

GENERATIONS HELPING

DOROT

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# Stay Connected with DOROT

## Programs for Aging Well

DOROT offers a rich menu of activities that empower you to stay active and socially connected. Come join us for one-on-one and group programs where you can explore a wide variety of interests and opportunities for building relationships with your peers and people of all ages.

### Participate in many different ways!

IN HOME

AT DOROT

ZOOM

PHONE

Our programs are offered free of charge, thanks to the generosity of our individual donors and foundation partners.

Learn more or register at [dorotusa.org](https://dorotusa.org).  
Contact us at (212) 769-2850 or [info@dorotusa.org](mailto:info@dorotusa.org).

## Our Programs

### VISIT & CONNECT WITH VOLUNTEERS

#### Friendly Visiting

IN HOME

Build a new friendship in the comfort of your home with a weekly or monthly volunteer visit. Bond over shared experiences and interests.



#### Sharing Your Legacy

IN HOME

ZOOM

Share your memories, words of wisdom, photos, and more with a volunteer who will collaborate with you to create a unique project that captures your legacy.

#### Package Deliveries

IN HOME

PHONE

Four times a year, enjoy a friendly chat with a volunteer who will visit with you in your home or by phone after delivering a package of food and treats.

#### Caring Calls

PHONE

Connect with a volunteer each week for a 20- to 30-minute friendly phone conversation about common interests. These matches are for eight weeks but often last longer.

#### Response Team

IN HOME

PHONE

Call us when you're looking for a companion to play games, organize paperwork, help with errands, or take a walk, among other options. Our volunteers also make birthday calls and visits.

## LIVE WELL

### Aging Alone Together™

AT DOROT

ZOOM

This six-week workshop gives solo agers the tools, strategies, and support to age successfully and plan for the future. Sessions offer guidance on critical decision-making and the chance to share experiences and build community.

### Tech Coaching

IN HOME

AT DOROT

ZOOM

Grow your skills and comfort with your smartphone, tablet, or computer by learning with a trained volunteer. One-time and multiple sessions available.

### Learning, Enrichment & Connection

AT DOROT

ZOOM

PHONE

Concerts, literature, current events, health and wellness—we offer a robust blend of opportunities for lifelong learning, discussion, creative pursuits, and social connection.

Sign up for our newsletter to explore our in-person and online offerings. Email us at [dorotprograms@dorotusa.org](mailto:dorotprograms@dorotusa.org).

Learn about our menu of programs offered exclusively by telephone. Call **(877) 819-9147**.

#### Please Note:

Programs described as “In Home” are available to those who live in designated areas:

- Upper West Side, between 59th & 125th Streets
- Upper East Side, between 14th & 96th Streets

## CONNECT WITH TEENS

### GENuine Connections™

ZOOM

Join teens and adults 65+ for weekly workshops that build meaningful intergenerational bonds and bring new perspectives to all. Sign up for games, discussion groups, art activities, and more.

### Intergenerational Programs

IN HOME

AT DOROT

Find common ground with teens through a variety of engaging activities. Share laughter and ideas, build relationships with young people, and be part of our multi-generational community.

## VOLUNTEER

### Stay Engaged & Make an Impact

IN HOME

AT DOROT

PHONE

Volunteering is a great way to stay connected as you age, and it's good for your health. Enrich your life while supporting members of our community. Learn more at [dorotusa.org/volunteer](http://dorotusa.org/volunteer) or email [volunteers@dorotusa.org](mailto:volunteers@dorotusa.org).



**Learn more or register today!**

**[dorotusa.org](http://dorotusa.org) • [info@dorotusa.org](mailto:info@dorotusa.org) • (212) 769-2850 • 171 W. 85th St., NYC**