

June – August 2025



# University Without Walls

**LIFELONG LEARNING FOR  
AN ENGAGED COMMUNITY**

**Registration will begin on June 9, 2025**



CONNECT WITH THE DOROT COMMUNITY ON YOUR PHONE



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## What is University Without Walls (UWW)?

UWW is DOROT's flagship teleconference program for older adults. We offer hundreds of programs over the telephone. Explore art and culture, discuss news, share memories, practice new skills and connect with peers through our support groups. Experience the joys and benefits of community and lifelong learning – all from the comfort of your home. UWW programs are all 50 minutes.

## Programs for Russian speakers

Learn about our Russian University Without Walls offerings. Call (917) 441-5061.

## Connecting to Your UWW Teleconference Program

Programs are offered in two formats: Dial-In and Staff Connected. The format is noted next to the time and date 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 like, you can request a toll-free number 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.

### Other Without Walls Programs

DOROT is part of the international Without Walls Network of programs for older adults provided over the phone. 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

### Zoom and In-Person Programs

To learn about DOROT's Zoom or in-person offerings, visit our online calendar at [dorot.trumba.com](http://dorot.trumba.com) or email [dorotprograms@dorotusa.org](mailto:dorotprograms@dorotusa.org).

# The Barbara and Bentley Kassal Foundation

## Museum Discussions

Please note: Materials for our Museum Discussions will be sent before the program.

### American History Mirrored in Art (Staff Connected)

**1 Wednesday at 2pm July 9**

**Jackie Friedman, Guide, The Brooklyn Museum**

Join us to discuss American history and how it is depicted in over two centuries of artwork in the Brooklyn Museum. We'll examine paintings, sculpture and ephemeras from the Civil War era to the rise of Industry to our relationship with Indigenous peoples in the 1920s and more.

### Amy Sherald: American Sublime (Staff Connected)

**2 Thursdays at 11am July 17 – July 24**

**Linda Sweet, The Whitney Museum of American Art**

Join us this summer to take a look at the paintings of American artist Amy Sherald. We will explore works from her iconic portrait of Michelle Obama to her early works inspired by her sisters to her most recent pieces. The exhibition delves into Sherald's exploration of Black identity and the American experience through her distinctive style.

### Community and Identity on Display (Staff Connected)

**1 Thursday at 12pm July 17**

**Diana Toole, Guide, The Brooklyn Museum**

How can artwork represent different aspects of what a community can be? How can art shape our individual identity? Join us in a discussion about how our individual identities can reflect – or diverge from – our larger community and examine how the formal choices artists make assert identity and community.

### Faith Ringgold's *Tar Beach* Quilt (Staff Connected)

**1 Thursday at 10am July 24**

**Karen Bergman, Educator, Solomon R. Guggenheim Museum**

*Tar Beach*, a monumental quilt by renowned artist Faith Ringgold, tells the story of a young girl who dreams of flying from her Harlem rooftop. We will explore this artwork as well as works by Chagall, Picasso and other European modernists who inspired Ringgold, and contemporary American artists whose work reflects her legacy.

### Communication Without Words in Portraiture (Staff Connected)

**1 Thursday at 10am August 14**

**Diana Toole, Guide, The Brooklyn Museum**

Learn about artistic conventions in portraiture and what these conventions communicate to the viewer during this session with the Brooklyn Museum. How are the elements of portraiture present in the ways we communicate about ourselves?



## The Estate of Elaine M. Edelman

# Literature & Storytelling Series

Please note: Books, stories, and poems for our literature & storytelling groups will be sent before the program. You may only register for one book discussion group.

### Short Story Discussion Group with NYPL (Staff Connected)

**Section A: 1 Wednesday July 9 at 12pm**

**Section B: 1 Wednesday August 13 at 12pm**

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

Come enjoy a lively discussion of classic and new short stories and share your opinions on literature.

### Welcoming Summer with Poetry (Staff Connected)

**1 Wednesday at 4pm July 16**

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

Welcome the summer by reading and writing poetry that focuses on the season and brings its spirit warmth, joy and abundance right to your doorstep.

### Book Discussion Group with NYPL: Our Missing Hearts by Celeste Ng (Staff Connected)

**1 Friday at 1pm July 18**

Daria Lindsay, St. Agnes Library

This month's book, *Our Missing Hearts*, by Celeste Ng is a gripping novel set in a dystopian America where the government suppresses dissent and controls cultural expression. The story follows Bird, a 12-year-old boy, as he embarks on a journey to uncover the truth behind his mother's disappearance.

### Book Discussion Group with NYPL: The Friend by Sigrid Nunez (Staff Connected)

**1 Friday at 1pm August 22**

Daria Lindsay, St. Agnes Library

Dive into *The Friend* by Sigrid Nunez which follows an unnamed narrator mourning the death of her close friend, while unexpectedly becoming the guardian of his Great Dane. Through their shared grief, the novel explores themes of loss, friendship, and the complexities of human connection.

## Music & Performing Arts

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

**5 Mondays at 12pm June 23 – July 21**

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. 24/6 is committed to cultivating innovative theater grounded in a rigorous engagement with Jewish tradition, believing that the performing arts play a critical role in the vitality of American Jewish life.

## **Tadd's Delight (Dial In)**

**4 Wednesdays at 1pm June 25 – July 30** *(No session July 2 and July 9)*

**Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator**

Discover Tadd Dameron, a pivotal yet overlooked figure in jazz history. A bebop originator, he composed soulful, singable melodies that became jazz classics. Join musician Evan Arntzen for a rich listening session and discussion of Dameron's influential legacy. **Please note this is not a staff connected call, you will need to dial in on your own to attend this class.**

## **The Corner of Casablanca and Sunset Boulevard (Staff Connected)**

**8 Fridays at 11am June 27 – August 22** *(No session July 4)*

**Tom Kertes, Retired Newspaper Columnist and Film Critic**

Let's talk about the greatest movies in Hollywood history – the stars, directors, screenplays, and 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?

## **The Plays of Arthur Miller (Staff Connected)**

**4 Fridays at 12pm July 18 – August 22** *(No session July 25 and August 8)*

**Talbot Hall, Screenwriter, Director, Fellow, USC School of Cinematic Arts**

We will take a deep dive into four Arthur Miller masterpieces: Death of a Salesman, The Crucible, All My Sons, and A View from the Bridge. This course is ideal for theatre-goers, literature lovers, and anyone else who'd like to discuss the foundational playwright of modern American theatre.

## **Tchaikovsky's 5th Symphony: Music about Fate (Staff Connected)**

**4 Thursdays at 3pm July 24 – August 14**

**Christopher M Culp, Clarinetist, Musicologist**

Pyotr Ilyich Tchaikovsky's 5th Symphony tells the story of a person facing Fate and the emotions that it entails. We will meet for 4 weeks discussing one movement of the symphony per session. We'll listen to the music, talk about what is happening in the story, and learn music terminology along the way.

## **The Mid-Century Movie Theater (Staff Connected)**

**4 Mondays at 12pm July 28 – August 18**

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

The Graduate, Jaws, and The Godfather. What do these three wildly different film masterpieces have in common? They were all products of the wacky, psychedelic, groundbreaking cinematic American film scene of the 1960s and 1970s. Let's go behind the scenes of "New Hollywood" together in the Mid-Century Movie Theater!

## **Oh Mister Jelly! (Dial In)**

**4 Thursdays at 2pm July 31 – August 21**

**Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator**

Pianist, singer, bandleader, braggart, and jazz's first composer, Jelly Roll Morton's story and music are larger than life. Join musician Evan Arntzen for listening and discussion on the man who claimed to have invented jazz. **Please note this is not a staff connected call, you will need to dial in on your own to attend this class.**

# News, Technology & Our Society

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

## Current Events Discussion Group (Staff Connected)

**8 Mondays at 11am June 30 – August 18**

**Renée Adler Ascher, DOROT Board Member and Volunteer**

Join us for robust discussion about world events as they unfold and impact our lives. From the consequential to the mundane, together we will dissect and debate the way political, social and cultural events impact us and the world.

## The Current Political Scene (Staff Connected)

**Section A: 9 Mondays at 3pm June 23 – August 18**

**Section B: 9 Tuesdays at 3pm June 24 – August 19**

**Section C: 9 Wednesdays at 3pm June 25– August 20**

**Charles Perkins, Historian**

We have entered a new political environment. The Trump administration has deported immigrants, eliminated federal programs and grants, and imposed tariffs on goods from all over the world. How will these actions impact our lives and the character of our nation?

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

**9 Thursdays at 11am June 26 – August 21**

**Judy Lass, MA, DOROT Volunteer**

This course will introduce you to the philosophies and religions of China, India and Japan, including Confucianism, Taoism, Legalism, Hinduism, Buddhism, Jainism, Sikhism and Shintoism. We will discuss the history, literature, and significance of these practices from their inception to today. Material will be sent before the program.

## More Than Sports (Staff Connected)

**9 Wednesdays at 11am June 25 – August 20**

**Tom Kertes, Retired Newspaper Columnist and Film Critic**

Dig into all things sports and culture with Tom Kertes, a former athlete, sports columnist and TV commentator. We will explore the role of sports in society and media and analyze what's going on with favorite teams, the ins and outs of the industry and important moments in sports history.

## Scams, Shams, and Schemes: Protecting Your Identity (Staff Connected)

**1 Wednesday at 2pm August 6**

**Roberta Goodman, Esq. and Susan Carroll, Esq., Pace Women's Justice Center**

Join Pace Women's Justice Center attorneys Susan Carroll and Roberta Goodman and learn about common scams, ways to protect your identity and assets and how to report scams when they happen.

# Jewish Interests

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

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

**9 Mondays at 10am June 23 – August 18**

**Rabbi Debra Smith, Educator; CSW, Congregation Or Ha Lev**

Explore Jewish history from Biblical times through the present day. We will discuss significant events and historical figures that have shaped Jewish peoplehood throughout history.

## Living with the Torah (Staff Connected)

**9 Tuesdays 1pm June 24 – August 19**

**Lee Slavutin, MD, CLU**

The Alter Rebbe, Rabbi Schneur Zalman of Liadi, teaches us to live with the Parsha of the Torah, the portion of the Bible that is read in synagogue each week. Together we can be inspired to enrich our lives from the powerful lessons in the weekly Torah portion.

## Angels and Demons in Judaism (Staff Connected)

**9 Wednesdays at 10 am June 25 – August 20**

**Rabbi Debra Smith, Educator; CSW, Congregation Or Ha Lev**

Angels and Demons have existed in Jewish tradition and texts since ancient times. We will explore the historical and political context surrounding their appearance and learn about the personalities and folk history of Judaism's most important angels and demons.

## Jewish Mysticism (Staff Connected)

**9 Thursdays at 1pm June 26 – August 21**

**Lee Slavutin, MD, CLU**

An early work of Hasidic philosophy, provides a spiritual roadmap to Jewish mysticism with an emphasis on applying lessons to our daily service to God and our relationships with family and friends. Let's explore this treasure of Jewish heritage together.

# Health & Wellness

Please note: Materials for our Health & Wellness classes will be sent before the program.

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

**4 Fridays at 10am June 27 – July 25** *(No session July 4)*

**Melissa Elstein, Certified Yoga and Ballet Teacher**

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

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

**4 Fridays at 12pm June 27 – August 8**

Please note: This is a bi-weekly group meeting every other week

**Alix Keast, Asian Bodywork and 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.

## Mind-Body Tips and Tricks for Relieving Stress (Staff Connected)

**3 Wednesdays at 12pm July 23 – August 6**

**C. Vicki Gold, PT, MA, Thera-Fitness, Inc**

Practice techniques and strategies to decrease stress, increase energy, improve function and make everyday activities safer and more efficient. Sitting in a supportive, straight-back chair is recommended for this class.

## Sounds of Yoga (Staff Connected)

**4 Fridays at 10am August 1 – August 22**

**Melissa Elstein, Certified Yoga and Ballet Teacher**

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.



## Discussion Groups

### Creating Calm and Serenity in a Changing World (Staff Connected)

**8 Tuesdays at 10am June 24 – August 19** *(No session July 22)*

**Constance Gemson, LMSW; Social Worker and Author**

We will discuss new and traditional strategies for peace and well-being in this interactive group. Learn how to cope with new challenges and create a greater sense of ease. Enrich your life by seeing everyday experiences in a new or different way.

### Friendship: Creating Connections and Community (Staff Connected)

**8 Tuesdays at 11am June 24 – August 19** *(No session July 22)*

**Constance Gemson, LMSW; Social Worker and Author**

Discover the possibilities and importance of close ties and how to find new sources of people to meet. Explore how to expand your world with new connections with others, widen your circle, and create positive interactions. Come prepared to participate and engage!

## Support Groups

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

**Section A: 8 Mondays at 4pm June 23 – August 18** *(No session July 7)*

**Section B: 8 Tuesdays at 4pm June 24 - August 19** *(No session July 8)*

**Neva Fairchild, Group Facilitator**

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): 9 Tuesdays at 5pm June 24 – August 19*

**Section B** *(Loss of partner): 9 Thursdays at 6pm June 26 – August 21*

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.

# Program Guidelines

We welcome older adults from diverse backgrounds! To foster an inclusive and mutually beneficial experience for all, please abide by the following guidelines.

## At all times

- Be respectful in your interactions with staff, volunteers, facilitators and participants. This includes being mindful of tone, volume, language and subject matter.

## At Registration

- Did you know that we speak to more than 100 people during registration week? To facilitate the registration process, please select your program title(s) and ensure they work for your schedule before you call to register.

## Before the program

- **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. This is NOT a staff-connected call. You need to dial in on your own. 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. Mute your phone when listening, refrain from other conversations, do not answer other calls and turn off radios and televisions. Any of these distractions could result in your 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.
- Use language that is respectful of people of differing opinions and experiences.
- Recognize 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, bearing in mind 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 at the beginning of the session.
- DOROT will not share your personal information with anyone without your consent.

# 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 want to hear from you!** For questions and feedback, please call UWW staff at (877) 819-9147 or email [uwww@dorotusa.org](mailto:uwww@dorotusa.org).

# 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

Estate of Elaine M. Edelman  
 The Barbara and Bentley Kassal Foundation  
 Alice Lawrence Foundation  
 The Fay J. Lindner Foundation  
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 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  
 St. Agnes Library  
 The Whitney Museum of American Art  
 Well Connected-Front Porch  
 Visions Services for the  
 Blind & Visually Impaired

## Remembrance

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

Valerie Cleary  
 Arlene Dobbrow  
 Sheila Goldsmith  
 Harvey Levine  
 George Steininger  
 Belle Weiss  
 Ira Wolfe

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## Your Support Makes a Difference! Please Donate Today.

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

Online: [www.dorotusa.org/donate](http://www.dorotusa.org/donate) • Phone: (917) 441-5095

Mail: Send a check payable to DOROT to: DOROT, 171 West 85th Street • New York, NY 10024

## Planned Giving & Legacy Gifts

Are you interested in making a planned gift to DOROT or learning about 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!



**University  
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171 West 85th Street  
New York, NY 10024  
212.769.2850  
[www.dorotusa.org](http://www.dorotusa.org)

## About DOROT

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. University Without Walls is our flagship teleconference program offering lifelong learning and community from the comfort of home.

## University Without Walls registration will begin June 9

Registration & Information:

Call (877) 819-9147 • Email: [uww@DOROTUSA.org](mailto:uww@DOROTUSA.org) • Visit our website: [www.DOROTUSA.org/UWW](http://www.DOROTUSA.org/UWW)