



NEWS FROM THE OFFICE OF
ADAM J. BELLO
MONROE COUNTY EXECUTIVE

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COUNTY EXECUTIVE ADAM BELLO ANNOUNCES VIRTUAL SENIOR CENTER FOR ADULTS AGE 60+

Free social, wellness, and educational programming available from home

ROCHESTER, NY — Monroe County Executive Adam Bello today announced the launch of the Virtual Senior Center (VSC), a free program offering live, interactive social, health, and educational programming for adults age 60 and older. The program is provided through the Monroe County Office for the Aging (OFA) in partnership with the New York State Office for the Aging and powered by enliveo.

The Virtual Senior Center is a free membership program that allows older adults to participate in live-streamed classes and activities and connect one-on-one with peers and instructors through secure video chat—helping residents stay active, engaged and connected from the comfort of their own homes.

“Monroe County older adults deserve opportunities to stay connected and engaged, regardless of mobility challenges or transportation barriers,” **said County Executive Adam Bello**. “The Virtual Senior Center expands access to exercise, wellness, arts, music, and lifelong learning—bringing the benefits of a senior center directly into people’s homes. Thank you to the New York State Office for the Aging and our local Office for the Aging for working together to break down barriers and help older adults thrive.”

The Virtual Senior Center offers a wide range of interactive live classes and entertainment, including:

- Arts, Culture and Language
- Exercise
- History, News & Travel
- Music & Games
- Science & Nature
- Wellness & Livelihood support
- Technology & Training
- Pets Together Virtual Visits

“We are so proud to offer this innovative opportunity to help reduce social isolation,” **said Steve Newcomb, Director of Monroe County Office for the Aging**. “VSC gives Monroe

County residents the chance to make friends and share similar interests with people across New York State.”

To participate, older adults need a home computer or laptop with a webcam and microphone, or a tablet or iPad, along with an internet connection. The Monroe County Office for the Aging is available to assist residents with enrollment and guide them through how to access and participate in programs.

The Virtual Senior Center also supports multiple languages to ensure broader access for Monroe County’s diverse older adult population.

To sign up or learn more, residents can call the Monroe County Office for the Aging at (585) 753-6280 or email mcofa@monroecounty.gov.

For those who prefer an in-person, traditional senior center experience, congregate meals and recreation services are also available at 20 area senior centers across the county. For more information on local senior centers, go to www.monroecounty.gov/aging-events.



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