



Welcome to Rhode Island's Virtual Community Center!

Keeping our bodies healthy, minds sharp and spirits high.

The Age-Friendly RI Virtual Community Center is the place to go to connect, learn, and play online when in-person community experiences are not possible.

Take part in a wide array of online activities - fitness and wellness, cooking and gardening, tech help, information and how-to sessions, classes, entertainment, games, social and cultural events, trips and tours – wherever you may be.

Visit us at [**https://agefriendlyri.org**](https://agefriendlyri.org) to find a full schedule of free, engaging activities every day. Click and enjoy!

SNAPSHOT OF ACTIVITIES!

Laughter Yoga with Larry O'Brien	Daily Fitness classes with BCBSRI	Dance for All People with Rachel Balaban	Mindfulness with Robyn Earley	Aging Strong: Fitness with ShipShapeRI	Tech Time with Libby & URI Cyber Seniors
Tuesdays @ 11am	Daily @ 10am	Wednesdays @ 1:30pm	Fridays @ 2:30pm	Weekends @ 10am	Tues & Fri at 9:30am

JOIN US AT THE VCC!

Brought to you through a grant from the  and support from our many coalition partners.

Age-Friendly RI is a coalition of community and state agencies, healthcare and social service providers, individuals of all ages, advocacy and faith-based organizations, businesses, academic institutions, and municipal leaders who are committed to healthy aging.

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