

Stuck at Home? Join an Online Community

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

CONNECT

with new friends online, learn and discuss new things, and explore what the internet has to offer

PARTICIPATE

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

ENJOY

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

- Relieves boredom & decreases isolation
- Limited free memberships available to NYC's low-income older adults (those who qualify for Medicaid, SNAP, HEAP, Section 8, or SCRIE)
- Must own tablet/computer with video chat features + internet access
- Easy-to-use website
- Computer & set up support available

Sign up today!
718-559-4370

