



Older Adult Needs Assessment

Part 1: Landscape Analysis



September 2025 / Updated August 2026

Introduction

- This landscape analysis was produced to provide context for the Greater Orlando Older Jewish Adult Needs Assessment Study.
- It consists of four sections:
 - **Demographic Overview** – data on older adults in the Greater Orlando area – in general and specifically among those identifying as Jewish
 - **Senior Programs & Services** – overview of current older adult programs and services offered by secular and Jewish organizations in Orlando
 - **Best Practices & Trends** – guidance from experts in the field of aging on key issues impacting older adults in Orlando and across the country
 - **Innovative Programs & Services** – examples of older adult programs and services from across the country that could be implemented in Orlando

I. Demographic Overview

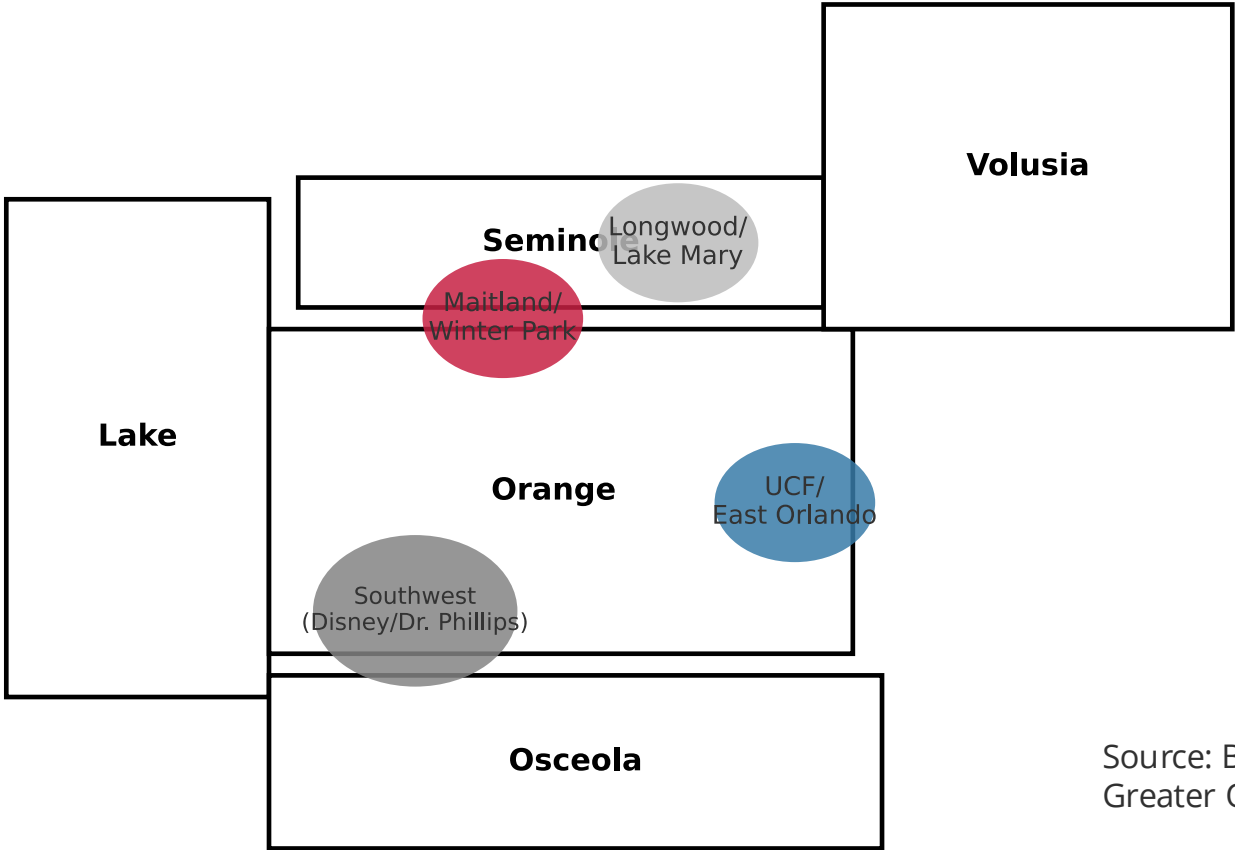
Demographic Overview

- The Demographic Overview is comprised of data from two sources:
 - Data on older adults of all religions in Greater Orlando were sourced from the 2023 American Community Survey (ACS) of the US Census.
 - Data on older adults in Greater Orlando who identify as Jewish were sourced from the 2021 Greater Orlando Jewish Community Study (JCS), conducted by the Brandeis University Cohen Center for Modern Jewish Studies (CMJS) and the Steinhardt Social Research Institute (SSRI).
- While we have compared data from the two studies on the following pages, it is important to note that the two samples are not entirely comparable.
 - The data were collected during different time periods using different methodologies and sampling approaches.

Demographic Overview (cont'd)

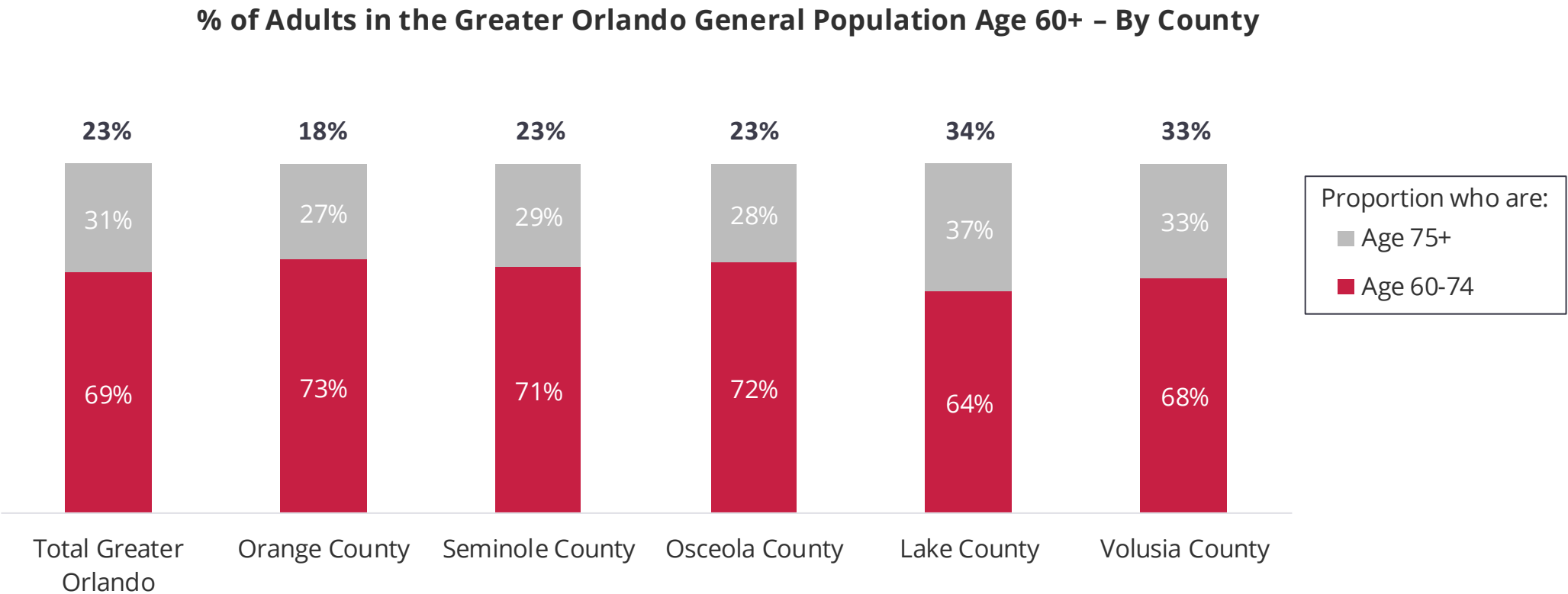
- The age groups are not identical. The ACS asked respondents for their exact age, so the data can be parsed into custom subgroups (e.g., 60+, 60-64, or 65-74).
 - In contrast, participants in the JCS study did not input their actual age. Instead, they could choose one of three groupings: 50-64, 65-74, and 75+. As a result, individuals 60-64 years of age were not identifiable for analytical purposes.
- Most importantly, the geographies differ. The ACS general population sample included respondents from all zip codes within the five counties comprising Greater Orlando (Orange, Seminole, Lake, Osceola, and Volusia). In contrast, JCS surveyed respondents across the entirety of Orange and Seminole counties, but only from select zip codes in the remaining three counties.
 - As the schematic on the next page illustrates, the JCS respondents were reclassified into one of four geographic areas, which do not correspond to the county boundaries. Zip code-level data was not made available to the public.

This schematic shows the overlap between the four JCS geographic areas and the five counties. Because several zip codes straddle two counties, some of the geographic areas also do (most notably Maitland/Winter Park).



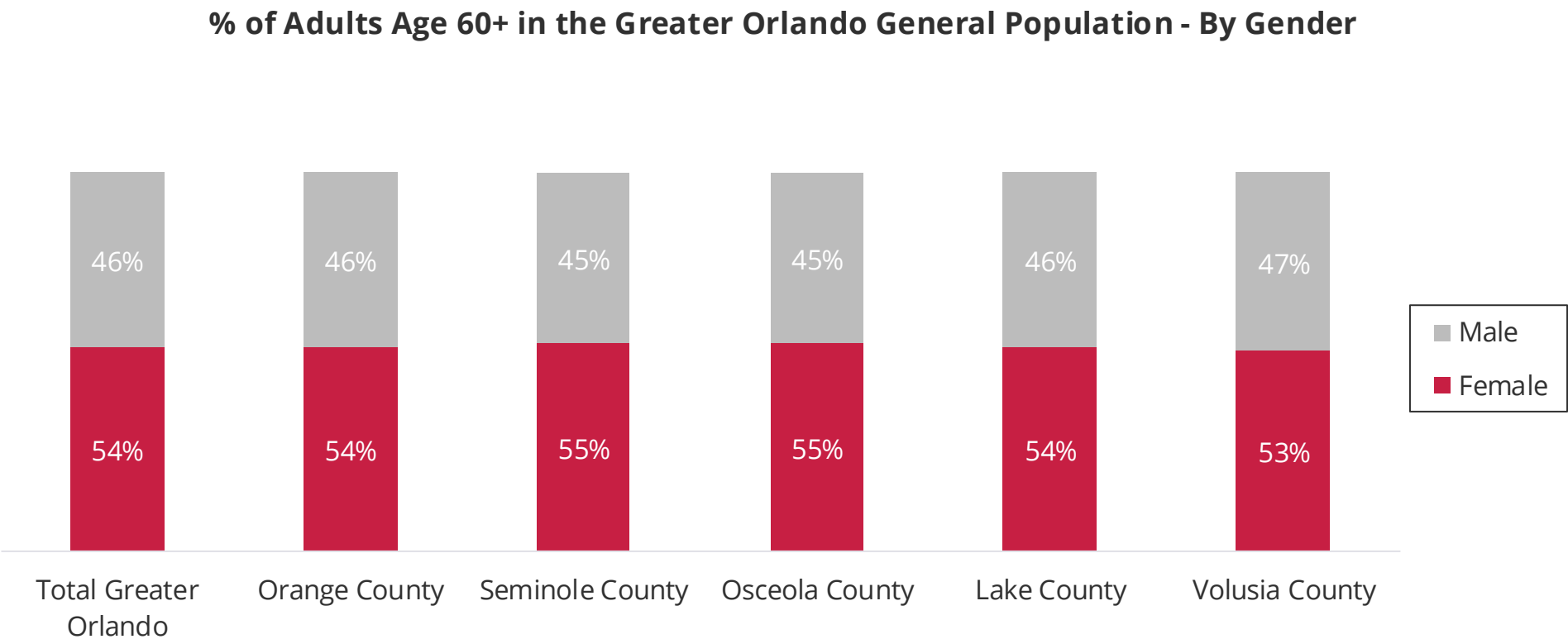
Source: Based on data from the 2021 Greater Orlando Jewish Community Study

According to the ACS, nearly 1-in-4 adults (23%) across the entire five-county Greater Orlando area are age 60+. Lake County has the oldest age profile (36% age 75+), while Orange County has the youngest (27% age 75+).



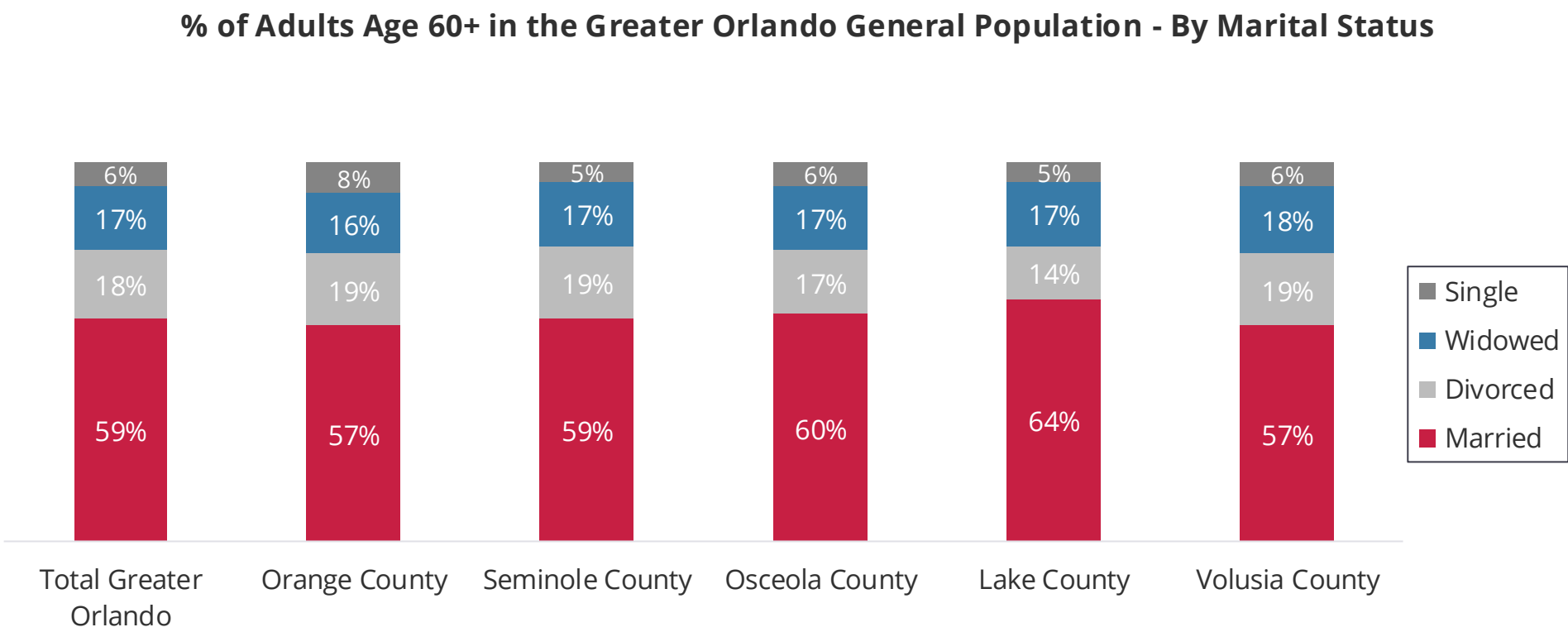
Source: U.S. Census Bureau – 2023 American Community Survey (ACS) 5-Year Estimates

Based on ACS data, there is a slightly higher proportion of women than men (54% versus 46%) among adults age 60 and over in the general population across all five counties in Greater Orlando.



Source: U.S. Census Bureau – 2023 American Community Survey (ACS) 5-Year Estimates

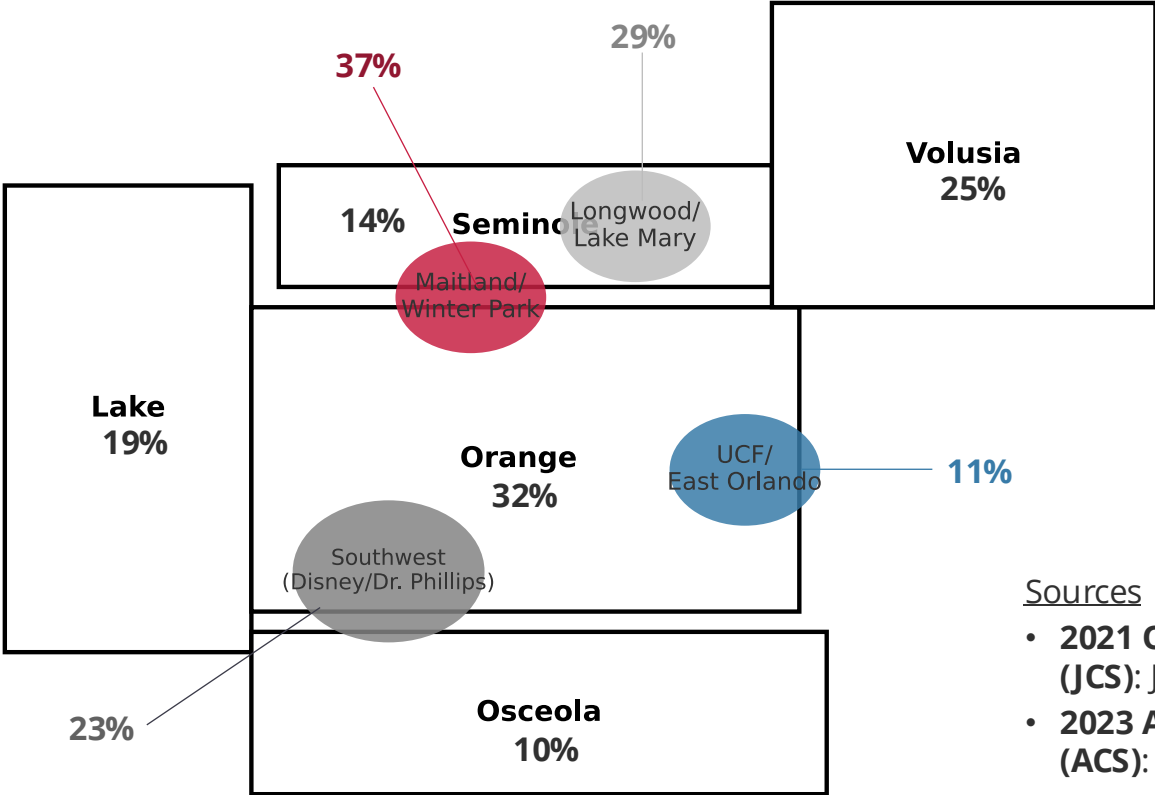
According to the ACS, roughly 3-in-5 adults age 60+, across all five counties in Greater Orlando, are married. Approximately 1-in-3 are either divorced or widowed.



Source: U.S. Census Bureau – 2023 American Community Survey (ACS) 5-Year Estimates

The 2021 JCS suggests that Jewish older adults age 65+ were primarily concentrated in Orange and Seminole counties. In contrast, the overall older adult population is much more dispersed across the five-county region.

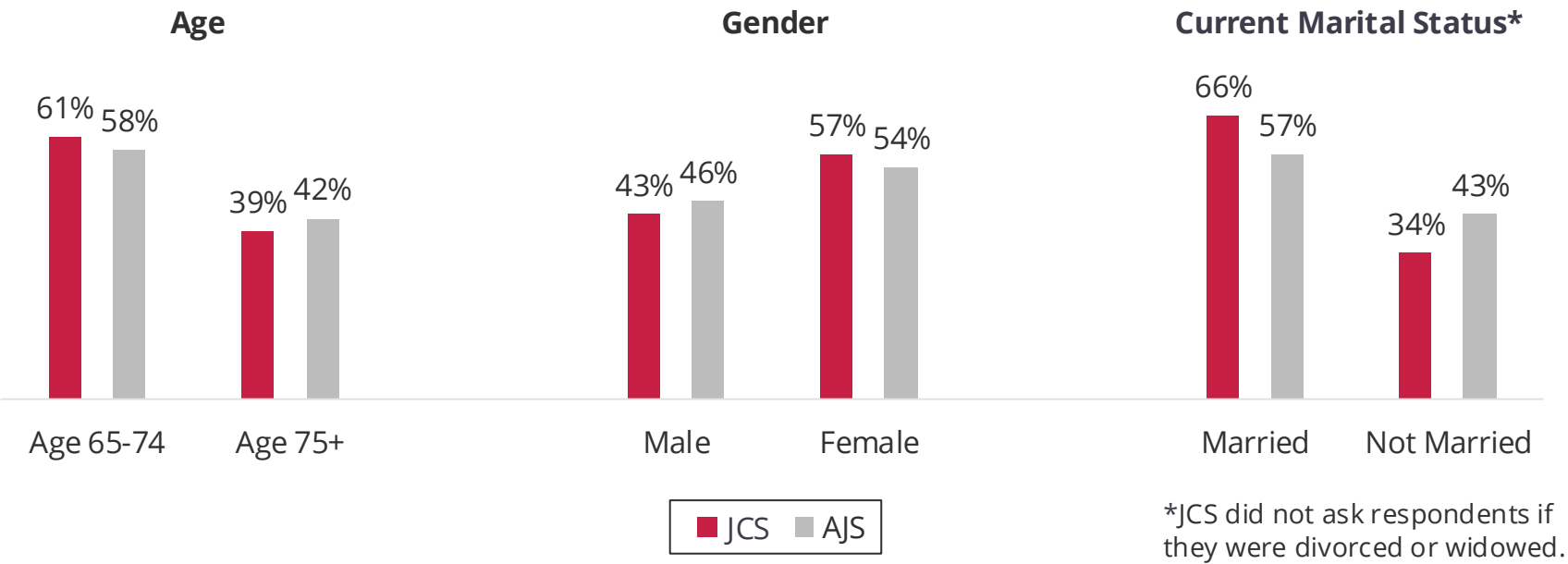
% of Adult Population Age 65+ in Greater Orlando - By County/Geographic Area



- Sources
- 2021 Orlando Jewish Community Study (JCS): Jewish adults age 65+ - **colored %s**
 - 2023 American Community Survey (ACS): all adults age 65+ - **black %s**

Based on the JCS data, Jewish adults age 65+ in Greater Orlando are somewhat more likely than the general population (in total) to be married.

Comparison of Demographic Data – Adults Age 65+ in the Greater Orlando Population



Sources: 2021 Greater Orlando Jewish Community Study (JCS) and the 2023 American Community Survey (ACS)

II. Senior Programs & Services

Older Adult Program & Service Providers in Greater Orlando

Type of Program/Service	Secular provider(s)*	Jewish provider(s)*
Caregiver support	- Alzheimer's & Dementia Resource Center - Share the Care – Orange, Seminole	Jewish Family Services – Orange, Seminole
Continuous care retirement communities (CCRCs)	There are numerous CCRCs in the area. Those with the most Jewish residents include Cascade Heights (Longwood), Grand Living (Lake Mary), The Mayflower (Winter Park), Village on the Green (Longwood)	While there are no CCRCs under Jewish auspices, Jewish Pavilion partners with 50+ CCRCs to provide Shabbat, Jewish holiday & cultural programs – all counties except Volusia
Friendly visiting (in-home)	- Volunteers for Community Impact – Orange, Seminole, Osceola - Council on Aging of Volusia	Informal through Chabad and synagogues
Home-delivered meals	- Meals on Wheels Etc – Seminole County - Seniors First – Orange - Council on Aging of Volusia - Osceola Council on Aging	Chabad provides limited deliveries of kosher meals to the neediest

* Unless noted, programs operate across Greater Orlando

Older Adult Program & Service Providers in Greater Orlando (cont'd)

Type of Program/Service	Secular provider(s)*	Jewish provider(s)*
Home modifications & repairs	- Habitat for Humanity – Orange, Osceola, Seminole, Lake, Volusia - All the counties provide some rehab assistance for those eligible (e.g., SHIP)	None
Information & referral services	- Alzheimer's & Dementia Resource Center - Senior Resource Alliance Elder Helpline – Orange, Osceola, Seminole - Heart of Florida United Way – Orange, Seminole (and United Way of Volusia) - Elder Affairs Elder Helpline	Jewish Pavilion's Orlando Senior Help Desk – all counties except Volusia
Jewish holiday & Shabbat programming	Very limited (e.g., some senior centers offer Hanukkah programs)	Limited programming at the Roth Family JCC, Rosen JCC, KCOA, Chabad, and area synagogues
Respite care services	- Brain Fitness Academy (early dementia care) – Orange, Seminole, Volusia - Elder Affairs – RELIEF program - Share the Care – Orange, Seminole	None

* Unless noted, programs operate across Greater Orlando

Older Adult Program & Service Providers in Greater Orlando (cont'd)

Type of Program/Service	Secular provider(s)*	Jewish provider(s)*
Senior drop-in centers	• There are numerous city and county senior centers	• Limited programming at the Roth Family JCC, Rosen JCC, KCOA, Chabad, and area synagogues
Tech training	• Seniors Now Computer Learning Center – Orange • Osceola Council on Aging • Council on Aging of Volusia County	• Occasional programs or workshops at the Roth Family JCC and Rosen JCC
Transportation services (non-emergency door-to-door ride services)	• Meals on Wheels Etc – Seminole • GoGoGrandparent (Uber via phone)	• Jewish Family Services RIDE program – Orange, Seminole

* Unless noted, programs operate across Greater Orlando

III. Best Practices & Trends

Best Practices & Trends

- Aging in Place
- Animal-Assisted Therapy
- Combatting Loneliness & Isolation
- Family Caregiving
- Future of Senior Centers
- Marketing to Older Adults
- Use of Technology

Aging in Place

- While a majority of older adults prefer to remain in their own homes and communities as they age, successfully doing so requires planning, support, and resources to address their physical, social, and safety needs. S'firot may want to consider funding programs and services that address some of these key considerations:
 - **Planning Ahead** – thinking early about potential needs that may arise, and discussing preferences with family, friends, and caregivers before a crisis occurs
 - **Home Modifications** – starting with simple safety improvements (e.g., grab bars, better lighting, ramps, and area rug removal), before undertaking more extensive renovations that may be needed as health and mobility decline (e.g., walk-in showers, stair lifts)
 - **Community and Social Support** – reducing isolation by staying connected with others through senior centers, volunteer programs, and faith-based or social organizations
 - **Health and Personal Care** – setting up access to reliable health services, home health aides, or personal care assistance, and systems for dealing with chronic conditions, medication management, and emergencies

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Aging in Place (cont'd)

- **Transportation** – identifying driving alternatives (e.g., rides from family/friends, para-transit, or ride services), so they can get to medical appointments and social activities
- **Technology** – setting up tools such as emergency alert systems, smart home devices, telehealth, and medication reminders to support safety and independence. Teaching them to make video calls or use Zoom for online activities and to connect with others
- **Financial Planning** - budgeting for in-home support, home modifications, and medical expenses. Exploring options such as Medicare, Medicaid, long-term care insurance, and other financial resources
- **Information & Referral** – identifying local agencies that can advise them on home repairs, transportation, finances, meal programs, caregiving, and other needs

Source: “[Aging in Place: Growing Older at Home](#),”
National Institute on Aging (NIA), October 2023

Animal-Assisted Therapy

- Research suggests that animal-assisted therapy (AAT) with animals such as dogs, cats, and horses can improve quality of life, particularly for individuals who live alone or in long-term care facilities, or those living with dementia — all sizable segments of the older adult population. Positive impacts may include:
 - **Physical Engagement** – interaction with animals can encourage movement and activity.
 - **Emotional Well-Being** – animal interaction may reduce stress and anxiety, providing comfort and enjoyment.
 - **Social Connection** – therapy animals can encourage communication and help reduce loneliness and isolation.
 - **Cognitive/Behavioral Benefits** – for those with dementia or cognitive impairment, animal interaction may stimulate memory, engagement, and positive behavior.

Source: “[7 Benefits of Animal-Assisted Therapy for Seniors,](#)”
by Preston Ni in Psychology Today, September 2022

Combating Loneliness and Isolation

- According to the U.S. Surgeon General, loneliness and social isolation are linked to a 50% increased risk of dementia, a 32% increased risk of stroke, and a 29% increased risk of heart disease in older adults.
 - Social disconnection also raises the risks for depression, anxiety, premature death, and suicide, particularly in older adults who may face bereavement, retirement, or declining mobility. Additionally, among Medicare recipients, social isolation is estimated to result in \$6.7 billion in additional annual healthcare costs.
- To combat this crisis, the U.S. Surgeon General calls for a national strategy to foster connection. S'firot may want to consider some of these key actions in its funding priorities:
 - **Strengthening Social Infrastructure** – investing in community centers, senior centers, libraries, and green spaces that promote engagement; expanding intergenerational programs to connect older adults with youth

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Combating Loneliness and Isolation (cont'd)

- **Mobilizing the Health Sector** – training healthcare providers to screen for loneliness and isolation as routinely as other health risks; integrating referrals to social and community programs into standard care for older adults
- **Reforming Digital Environments** – encouraging technology literacy programs for older adults to help them stay connected; promoting safe, accessible platforms that foster genuine human connection rather than passive scrolling
- **Deepening Knowledge** – investing in research on interventions, especially around older adults, who are at heightened risk; tracking social connection as a public health measure, similar to blood pressure or BMI
- **Building a Culture of Connection** – encouraging both volunteerism and community involvement; promoting awareness campaigns to reduce the stigma around loneliness and encourage help-seeking

Source: [“Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community,”](#) 2023

Family Caregiving

- As the population ages and more adults live longer with chronic health conditions, families are increasingly called upon to help aging parents, spouses, siblings, relatives, and friends.
- In 2025, 63 million Americans — nearly 1 in 4 adults — provided ongoing care for an adult or child with a disability or serious medical condition, a 45% increase since 2015.
 - 59 million were caring for adults.
 - 29% of family caregivers are “sandwich caregivers,” simultaneously caring for children and an older adult.
- Caregiving can be rewarding, but sustained responsibility can also create significant emotional, physical, financial, and logistical challenges.
 - For this reason, some of the newer, most interesting programs combine social engagement for the care recipient with meaningful relief for caregivers.

Source: “[Caregiving in the US 2025](#),”
AARP and National Alliance for Caregiving, 2025

Family Caregiving (cont'd)

- Family caregivers are assuming increasingly complex responsibilities, often without sufficient support.
 - **Respite:** 39% of caregivers say that having respite services available would be helpful, yet only 13% have used respite services. Barriers include inflexible programs, difficult application processes, lack of trained providers, concerns about quality, and reluctance to hand off care.
 - **Health & Well-Being:** Nearly two-thirds of caregivers report moderate or high emotional stress, 45% report moderate or high physical strain, and nearly one-quarter say they feel alone.
 - **Information & Navigation:** 30% want more help managing their own emotional or physical stress, 27% need help keeping the care recipient safe at home, and 26% need help navigating paperwork and eligibility for services.

Source: "[Caregiving in the US 2025](#),"

AARP and National Alliance for Caregiving, 2025

Future of Senior Centers

- With older adults living longer and an increasing number opting to age in place, senior centers are finding themselves serving a more diverse audience than in previous decades.
 - As Baby Boomers move through later adulthood, senior centers are serving a generation that is generally better educated, more accustomed to choice, and less willing to accept programming that does not feel relevant or engaging.
- As a result, the needs and expectations of Boomers for senior centers differ significantly from those of their predecessors. They expect high-quality programming, short-term, focused commitments, demonstrated impact, and variety. To better meet their needs, senior centers will need to evolve.
- When considering funding or developing a new senior center for the Orlando Jewish community, these key factors should be taken into account...

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Future of Senior Centers (cont'd)

- **Multi-Service Hubs** – Centers will need to transition from recreation-only models to more comprehensive community health and wellness hubs, offering education, information, and fitness programs, as well as access to healthcare services.
- **Technology as a Core Service** – In addition to virtual programs, telehealth, and digital literacy programs, senior centers will need to bridge the digital divide to stay relevant, connecting older adults to healthcare and community resources.
- **Equity and Inclusion** – The next generation of senior centers must reach diverse populations, including racial and ethnic minorities, LGBTQ+ elders, and immigrants. Culturally competent programming and inclusive practices will be non-negotiable.
- **Rebranding & Visibility** – Many centers already struggle with outdated perceptions. A shift toward names like 'Community Wellness Center' or 'Vitality Hub' may be needed to attract younger audiences who don't view themselves as 'seniors'.

Source: “[The State of Today’s Senior Centers: Successes, Challenges and Opportunities](#),”
National Council on Aging – Modernizing Senior Centers Resource Center, May 2023

Marketing to Older Adults

- According to AARP, older adults generally prefer neutral, factual descriptors, such as 'adults 60+' or 'older adults,' which are the terms currently used by S'firot.
 - Terms like 'old' and 'elderly' carry strong negative associations and should be avoided, while 'senior' and 'senior citizen' evoke both positive and negative associations.
- Most people in this age group have a favorable view of life and aging. They are twice as likely to describe themselves as connected rather than alone, so it is best to depict them with others.
- Portraying older adults as experienced, independent, and knowledgeable individuals can help organizations and brands connect with them more effectively.
 - It is important to use realistic and inclusive images, avoiding age-related stereotypes and clichés.

Source: "[Language of Aging](#)," AARP.org/research, September 2021

Use of Technology

- While older adults are increasingly comfortable with technology, support, training, affordability, and trust remain essential. In funding or developing new tech training programs, consider these best practices, which emphasize meeting older adults where they are, and making technology easy, useful, safe, and socially meaningful:
 - **Prioritizing Simplicity & Usability** – choosing devices and apps with intuitive interfaces, larger text, clear audio, and minimal steps to complete tasks; offering simplified set-up and troubleshooting guides
 - **Providing Hands-On Training & Ongoing Support** – pairing older adults with tech coaches, peer mentors, or community workshops; ensuring that training isn't one-time; using regular refreshers to build confidence and prevent drop-off
 - **Focusing on Practical Value** – framing tech use around real-life benefits, such as staying in touch with family, managing health, providing information, entertainment, or safety; highlighting what's in it for them, rather than abstract features

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Use of Technology (cont'd)

- **Addressing Cost & Access** – offering low-cost internet plans, refurbished devices, or programs that subsidize connectivity for older adults; identifying available digital equity initiatives
- **Building Trust & Security** – teaching safe practices around passwords, scams, and data privacy; promoting the use of technology that has clear, transparent privacy protections
- **Leveraging Health & Wellness Tools** – integrating wearables, telehealth platforms, and medication reminder apps (where relevant); stressing the role of tech in maintaining independence and safety (e.g., falls detection, remote monitoring)
- **Encouraging Social Connectivity** – promoting use of video chat, messaging apps, and social media to reduce isolation; highlighting platforms where friends/family are already active for easier adoption

Source: “[2025 Tech Trends and Adults 50-Plus](#),” AARP.org/research, January 2025

IV. Innovative Programs & Services

Innovative Programs & Services

- Canine Corps
- Friendly Visiting
- Group Excursions
- Intergenerational Campus
- Memory Café
- Respite Care
- Tech Training
- Wise Aging
- Virtual Senior Center

Canine Corps — volunteers & their therapy dogs brighten older lives

jfcs.org/volunteer



Through the JFCS Canine Corps, trained volunteer-and-therapy dog teams visit local older adults at home, providing companionship, connection, and opportunities for regular social interaction.

About the program:

- Animal-assisted therapy (AAT), or pet therapy, involves guided interactions between individuals and trained animals to promote therapeutic benefits.
- While many Assisted Living and Memory Care facilities offer AAT programs, the Jewish Family and Children's Services (JFCS) of San Francisco trains canines and their humans to serve in the JFCS Canine Corps, visiting senior clients in their homes.
- Volunteers undergo a thorough evaluation process and a nine-week training course to ensure both they and their dogs are well-prepared to meet with clients.

Why consider something similar:

- AAT reduces stress, anxiety, and social isolation, while increasing joy. Additionally, it can stimulate memory and communication in individuals with dementia.
- In addition to home settings, AAT programs can be implemented in JCCs and senior centers.
- It may be possible to partner with the Pet Therapy Program at Orlando Health for training.

Friendly Visiting — pairing older adults & volunteers

dorotusa.org



DOROT's Friendly Visiting program matches older adults with volunteers based in part on shared interests. Regular visits provide companionship and allow relationships to develop over time.

About the program:

- Friendly Visiting is a longstanding program of DOROT, a New York social-service organization focused on reducing social isolation among older adults.
- Older adults and volunteers (age 18+) are carefully matched by a trained social worker, who provides ongoing support throughout their relationship.
- While the program is currently limited to Manhattan and Westchester County, NY, it could be replicated in Orlando with guidance from DOROT.

Why consider something similar:

- Friendly visiting helps alleviate loneliness and isolation among older adults – especially those who are homebound or lack family in the area.
- It is suitable for adults of any age who are seeking volunteer opportunities, including college students and those age 60+.

Group Excursions — escorted trips with a centralized bus pickup starrtours.com/kleinlife



Starr Tours at KleinLife is a travel program offering day trips and group outings to cultural events (as well as multi-day excursions) for older adults, departing by bus from the KleinLife campus.

About the program:

- Starr Tours at KleinLife is a partnership between KleinLife (formerly the Klein JCC) in Northeast Philadelphia and Starr Tours (a for-profit tour operator).
- The program replaces “Andrea’s Adventures,” run by KleinLife staffer Andrea Kimelheim, who continues to escort all senior travel programs.
- KleinLife also operates a private Facebook group, where participants can view photos from previous trips, learn about upcoming trips, and connect with fellow travelers.

Why consider something similar:

- Many older adults no longer drive or, if they do, prefer not to drive at night, on highways, or in unfamiliar areas.
- Parking at popular cultural venues is often limited, expensive, and located far from the entrance.
- Group outings address the need for socialization.

Intergenerational Campus — building relationships across generations

rashi.org



Because The Rashi School and NewBridge on the Charles share a campus, students in grades K-8 and older residents have frequent opportunities for structured activities, informal interaction, mentoring, and shared learning.

About the program:

- The Rashi School (a Reform Jewish independent school) shares a campus with Hebrew SeniorLife's NewBridge on the Charles (a senior living community) in Dedham, MA.
- Throughout their education, every Rashi student has multiple interactions with NewBridge residents. Many form lasting relationships with their senior neighbors.
- During any given week, students might volunteer with residents who have memory loss, interview residents about their family histories, jointly celebrate Shabbat and Jewish holidays, or simply spend quality time reading together.

Why consider something similar:

- The Roth Family JCC and the Gotlib Jewish Academy are both based on the Shalom Orlando campus.
- If Roth had a regular older adult drop-in center, they could easily collaborate with the Jewish Academy – or the Richard S. Adler Early Childhood Learning Center.

Memory Café — socialization for people with dementia & their caregivers

dfamerica.org



Memory cafés provide informal social gatherings where people experiencing memory loss can participate in activities and connect with others alongside caregivers, family members, and friends.

About the program:

- There are over 600 memory cafés across the US. The concept originated as the "Alzheimer's Café" in the Netherlands in 1997.
- Memory cafés are often free of charge and typically meet once or twice a month. They are usually held in libraries, cafés, community centers, and other communal spaces. The operational cost is minimal.
- Among the Jewish organizations offering memory cafés are the Jewish Family & Children's Service in Boston, Jewish Community Services in Baltimore, and Jewish for Good (the Levin JCC) in Durham.
- The Memory Café Alliance of Dementia Friendly America offers free resources for finding a local memory café or setting one up.

Why consider a Memory Café:

- Memory Cafés help alleviate social isolation and support patients in managing negative emotions.
- They also offer caregivers the opportunity to ease their stress and meet others like themselves.

Respite Care — much-needed breaks for family caregivers

respitality.org.uk



Respitality is a Scottish initiative through which businesses in the hospitality, tourism, and leisure sectors donate experiences that give unpaid caregivers opportunities for restorative breaks.

About the program:

- Respitality connects caregiving organizations with businesses in the hospitality, tourism, and leisure industries that donate their services free of charge.
- The caregiving agencies then offer breaks tailored to individual caregivers' schedules and interests.
- Donated services can range from overnight hotel stays and spa days to restaurant meals and theater and sporting event tickets.

Why consider Respitality or something similar:

- Most respite care focuses solely on the care recipient, leaving the caregiver to plan their own respite break.
- Orlando has many businesses in the hospitality, tourism, and leisure industries.
- Respitality provides these local businesses with the opportunity to donate services that would otherwise go unused (e.g., low-season vacancies or last-minute cancellations) while giving back to the community.

Tech Training — technology programs for older adults

oats.org/senior-planet-from-aarp



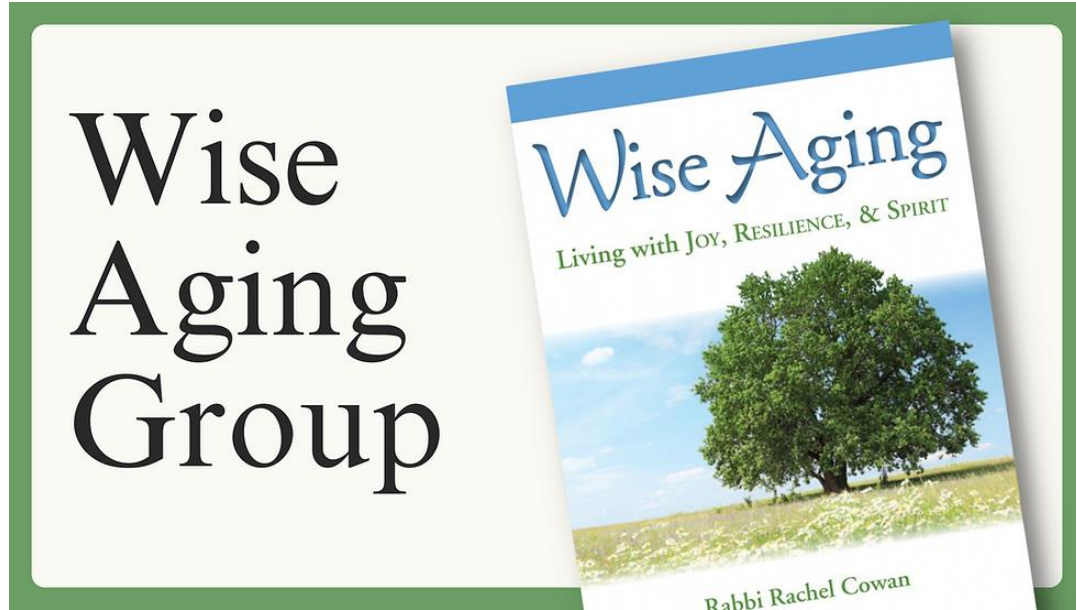
Senior Planet provides adults age 60 and over with free technology instruction and support through online and in-person classes, self-paced learning, demonstrations, and individual assistance.

About the program:

- Senior Planet is the flagship program of Older Adults Technology Services (OATS) from AARP. Its mission is to help older adults learn and use technology to enhance their lives and thrive in the digital age.
- Free online classes are available live on Zoom and on demand. In-person classes are offered at Senior Planet centers across the country.
- Senior Planet also partners with over 400 local agencies throughout the US, including numerous Jewish organizations, to deliver its proprietary curriculum to older adults in their communities.

Why consider Senior Planet or something similar:

- Many older adults find new technology intimidating. However, it is essential for connecting with friends, family, and healthcare providers; monitoring health and safety; accessing transportation and food; staying informed and entertained; and much more.



Wise Aging uses facilitated small-group workshops to help Jewish adults 55+ explore the experiences, challenges, and opportunities of later life through a Jewish lens, enabling them to age with greater joy, resilience, and spirit.

About the program:

- Wise Aging is a program of The Institute for Jewish Spirituality, based on a book of the same title, co-written by Rabbi Rachel Cowan and Dr. Linda Thal.
- The facilitated workshops, offered by synagogues and JCCs across the country, cover topics such as living with loss, forgiveness, accepting our aging bodies, cultivating nourishing relationships, legacy, and more.
- The program inspired the creation of an ongoing Wise Aging speaker series, run by Temple Sinai in Oakland, which has reached hundreds of people across the country on Zoom since 2020 at no cost.

Why consider Wise Aging or something similar:

- Wise Aging addresses the unmet needs of older adults for guidance and support on aging-related issues. The workshops also help to alleviate loneliness by building camaraderie among participants.
- While CRJ Orlando offered a six-part Wise Aging series to its members in late 2024, few outside the congregation were aware of it.

Virtual Senior Center — virtual and hybrid classes for older adults

vscm.selfhelp.net



The Virtual Senior Center (VSC) enables homebound older adults to participate in interactive classes, activities, and discussions remotely via a computer or a tablet with a microphone and web camera.

About the program:

- The Virtual Senior Center is a program of Selfhelp Community Services in New York City.
- The program is free of charge for all New York State residents age 60+. However, community-based organizations, NORCs, and CCRCs across the country may partner with Selfhelp to offer VSC to their members or residents.
- VSC offers 5,000+ sessions per year, available live or on demand. The platform supports speakers of English, Mandarin, Russian, Korean, Arabic, Hebrew, Vietnamese, and Spanish.
- Session topics range from literature and technology to health and virtual travel, with many offered in collaboration with leading museums and cultural organizations.

Why consider VSC or something similar:

- The Virtual Senior Center enables homebound older adults and those with limited technical skills to expand their horizons, stay physically and mentally active, meet new people, and remain connected with friends and family.