



Stay Safe.

Stay Connected. Stay Active.

Looking for a new source of conversation, inspiration and friendship during this time of social distancing due to COVID-19? DOROT's programs on the phone and Zoom video conference open a world of possibilities for older adults.

Learn more or register today for one or all programs.

Participation is free. Call 914-485-8354 or email infowestchester@dorotusa.org.

Telephone Friends

Conversation and Connection

Telephone Friends connects seniors and volunteers for a one-to-one connection on the phone. We will arrange for a volunteer who shares your interests to call you for a fun conversation. The program creates long-lasting friendships by bringing the generations together to share ideas, opinions, and experiences. Enjoy sharing stories and learn about each other's lives! Contact us at 914-485-8354.

Intergenerational Chess

Ongoing and On Zoom

During the pandemic, chess moved to Zoom and meets weekly during the school year. High school students who know the game play with adults 65+ who may or may not know how to play with the goal being learning strategies and moves to help improve the game. We welcome new participants of any level. For more information contact infowestchester@dorotusa.org or 914-485-8354. We can help you learn how to use zoom. Join us!

DOROT alleviates social isolation among the elderly 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 elders, volunteers, and professionals.

This program is funded in part through the 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 Services.

TOGETHER WE ZOOM

DOROT's Onsite@Home programs are getting rave reviews. From Chair Yoga to Poetry Revelations, Meditation to the Golden Age of Trivia, more people are joining in than ever before. Email us at: DOROTprograms@dorotusa.org to receive the weekly calendar of classes and to register.



If you'd like to participate in this program but don't know how to use Zoom, please let us know in your email. We'll connect you to one of DOROT's Tech Coaches by phone.

UNIVERSITY WITHOUT WALLS

Connect by Phone from Home

Life at home can be full of stimulating conversation and camaraderie — all you need is a telephone. Dial into discussions on a variety of topics with University Without Walls, DOROT's engaged community for connections from home. Join popular 50-minute programs on the arts, literature, current events and more.

Call 877-819-9147 or email uww@dorotusa.org for available programs and to register.

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TECH MADE EASY

DOROT's Volunteer Tech Coaches will make it easy to learn Zoom or FaceTime or to shop online. All sessions are one-on-one on the phone or videoconference and are available at no cost. You will need your own device and internet access.

Call DOROT today at 917-441-3706 or email technologyhelp@dorotusa.org.

You can also access DOROT's Tech Guides here: <https://www.dorotusa.org/tech-guide>