

Online Activities and Programs for Older Adults

If you are looking for online activities to help you stay healthy, engaged and connected please explore the options listed below. To learn more about these options or to get help with setting up your access through these programs please call the Broome County Office for Aging at **(607) 778-2411** or email: ofa@broomecounty.us

- **Office for Aging Virtual Programming**

The following classes are offered through Zoom. Advanced registration is required for Zoom chair exercise. To obtain more information and sign up, please call (607) 778-2411. If you do not have access to the internet, a phone number will be provided so that you may call into this class with a basic phone line.

- **Chair Exercises: Monday, Wednesday and Thursday, 10-10:30 am**
- **Chair Drum Exercise: Tuesday 10-10:30 am**
- **Chair Yoga: Fridays, 10-10:30 am**

Chair exercises are a low-impact way for you to burn calories and move your joints and muscles. You can remain seated in a comfortable chair during this video program. In just 30 minutes of chair exercise, you can burn up to 250 calories! Remember to consult a healthcare professional before beginning this or any new exercise program.

- **Selfhelp: Virtual Senior Center Program**  **VSC**

The Virtual Senior Center (VSC) is a community-building platform that helps older adults connect and engage with each other through virtual or hybrid classes and events. VSC offers daily online activities including chat groups, exercise, art, crafts, history, science, and music classes. To see the full class schedule please visit: <https://www.vscm.selfhelp.net/calendar>
To enroll in the VSC please contact the Broome County Office for Aging at: (607) 778-2411 or email: ofa@broomecounty.us.

TURN OVER FOR MORE OPTIONS



- **Get Set Up**



Get Set Up is a place for active older adults to learn, connect and share with peers in small intimate classes. Classes include the following: fitness, history, cooking, music, computer and technology and discussions on variety of topics. For a full class schedule please visit:

<https://www.getsetup.io/schedule>.

Older adults who reside in NY State can take advantage of free classes through Get Set Up by visiting the following link: <https://www.getsetup.io/partner/nystate>.

- **Senior Planet: AARP**



Offers free classes that help seniors learn new skills, save money, get in shape and make new friends. Access online classes and programs by visiting this link: <https://seniorplanet.org/>

- **Pets Together**



Pets Together brings the joy of animals of all kinds directly to you in a virtual setting. Whether you're an individual at home, or you live in a group setting—you can set up a free appointment to meet with 5 volunteers over a Zoom video call. Volunteers may have dogs, cats, goats, alpacas, horses, birds, lizards—it's a fun surprise what you'll get! While you can make animal specific requests when you book an appointment, you'll come away with a smile no matter what. Make some new furry friends by visiting this link: <https://petstogether.org/>.

If you have any questions, reach out by emailing info@petstogether.org or call (828)367-7603