



## **Opportunities for Engagement, Socialization and an Active Lifestyle Resource List**

### **Companion programs:**

- ComForCare NYC, home-based companionship and support, community escorts:  
<https://www.comforcarenyc.com/>

### **Dance, massage & fitness programs:**

- NYC Parks and Recreation: <https://www.nycgovparks.org/befitnyc>
- Dance for PD, dance classes for persons living with Parkinson's Disease:  
<https://danceforparkinsons.org/find-a-class/manhattan-registration>
- Rhythm Break Cares, dance socials & workshops: <http://www.rbcares.org/>\*
- Silver Stars Fitness, Personal training/"Boomers-only" gym: <http://www.silverstarsfit.com/>
- Lisa Snow, Personal training/Massage: <http://onthemendfitness.com/>

### **Friendly-visiting programs:**

- DOROT, Friendly Visits on the Upper West Side from 59th Street to 125th Street and the East Side from 14th Street to 96th Street and in Westchester:  
[http://www.dorotusa.org/site/PageServer?pagename=seniors\\_friendly\\_visiting\\_D#.XGHwUqNhk2w](http://www.dorotusa.org/site/PageServer?pagename=seniors_friendly_visiting_D#.XGHwUqNhk2w)
- SAGE, Friendly Visits, LGBTQ: <https://sagenyc.org/nyc/care/visitor.cfm>
- Visiting Neighbors, Friendly Visits: <http://visitingneighbors.org/friendly-visiting.html>

### **Museum-based programs\*:**

- Intrepid Sea, Air & Space Museum: <https://www.intrepidmuseum.org/education/stories-within>
- The Metropolitan Museum of Art: The Met Cloisters:  
<https://www.metmuseum.org/events/programs/met-tours/met-tours-disabilities/sights-and-scents>
- The Metropolitan Museum of Art: Metropolitan Art:  
<https://www.metmuseum.org/events/programs/access/visitors-with-dementia-and-their-care-partners>
- The Rubin Museum of Art: <http://rubinmuseum.org/events/series/mindful-connections>



- The Jewish Museum: <https://thejewishmuseum.org/programs/visitors-with-disabilities#memory-loss>
- Brooklyn Museum: <https://www.brooklynmuseum.org/education/access>
- American Folk Art Museum: <https://folkmuseum.org/visit/community-access/>
- Museum of Modern Art: <https://www.moma.org/visit/accessibility/dementia>
- Queens Museum: <https://queensmuseum.org/visit/accessibility>
- Brooklyn Botanical Garden: [https://www.bbg.org/visit/event/memory\\_tour](https://www.bbg.org/visit/event/memory_tour)

#### **Music and arts programs:**

- Lincoln Center for the Performing Arts, small group performances for individuals and care-partners: <http://www.lincolncenter.org/festival/lincoln-center-moments>\*
- The Unforgettables Chorus, chorus for individuals and care-partners: <https://www.facebook.com/The-Unforgettables-Chorus-358246257595663/>\*
- Arts and Minds, art viewing, discussion & creation workshops: <https://artsandminds.org/>\*
- Allison Reynolds, Music Therapy: <http://musicislifeny.com/>
- Brian Harris, Music Therapy: <https://www.briantharris.org/>
- Rafel Sgammato, Music Therapy: <http://www.nostalgicnotesllc.com/>
- Concerts in Motion, in-home concerts: <https://www.concertsinmotion.org/>

#### **Pet-therapy/Pet Assistance programs:**

- PAWS NY, Pet Assistance: <https://pawsny.org/>

#### **Physical, Occupational and Speech Therapy:**

- Outreach, PT, OT, and ST in home/clinic, Medicare Part B: <https://www.outreach-rehab.com/>

#### **Psychotherapy:**

- Mary Farkas, LCAT, RDT: [www.inspiredmemorycare.com](http://www.inspiredmemorycare.com)

#### **Spiritual programs:**

- DOROT, Spiritual Connections Program:  
[http://www.dorotusa.org/site/PageServer?pagename=seniors\\_programs\\_spiritual\\_connex\\_D#.XGHvcgNhk2w](http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_spiritual_connex_D#.XGHvcgNhk2w)

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### **Social and/or Intergenerational programs:**

- Alzheimer's Foundation of America: <http://www.alzfdn.org>\*
- Beginnings, social program: <http://renewalcare.org/services/social-programs/>\*
- DOROT, social & intergenerational programs:  
[http://www.dorotusa.org/site/PageServer?pagename=seniors\\_programs\\_youth\\_D#.XGHv9KNhk2w](http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_youth_D#.XGHv9KNhk2w)
- Meetup.com: [www.meetup.com](http://www.meetup.com)
- Sweet Readers, intergenerational program: <http://www.sweetreaders.org/>\*

### **Volunteerism:**

- Engage, JCC: <https://www.jccmanhattan.org/social-responsibility/volunteer/engage/>
- Special Interest Opportunities: [www.volunteermatch.com](http://www.volunteermatch.com)
- New York Cares: <https://www.newyorkcares.org/>

### **Therapeutic Recreation programs:**

- Inspired Memory Care: [www.inspiredmemorycare.com](http://www.inspiredmemorycare.com)\*

### **Lifelong Learning:**

DOROT: University without Walls

[http://www.dorotusa.org/site/PageServer?pagename=seniors\\_programs\\_on\\_phone\\_D#.XL4a5-hKhRY](http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_on_phone_D#.XL4a5-hKhRY)

### **Alzheimer's Disease & Related Dementia Care-partner Resources\*:**

- Alzheimer's Association - NYC Chapter: <https://alz.org/nyc>
- Alzheimer's Foundation of America: [www.alzfdn.org](http://www.alzfdn.org)
- CaringKind: [www.caringkind.org](http://www.caringkind.org)
- Carter Burden Caregiver Resource Program:  
<http://www.carterburdennetwork.org/caregiver-resources/>
- Dementia Action Alliance: <https://daanow.org/>
- Inspired Memory Care: [www.inspiredmemorycare.com](http://www.inspiredmemorycare.com)
- New York Memory Center: <https://www.nymemorycenter.org/>

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- New York City Department for the Aging - Alzheimer's and Caregiver Resource Center:  
<https://www1.nyc.gov/nyc-resources/service/1042/alzheimers-disease-resources>
- NYU Alzheimer's Disease and Related Dementias Family Support Program:  
<https://nyulangone.org/locations/alzheimers-disease-related-dementias-family-support-program>
- PSS Circle of Care: <https://pssusa.org/caregivers/>

\*Indicates organizations that have programs offered for individuals living with dementia or cognitive changes.