

Virtual Senior Center

The Virtual Senior Center, commonly known as the VSC, is an easy-to-use website that brings a vibrant community and a wide-range of interactive, facilitator-led classes straight to you in your home. There are classes 365 days a week, all day long.

Similar to an in-person senior center, the VSC offers classes on a variety of classes including health & wellness, art & music appreciation, live music listening, history, games, exercise, computer training, and travel, as well as cultural/religious programming. You'll have the opportunity to meet new people, make friends, and learn something new.

Frequently Asked Questions

Do I need to be tech savvy?	Not necessary! A familiarity with a computer is helpful, but not required. Our technical support staff will help you connect to the VSC and show you how to join classes. There are also refresher classes that happen weekly.
What do I need to join?	Any up-to-date desktop/laptop computer, Android tablet, or an iPad will work. You also need a web camera & microphone (if not already built into your device) and an internet connection
What happens if I miss a class?	No worries! Many of our classes are recorded and can be accessed from our Class Library at any time. Also, majority of our classes are designed for new members to drop in at anytime.
Who is on the VSC?	The VSC community is made up of older adults from age 65 to 104. Many are in NY state where the VSC is based, but members come from all over the United States. The VSC supports classes in English, Mandarin Chinese, Russian, Spanish, and Korean.
Who teaches classes?	Our Facilitators come from all different backgrounds. Many are volunteers who share their expertise and passions with the VSC. We work with select cultural partners, too, like the Modern Museum of Art, Musicians on Call, The Intrepid, and more. There's always new facilitators to meet and new classes to take.

Watch Videos about the VSC:

[Intro to the VSC](#)

[Meet John](#)

[VSC in the News](#)

Current Popular Classes on the VSC*:

- Music Appreciation with Jim
- Live Music Sessions with Musicians on Call
- Paper Craft Lessons with Lisa
- Fitness Classes with David
- Cooking Classes with Leah
- Morning Yoga and Meditation with various facilitators
- Science and Trivia with Benedict
- Computer, Tablet, and Smartphone Basics with Janna
- Disease-Focused and Health Preventative Classes with NY Presbyterian
- Special Partnership Classes with organizations like The Intrepid, NY Historical Society, Noguchi Museum, and more

**See our Weekly
Class Schedule**

*Current Classes availability subject to changes. Each month there are new facilitators and class topics available on the VSC in addition to this list.

Sampling of Past Class Topics

1. Painting Watercolors & Abstract Art
2. Genealogy: Your Family Storybook
3. French Language & Culture
4. Exploring NYC History-Greenwich Village
5. The Modern Civil Rights Movement
6. Myths & Legends Around the World
7. Seated Tai Chi
8. Emily Bronte's "Jane Eyre"
9. Brazilian Life & Culture
10. Health Benefits of Wine
11. Understanding Wall Street
12. Broadway Trivia
13. Gmail for Beginners
14. Shopping Online
15. History of Coins
16. Origami Paper Craft: Flapping Bird
17. Fun on the Piano
18. Science Trivia-Abnormal Psychology
19. You Be the Judge game
20. Consumer Fraud & Scams
21. Healthy Cooking-Making Pizza
22. Great American Songbook
23. Touring the Hudson River Estates
24. Wonderful World of Caribbean Reefs
25. Plants: Urban Green Thumb
26. Exploring & Enjoying Art
27. Dance Fitness
28. Wild Side of Our Pets!
29. Understanding Wall Street
30. What New Technologies Will Affect Us in the Future?
31. How to Take Pics on Your Smartphone
32. History of San Francisco
33. Storytelling: What Makes You Laugh?
34. Medication Safety
35. Organizing Your Clutter
36. Women Leaders: Ruth Bader Ginsburg
37. Vampire Bites: History of an Enduring Myth
38. Sign Language Basics



VSC for Prospective Members

What the VSC Offers:

Join the VSC community and have the outside world brought into your home. Meet new people, join lots of live classes a week, have 24/7 access to recorded classes, and have easy access to a curated list of websites, games, and news.

- One-click to join classes, no need for typing in Zoom codes or passwords.
- Safe, secure classes.
- Technological support through classes, the dedicated HELP page, and tutorial manual and videos.
- Weekly newsletter with suggested classes, updates, and birthdays.
- Personalized homepage with your announcements, weather, and name.

The screenshot displays the VSC homepage interface. At the top, a dark blue header contains the VSC logo, the time '10:47 AM', the day 'Thursday, May 27', and links for 'Help', a search icon, and a user profile labeled 'VSC Member'. A left sidebar lists navigation options: Home, Classes, Class Library, My Calendar, Chat, Internet, Games, and Gmail. The main content area is titled 'TODAY'S SCHEDULE' and lists several classes with their topics, instructors, and times. Each class entry includes a 'JOIN NOW' button. The right sidebar features 'ANNOUNCEMENTS' with two links, a 'WEATHER' section showing forecasts for Today, Friday, and Saturday, a 'SPONSORED CONTENT' section with a city council hearing announcement, and a 'NEWS' section with a list of current events.

VSC 10:47 AM Thursday, May 27 Help 🔍 VSC Member

Home **Classes** **Class Library** **My Calendar** **Chat** **Internet** **Games** **Gmail**

TODAY'S SCHEDULE

- Podiatry (NY Presbyterian Hospital)**
with Ming-der Chang
HEALTH
10:00 AM - 10:55 AM [JOIN NOW](#)
- Contemporary Events with Elise**
with Elise Butowsky
NEWS
11:00 AM - 11:55 AM
- Computer Training w/John (Thursday)**
with John Giancone
TECHNOLOGY
01:00 PM - 01:55 PM
- Austin: Tai Chi with Mr. Choe**
with Kwok Kay Choe
EXERCISE
01:00 PM - 02:00 PM
- American History & Literature w/Alan G.**
with Alan Ginsberg
HISTORY
03:00 PM - 03:55 PM
- Austin: Toning & Lifting w/Darryl**
with Darryl Granum
EXERCISE
03:00 PM - 03:55 PM
- A Dill Pickle by Mansfield & Third Ingredient by O Henry**
with Vandana Walia
ARTS
04:00 PM - 04:55 PM

ANNOUNCEMENTS

- Check Out This Week's Newsletter For Interesting Classes And Important Announcements! [Click here](#)
- Don't Overlook The VSC Web Schedule You Can Get A Two Week View Of Upcoming Selfhelp Classes Organized By Category [Click here](#)

WEATHER

Today	Friday	Saturday
 59° - 79°	 46° - 69°	 45° - 50°

SPONSORED CONTENT

CITY COUNCIL HEARINGS - VIRTUAL
Stay informed. Virtually attend city council hearings in NYC
[View more](#)

NEWS

- 1 Covid: Johnson And Hancock Reject Cummings' Criticism
- 2 Arlene Foster Awarded £125k Damages In Dr Christian Jessen Libel Case
- 3 Fred West: No Human Remains Found In Mary Bastholm Search
- 4 School Of Rock Drummer Kevin Clark Dies, Aged 32
- 5 Belarus: I'm Ready To Beg For Help, Says Mother Of Detained Woman

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