

Games and Entertainment you can enjoy from home



(Click on the link below)

AARP Games: <https://games.aarp.org>

Jigsaw Puzzles: <https://www.jigzone.com>

Printable Sudoku: http://www.puzzlechoice.com/pc/Sudoku_Puzzlex.html

Puzzle express (word searches, crosswords, etc.):
<http://www.puzzlexpress.com/index.html>

Online Chess: <https://lichess.org/>

Online Scrabble:
<https://www.memory-improvement-tips.com/scrabble-online-free.html>

Online Bridge:
<https://games.aarp.org/games/bridge>

Crafts:
<https://craftsbyamanda.com/category/craft-tutorials/adult-crafts/>

Printable Adult Coloring Sheets:
<http://www.supercoloring.com/collections/coloring-pages-for-adults>

Virtual Field Trips:

<https://www.weareteachers.com/best-virtual-field-trips/>

List of Museums, Zoos and Theme Parks

Virtual Tours:

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Virtual Museum Tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Free Live Concerts:

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

Free movies, shows and audiobooks:

<https://www.heraldtribune.com/zz/entertainment/20200320/coronavirus-free-movies-shows-and-audiobooks-to-stream-while-youre-self-quarantining>

Exercises You Can Do From Home

(Click on link for video)



Henry Zhang Tai Chi for Arthritis:

https://www.youtube.com/watch?v=tN_7bWylWDU

Tai Chi for Beginners with Dr. Paul Lam:

<https://www.youtube.com/watch?v=hIOHGrYCEJ4>

Improve your Balance in 5 Minutes:

<https://www.youtube.com/watch?v=ujod1I4fnP4>

15 Minute Workout:

https://www.youtube.com/watch?v=2fplva72q_k

Silver Sneakers Home Workout:

<https://www.youtube.com/watch?v=Ps3oXu5Czvc>

Ling Dancing:

<https://www.youtube.com/watch?v=uZXQuqPnp8g>

Zumba:

https://www.youtube.com/watch?v=9_MxwQw10RI

Chair Yoga:

<https://www.youtube.com/watch?v=1DYH5ud3zHo>

Mat Yoga:

<https://www.youtube.com/watch?v=i6eKyjA8ER4>

7 Minute Yoga Workout:

<https://www.youtube.com/watch?v=NDLad2vOHkU>

One Mile Happy Walk:

<https://www.youtube.com/watch?v=X3q5e1pV4pc>

Strength Exercise:

https://www.youtube.com/watch?v=mndel_NnU7E

Endurance Exercise:

<https://go4life.nia.nih.gov/exercise-type/endurance/>

Strength Exercise:

<https://go4life.nia.nih.gov/exercise-type/strength/>

Balance Exercise:

<https://go4life.nia.nih.gov/exercise-type/balance/>

Flexibility Exercise:

<https://go4life.nia.nih.gov/exercise-type/flexibility/>

Make sure you are safe during exercise and physical activity:

<https://go4life.nia.nih.gov/how-to-stay-safe-during-exercise-and-physical-activity/>

Stay Calm



(Click on the link below)

Take a Deep Breath

[https://www.calm.com/blog/take-a-deep-breath?
utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20nonsubs%20031720)

5 Minute Meditation

<https://www.youtube.com/watch?v=inpok4MKVLM>

Mindful Breathing

<https://www.youtube.com/watch?v=nmFUDkj1Aq0>

Soothing Sounds

<https://www.youtube.com/watch?v=V1RPi2MYptM>