie. Cat on a Hot Tin Roof. The Night of the Iguana. Let's dive deep into the Southern Gothic glory of Tennessee Williams together, beat by beat, to break down the tragic genius of the man who many believe to be the greatest playwright of all time.

The Guitar: A Brief History (Dial in)

4 Thursdays at 3pm February 6 – March 6 (No session February 27)

Eduardo Gutterres, Manhattan School of Music, 2nd year Doctoral candidate in Classical Guitar

The guitar, one of the most popular instruments in the world, is a relatively modern creation. Developed in the 19th century, it has roots in older instruments like the lute and vihuela. This course explores its evolution, through audio, images, and live demonstrations, covering key historical periods from the 15th century to today. Materials will be sent before the program.

Beethoven's 6th Symphony: The Calm and The Storm (Staff Connected)

3 Thursdays at 11am February 27 – March 13

Christopher M Culp, MM MA - Clarinetist, Musicologist

Each Beethoven symphony has a story to tell. One of the more famous ones is the 6th, Symphony. The piece is full of calm, pastoral moments - until a thunderstorm shakes things up. We'll talk about the music, the history, and get to explore what the piece might mean.

The American Jew in Film (Staff Connected)

4 Wednesdays at 2pm March 5 – March 26

Nathaniel Epstein, DOROT Staff and Miranda Cooper, writer and reviewer for A Yiddish Studies journal

In this course we will explore American Jewishness (or Jewish Americanness) in film, from *The Jazz Singer* to *Between the Temples*. How do these films represent Jewish religion, culture, and people in American settings? How is this representation affected by time and place? Join Nat and Miranda to discuss!

Thelonius Monk: A True Original (Dial In)

4 Thursdays at 1pm March 6 – March 27

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

Powerfully swinging, witty, humorous, poignantly beautiful, and totally original — such is the music of Thelonious Sphere Monk. Join expert musician and educator, Evan Arntzen, for listening sessions and conversation dedicated to one of the most important and influential pianists and composers in jazz. Robin Kelley's book on Monk makes an excellent (though not necessary) companion to this course.

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

6 Mondays at 12pm March 10 – April 21 (No session April 14)

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.

A Brief History of Brazilian Music (Dial in)

4 Thursdays at 2pm March 20 – April 10

Eduardo Gutterres, Manhattan School of Music, 2nd year Doctoral candidate in Classical Guitar

Brazil's culture emerged from centuries of interaction between Portuguese colonizers, Indigenous people, and African slaves. This course explores the evolution of Brazilian music, from street genres like Samba and Capoeira rhythms to classical music, including the works of Villa-Lobos.

The Plays that Shaped the 20th Century (Staff Connected)

4 Fridays at 1pm April 4 – May 16 (April 4, April 18, May 2, May 16)

Talbot Hall, Screenwriter and Director, Steven and Alexandra Cohen Fellow of the USC School of Cinematic Arts

Please note that this group will meet bi-weekly.

Here's a course for the theater lover in all of us! Come enjoy the exploration of a diverse collection of four timeless plays that shaped the theatrical landscape of the 1900's. Together we will dive into analysis and discussion of *The Children's Hour* by Lillian Hellman, *Death of a Salesman* by Arthur Miller, *The Glass Menagerie* by Tennessee Williams, and *Who's Afraid of Virginia Woolf* by Edward Albee.

Great Blues Singers (Dial In)

4 Thursdays at 1pm April 10 – May 1

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

All jazz musicians aim to emulate the vocal qualities of the blues, but this course offering from expert jazz musician and educator, Evan Arntzen, goes right to the source. Through guided listening and conversation, we'll survey some of the greatest blues singers of all time and discover how the blues can be a catharsis for deep pain as well as a playground for joy and humor.

Discussion Groups

Happiness: Exploring Joy and Possibilities (Staff Connected)

8 Tuesdays at 10am January 28 – March 18

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

This interactive class will explore real and practical ways to develop more joy in your life! Discover new options for welcoming community and learn new from one another in the group.

Across the Miles (Dial in)

1 Wednesday at 3:30pm January 29

Without Walls Staff Throughout North America

Join us as the Without Walls Networks comes together to share stories and talk about life in our different locations throughout the United States and Canada. Meet peers from near and far!

Strategies for Managing Stress During Difficult Times (Staff Connected)

2 Mondays at 2pm February 3 – February 10

Luciana Marsicano, DOROT MSW Intern, Fordham University

Learn practical strategies for understanding and managing stress in this session. Participants will explore the effects of stress and various reduction techniques, including yoga, meditation, and exercise. We will also identify common stressors, such as health issues and medical expenses, while discussing effective coping mechanisms to enhance resilience and well-being.

Coffee and Connect (Dial in)

3 Mondays at 3pm March 10 – March 24

Jennifer Blatt, DOROT MSW Intern

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!

Creativity: Imagination & Insight (Staff Connected)

8 Tuesdays at 10am March 25 – May 13

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

Join us to expand your awareness and gain new insights. Discover how everyday experiences can enrich your life by learning how to see situations in a new or different way. Come prepared to participate and engage!.

Other Topics

History on The Hudson: New York City Trivia (Staff Connected)

4 Wednesdays at 2pm February 5 – February 26

Ella Sunshine, DOROT MSW Intern

Step back in time and explore the fascinating history of New York City! This trivia group dives into the legends, landmarks, and little-known stories that make New York City so special. Whether you're a local history buff or just love a good challenge, join us for a fun-filled adventure through the past—where every question is a new discovery!

The Five Important Documents Every Older Adult Should Have (Staff Connected)

1 Thursday at 2pm February 6

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 to discuss, identify, and describe the importance of a Will, Advance Health Directives, Financial Durable Power of Attorney and last wishes.

All About DOROT (Staff Connected)

1 Monday at 2pm April 28

Jenna Seitler, DOROT MSW Intern

Would you like to learn more about DOROT's mission and programs? Interested in finding out what else DOROT has to offer? Join us as we discuss DOROT's in-person programs as well as those you can enjoy from home!

Support Groups

Daily Tips for Vision Loss (Staff Connected)

14 Mondays at 4pm January 27 – May 12 (No session on February 17 and April 14)

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!

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

14 Tuesdays at 4pm January 28 - May 13 (No session February 18 and April 15)

Facilitator TBD

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

Bereavement Support Group (Dial In)

**Section A (Loss of parent, partner, grandchild): 17 Tuesdays at 5pm
January 21 – May 13**

Section B (Loss of partner): 17 Thursdays at 6pm January 23 – May 15

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.

University Without Walls Staff

Melissa Esparza

Program Administrator, University Without Walls

Lily Sokobin

Program Coordinator, University Without Walls

Jennifer Tyler

Program Administrator, University Without Walls

Charles Markham

Manager of Onsite and Special Programs

We welcome your feedback and questions.

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:

Contributors

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The Barbara and Bentley Kassal Foundation
Alice Lawrence Foundation

The Fay J. Lindner Foundation

The New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature

Michael Tuch Foundation

US Department of Health and Human Services — Administration on Aging (AOA), New York State Office for the Aging, Westchester County Department of Senior Programs and Service

Community Partners

24/6 A Jewish Theater Company

Bikur Cholim Chesed Organization

Brooklyn Museum

Family Eldercare

New York Public Library

New York City Department of the Aging

Pace Women's Justice Center

The Solomon R. Guggenheim Museum

The Museum of Natural History

The Whitney Museum of American Art

Well Connected-Front Porch

Remembrance

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

Anne Bloom

Blanche Muroff

Sondra Cohen

Lore Segal

Betsie Clayman

Bruce Werner

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
New York, NY 10024
212.769.2850
www.dorotusa.org

Your Support Makes a Difference! Please Make a Donation Today.

Your generous donation helps DOROT continue to provide high-quality programs like UWW and many other services —completely free of charge. Donations can be made through the following methods:

Online: Visit www.dorotusa.org/donate

Phone: Call (917) 441-5095

Mail: Send a check payable to DOROT to:

DOROT

171 West 85th Street

New York, NY 10024

Planned Giving & Legacy Gifts

If you are interested in making a planned gift to DOROT or learning more about joining DOROT's Generations Society, please contact Dassi Kalmanofsky at (917) 441-5095. The Generations Society recognizes individuals who have made legacy gifts to help ensure the future of DOROT's programming.

There are many options for deferred gifts, including through a will, trust, retirement plan, IRA, DAF, or life insurance policy.

Thank you for your support!