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A Community Connection Guide For Older Adults

During these challenging times of social distancing, we hope this collection of resources helps you connect with family and friends and fills your days with fun activities.

In this guide, you will find instructions and links to the following:
How to make a video call, games, music playlists for sing-a-long, virtual museum tours, exercises to keep your mind and body healthy, and much more!

Please feel free to share this resource guide with anyone you think would benefit from it. While the activities are geared toward seniors, all ages can enjoy these activities. Special thanks to Riley Trainor, a pre-med. intern with Moon River Senior Care for her creativity and vision for the Community Connection guide.

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**Below are some fun and interactive activities that can be done from home!
Click on any [blue link](#) to access it!**

Connecting With Family & Friends

[Zoom](#)

Click [here](#) for video tutorials on how to use Zoom

To Join A Call Started By Someone Else

- Check your email for the invitation (tip: search “Zoom” in your inbox)
- Click on the link to join the meeting
- If it is your first time, you will be prompted to download zoom, otherwise, you will be prompted to launch zoom

OR

- If you were given a code to join from someone, you can type that in after clicking “join a meeting” on the Zoom homepage and join the meeting that way

To Start Your Own Call

- To sign up, click the orange sign up for free button
- Go through the sign up steps using any email address you want, you will have to confirm your account with an email they send to that address
- To start your own call, click “schedule a meeting” in the upper right hand corner
- You can then pick the time you’d like the call to be
- Once you’ve scheduled the meeting, there will be a column that says “Join URL”. Click “copy the invitation” and then you can paste that into an email to anyone you want to be able to join the call

[Google Hangout](#)

To Join A Call Started By Someone Else

- Check your email for the invitation (tip: search “Hangout” in your inbox)
- Click the green “join meeting” button to join on your computer

To Start Your Own Call

- Sign in with a Gmail account (if you need to create a Gmail account, use [this link](#))
- Click “video call”
- Click “join or start a meeting”
- Click “continue”
- Allow access to camera
- Click “join now”
- A box will pop up to let you add others. You can add their email address (add people button at the bottom of the pop up) so that they can join on their computer

Exercises, Yoga, and Meditation

[Yoga For Seniors - Slow & Gentle](#)

[Chair Yoga For Seniors](#)

[Yoga For Hands, Fingers, Wrists](#)

[20 Minute Exercise Video for Seniors](#)

[Stretching Exercises for Seniors](#)

[30 Minute Senior Zumba Class with Music](#)

[10 Minute Easy Home Workout for Seniors](#)

[10 Minute Meditation for Inner Peace](#)

[10 Minute Guided Breathing](#)

[14 Minute Guided Meditation on the Body, Space, and Awareness](#)

Trivia & Games

[Wheel of Fortune](#) (scroll down to click “play now”)

[Play Online Chess](#)

[Play Online Sudoku](#)

[Online Games](#) (pool, solitaire, backgammon, black jack, bridge, word scramble, etc)

[Jigsaw Puzzles](#) (categories are on the left side of the screen)

[Play Online Scrabble](#)

[Watercolor Game](#) (catch flowers by moving the fan to move the balloon)

[Play Loops Of Zen](#) (click the “game” tab, no need to sign up)

[Digital Escape Room - Alice in Wonderland](#)

[Digital Escape Room - Marvel's Avengers](#)

[Learn Bird Songs Game](#)

[50's, 60's & 70's Trivia Quiz!](#)

- Register for free with an email address
- Click “Play”
- Under “Basic” click “Launch Game”
- Click the music note in the top right corner for theme music
- Click the arrow in the top left corner to move through the game

[Wheel of Fortune](#)

- Register for free with an email address
- Click “Play”
- Under “Basic” click “Launch Game”
- Click the music note in the top right corner for theme music
- Click the arrow in the top left corner to move through the game
- Answers can be found in the Game Preview tab under “Content”

Music Playlists

[Greatest Hits Of The 60's](#)
[Motown Greatest Hits](#)
[Benny Goodman Greatest Hits](#)
[Tommy Dorsey Greatest Hits](#)
[Glenn Miller Greatest Hits](#)
[Beach Boys Playlist](#)
[Andrea Bocelli Playlist](#)
[Hawaiiin Cafe Music](#)
[Frank Sinatra Greatest Hits](#)
[Dean Martin Greatest Hits](#)
[Classical Music for Relaxation \(Chopin, Beethoven, Liszt\)](#)
[Janis Joplin Playlist](#)
[John Denver Greatest Hits](#)
[The Beatles Greatest Hits](#)
[French Chansons \(Edith Piaf, Reinhardt & Grappelli\)](#)
[Nat King Cole Greatest Hits](#)
[Jazz Divas](#)
[Best of The Carpenters](#)
[Vintage Jazz Cafe](#)
[Patriotic American Songs Sing-Along](#)
[Classic Songs for Senior Sing-Along I](#)
[Classic Songs for Senior Sing-Along II](#)
[Disney Sing-Along Pt 1](#)
[Disney Sing-Along Pt 2](#)
[Frank Sinatra Sing-Along](#)
[Spotify](#) (free download, all kinds of music and playlists)

Humor

[The Sound of Music Covid Parody](#)
[Neil Diamond Changes Lyrics of "Sweet Caroline"](#)
["Kokomo" Coronavirus Parody Song](#)
["We Didn't Spread The Virus" Billy Joel Parody](#)
["Dorothy's Song" Covid Version](#)
["Stayin' Inside" Bee Gees Parody](#)
[If Disney Songs Were About Quarantine](#)
[Under The Sea \(In Quarantine\)](#)
[Coronavirus Jokes to Make You Smile](#)

Arts & Crafts

[Virtual Sketchpad](#)
[Mrs. Moore's Online Art Palette](#) (make a snowflake, create your own Pablo Picasso, make sand art, etc)
[Printable Coloring Pages](#)
[Printable Mandala Coloring Pages 1](#)
[Printable Mandala Coloring Pages 2](#)
[Bob Ross - The Joy of Painting](#)

Visit a Museum, Zoo, or National Park Virtually

[Live Animal Cams at the San Diego Zoo](#)
[Live Cams at the Monterey Bay Aquarium](#)
[Take a Virtual Tour of the Louvre](#)
[Walk the Great Wall of China](#)
[Take a Virtual Tour of the Guggenheim](#)
[Explore Yellowstone National Park in 3-D](#)
[Listen to the World with the New York Times](#)
[Visit the Van Gogh Museum in Amsterdam](#)
[Visit the Dali Theatre-Museum in Catalonia](#)
[Explore Pieces at the National Gallery of Art in Washington DC](#)
[Tour the National Museum of the United States Air Force](#)

Take a Virtual Hike or Walk

[Hike Through Redwood National Park](#)
[Forest Walk through Franklin Falls Trail](#)
[Stroll Through Busy Manhattan](#)
[Walk Through Rockefeller Center](#)
[Hike Through the Hoh Rain Forest](#)
[Take a Walk in the Rain Through Boston, MA](#)

See The World

[Cities Around The World Playlist](#)
[Tours Around The World](#)
[Rick Steves' Travel Guide](#)
[Explore Greenland - Land of Ice](#)
[Explore the Icelandic Coasts](#)
[The Sights of Morocco](#)
[Visit Costa Rica](#)
[Bird Watching in Costa Rica](#)
[Walking Tour of Venice](#)
[Take a Walk Through Egypt](#)
[Blue Angels Cockpit Video](#)
[Car Race In Germany](#)
[Hot Air Balloon Ride Over Myanmar](#)

Audio Books, Podcasts & Concerts

[Audible](#) (over 300 free audio books of all kinds of genres)
[This American Life by NPR](#) (search for episodes in the "Archive", each week has a different theme)
[Radiolab](#) (episodes about science and the strange world around us, scroll down to play an episode)
[The Rewatchables Podcast](#) (episodes about movies)
[UVA Professor Reads a Chapter of Don Quijote Each Day](#) (Spanish)
[Broadway Living Room Concert](#)
[Virtual Orchestra - What The World Needs Now](#)
[A Special Performance of "Rainbow Connection" from Kermit the Frog](#)
[Beethoven's 9th Symphony Performance](#)

[Joe Hisaishi Full Concert](#)
[American Ballet Theatre - Swan Lake](#)
[Bolshoi Ballet - Jewels](#)
[Bharatanatyam Classical Indian Dance](#)
[Riverdance Full Performance](#)

Movie Night

[Free Movies](#) (over 200, click on the title next to “where to stream” to be taken directly to the movie)

News

[Some Good News with John Krasinski](#) (highlights of good news around the world)
[Good News Network](#)
[Tank’s Good News](#)

Calming Activities & Videos

[Jellyfish Aquarium](#)
[Coral Reef Aquarium](#)
[Ocean Waves on Tropical Island](#)
[Gentle Waves on the Beach](#)
[Waves of Paradise](#)
[Rain & Thunderstorm Sounds With Crackling Fireplace](#)
[Downton Abbey Music & Ambience, Sunrise at the Crawly Estate](#)
[Crackling Virtual Fireplace](#)
[Watch the Sunset Live in Naples, Florida](#)
[Garden Pond with Birds](#)
[Seaside Market Ambience](#)
[Cozy Italian Cafe Ambience](#)

Misc. Activities

- Do a scavenger hunt with magazine or newspaper clippings
- Cook a favorite or new recipe with food you already have in the house
- Have an indoor picnic with tea sandwiches and a DIY charcuterie board
- Learn how to knit/crochet
- Make cards to send to loved ones
- Listen to church/worship services on YouTube
- Call someone you’ve been meaning to catch up with
- Look through photo albums and share stories about when they were taken



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