

A VIBRANT ONLINE COMMUNITY FOR OLDER ADULTS

Selfhelp's Virtual Senior Center (VSC) connects older adults to live, interactive online classes from the comfort of their home

CONNECTION Online community of older adults learning and discussing new things while exploring what the internet has to offer

EDUCATION stimulating classes on exercise, art, history, current events, music, museum tours, and more

FLEXIBLE class schedule offered 7 days/week, 365 days/year including holidays

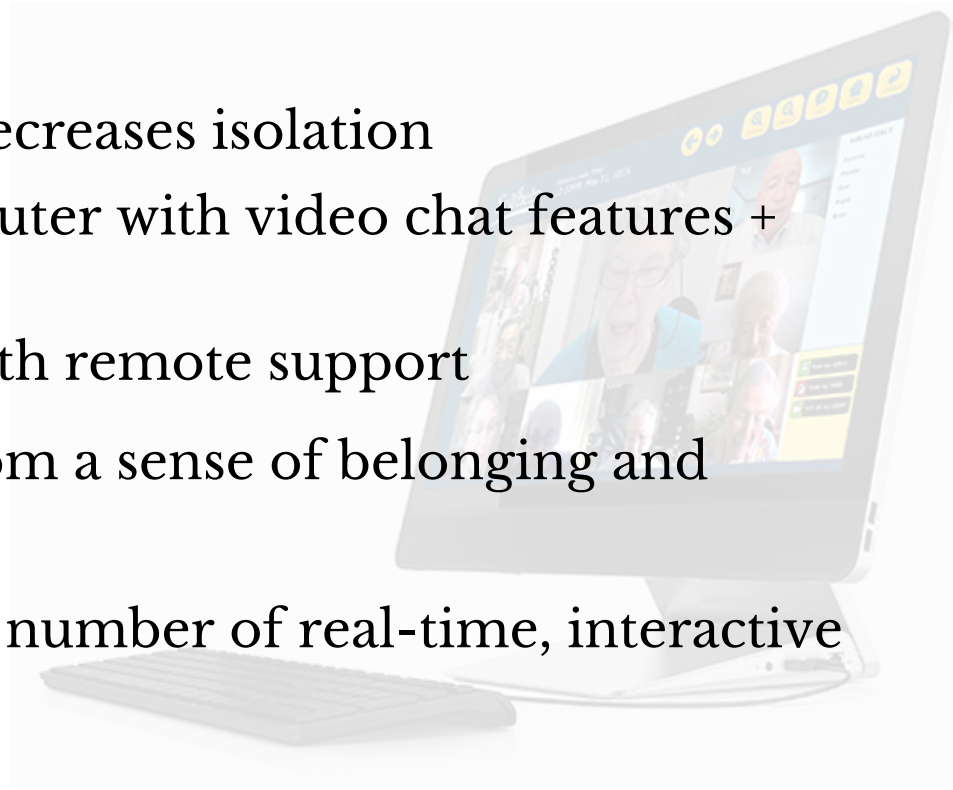
www.selfhelp.net/vsc

718-559-4460

Selfhelp

VSC BENEFITS

- Relieves boredom & decreases isolation
- Must own tablet/computer with video chat features + internet access
- Easy-to-use website with remote support
- Participants benefit from a sense of belonging and community
- Access to an unlimited number of real-time, interactive classes



Participants join live, interactive online classes where they can see, hear, and talk with other older adults. Each week dozens of educational, recreational and cultural classes are offered. Class topics vary week-to-week and include wellbeing and health, computer skills, gentle exercise, art, history, movies, and more!

Participants:

- NYS Resident, age 60+ years old
- Homebound/Socially isolated (including caretakers) seeking social interaction
- Willing to learn the computer

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