

# COVID Networks

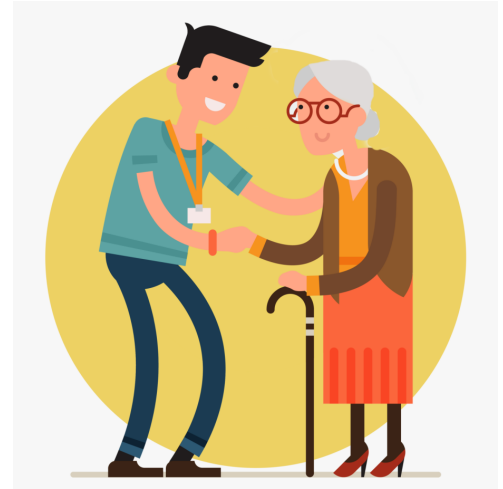
A free online platform to connect seniors to students

## About us

An online service where senior citizens can request to hold online video sessions one-on-one with young citizens. Sessions consist of fun activities, games, and/or discussions revolving around topics of mutual interest.

We also send cards and do pen-pal services, as well as do interactive exercise sessions for memory-care seniors and those who are interested.

Reach out to us by email at [covidnetworksorg@gmail.com](mailto:covidnetworksorg@gmail.com) for any specific questions, or send an email to [ruggieriseniorcenter@unioncity.org](mailto:ruggieriseniorcenter@unioncity.org) to signup!



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## SERVICES

- Online video conversation sessions
  - Interactive yoga and meditation sessions
  - Book clubs
  - Trivia and online games
  - Music performances
  - Artwork sessions
  - Poetry reading / sharing sessions
  - Cards
  - Pen Pal Services
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