

Type of Activity	Activity	URL
EXERCISE		
	Best at-home Workouts for Seniors	https://www.cnn.com/2020/03/16/best-home-workout-streaming-services-to-try-during-covid-19-pandemic.html
	Dance for Parkinson's at Home	https://danceforparkinsons.org/resources/dance-at-home
	Facebook - Emily Blain Exercise	https://www.facebook.com/eblain
	Facebook - Exercise with Karen Milam-Mobley	https://www.facebook.com/karen.milammobley
	Facebook - Zumbas with Leah	https://www.facebook.com/Zumba-with-Leah-in-Warren-MI-611701778875975/
	YouTube - Exercises for Seniors	https://www.youtube.com/results?search_query=exercise+class+for+seniors
ART		
	Art Sherpa - Free Acrylic Painting Lessons	https://theartsherpa.com/
	Ceramic Arts Network	https://ceramicartsnetwork.org/
	Lunch Doodles with Mo Willems (Kennedy Center)	https://www.kennedy-center.org/mowillems
	Painting with a Twist (Rochester Hills)	https://www.paintingwithatwist.com/studio/rochester-hills/calendar/
	Sketchcrawl	https://www.sketchcrawl.com/
	Tim Gagnon Web page	https://www.timgagnon.com/?fbclid=IwAR23t0NewWWS02Au1Mafhpjz4QRh2R-9bb-3eV6X3PN6DmNeFNMI_VPIQ
	Tim Gagnon's Art Classes	https://www.facebook.com/timgagnonart/?_tn=%2Cd%2CP-R&eid=ARBRagvGYMCSmi4DF1frF5Vp3LMz7-eLXuNgdAzRQmyeRc16Jbrk4MtQ3uYEJdsFeUdLWXLwPsVJalsP
	YouTube - Angela Anderson Painting Lessons	https://www.youtube.com/user/angelaFINEART/playlists?app=desktop
	YouTube - Clive5Art - Acrylic Painting Lessons & Tips	https://www.youtube.com/user/CLIVE5ART
CULTURAL		
	Carol Burnett Show (Toilet Tissue sketch)	https://www.youtube.com/watch?v=XMTSbSrvRG
	Detroit Historical Museum - History from Home	https://detroithistorical.org/about-us/online-resources
	DIA At Home for Seniors	https://www.dia.org/thursdaysathome
	DSO - live watch parties	https://www.dso.org/watch-listen-and-connect/keep-the-music-playing/watch-parties
	DSO concert replays	https://livefromorchestrahall.vhx.tv/browse
	Kennedy Center - Live Couch Performances	https://www.kennedy-center.org/
	PBS - Destination Michigan	https://www.pbs.org/show/destination-michigan/
	Smithsonian On Line	https://www.si.edu/online
	Stratford Festival - Thurs 6:30 Pre-show 7 PM Show	https://www.stratfordfestival.ca/
	Ukulele Orchestra of Great Britain	https://openingnights.fsu.edu/events/george-hinchliffes-ukulele-orchestra-of-great-britain/
	War Memorial - Live Concerts	https://www.warmemorial.org/
	You Tube - The Shows Must Go On - A.I. Webber Plays - Fri for 48 hrs	https://www.youtube.com/theshowsmustgoon
	YouTube - DIA Fakes, Forgeries & Mysteries	https://www.youtube.com/watch?v=8fHyNULTF9g&feature=youtu.be
	YouTube - DIA Selected Artworks	https://www.youtube.com/watch?v=uCZJ-2vjCFw&feature=youtu.be
	National Museum of Natural History - Virtual Tour	https://naturalhistory.si.edu/visit/virtual-tour
	National Women's History Museum Tour	https://www.womenshistory.org/womens-history/online-exhibits
	Tour museums & famous sites around the world	https://artsandculture.google.com/project/street-view
	US Air Force Museum Virtual Tour	http://www.nmusafvirtualtour.com/
CLASSES		
	OU Virtual Music Lessons	https://patch.com/michigan/rochester/oakland-university-community-music-offering-virtual-lessons?utm_term=article-slot-1&utm_source=newsletter-daily&utm_medium=email&utm_campaign=newsletter
	Rosetta Stone	https://www.rosstattstone.com/
	Sites for Free Online Education	https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html
	YouTube - flower arranging	https://www.youtube.com/watch?v=HP4KxKEJFvE
ANIMALS		
	Animal Livecams	https://explore.org/livecams
	Audobon Events	https://www.audubon.org/events?field_online_location_based=All&field_event_type=All&event_months=All&event_sites=All
	Cincinnati Zoo - Home Safaris - live at 3 PM on FaceBook	https://www.facebook.com/cincinnati_zoo
	Cincinnati Zoo - Home Safaris taped	http://cincinnati_zoo.org/home-safari-resources/?fbclid=IwAR1EwXo_SHI2KPUE3_Wh7shvmkzh_BHF-56nrh3NkBUg4804L2zwXxIYN7A
	Detroit Zoo - otter live cam	https://detroitzoo.org/otter-live-cam/
	Detroit Zoo - peregrine falcon live cam	https://detroitzoo.org/falcon-cam/

YouTube - Nat Geo elephants <https://www.youtube.com/watch?v=Aw6GkiCvcWs>

TRAVEL

8 Thru-Hiking Vlogs <https://www.outsideonline.com/2411968/best-thru-hiking-vlogs-youtubers>
5 National Park Tours from your Home <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
13 Virtual Train Rides from Around the World <https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides>
Mental Floss - 15 Amazing Places You Can Tour Virtually <https://www.mentalfloss.com/article/60704/15-amazing-places-you-can-tour-virtually>
Mental Floss - Fallingwater 3D Tour <https://www.mentalfloss.com/article/58044/3d-tour-frank-lloyd-wrights-fallingwater>
National Park Foundation - Virtual National Park Tours <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>
National Park Service <https://www.nps.gov/index.htm>
Travel & Leisure Site <http://www.travelandleisure.com>
YouTube - Antarctica <https://www.youtube.com/watch?v=IMytqAazDeo>
YouTube - Rick Steve's Ireland https://www.youtube.com/watch?v=gITxLqaJy8k&list=PL2xP0BoEylPz4cudic63mQlKiUe8x_0kd
YouTube - Rick Steve's Saltzburg <https://www.youtube.com/watch?v=FcMS8rsIneY>

HEALTH & SERVICES

Alzheimers Support Groups <https://docs.google.com/document/d/1kXWPQBPTUJUmEY3eiecaBeL-pZJWEoKSrswfhglBQ5w/edit?ts=5e8b4236>
CDC - How to Wear a Mask <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
CDC Coronavirus info <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
Federal Trad Commission <https://www.ftc.gov/coronavirus/scams-consumer-advice>
Institute on Aging <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line/>
MI Dept of Health & Human Services - Coronavirus <https://www.michigan.gov/coronavirus>
National Council on Aging <https://www.ncoa.org/>

nextavenue - Coping with Mental Health https://www.nextavenue.org/coping-mental-health-coronavirus/?utm_source=sumome&utm_medium=email&utm_campaign=sumome_share

nextavenue - Virtual Connections https://www.nextavenue.org/virtual-connections-have-never-been-more-popular/?utm_source=sumome&utm_medium=email&utm_campaign=sumome_share

Oakland County - Coronavirus <https://www.oakgov.com/covid/Pages/default.aspx>
Oakland County Nurse on Call (email address) noc@oakgov.com
Parkinson's Support Group https://www.parkinsonsmi.org/images/Parkinson_Virtual_SG_Spring_Flyer.docx_Spring_2020.pdf
https://www.getascensioncare.com/onlinecare/?gclid=CjwKCAjwp-X0BRAFEiwAheRui-qP5NzvP5q7deU8AOIbEZx6_JV9FIhbUX8ztRg-tnzlvrDjSz5-fRoCzvMQAvD_BwE

Telemedicine - Ascension <https://www.bcbsm.com/content/public/en/index/common/important-information/covid-19.html>
Telemedicine - BCBS <https://www.wellstreet.com/virtual-visits-beaumont/>
Telemedicine - Beaumont https://www.hap.org/health-programs/telehealth-services?utm_source=google&utm_medium=cpc&utm_campaign=2020brand
Telemedicine - HAP

Miscellaneous

12 Top Podcasts for Boomers <https://www.aarp.org/entertainment/music/info-2017/12-top-podcasts-for-boomers.html>
7 Best Podcasts for Seniors & Baby Boomers <https://www.capitalseior.com/blog/top-radio-podcasts-for-seniors/>
Good Housekeeping <https://www.goodhousekeeping.com/>
Little Free Library <https://littelfreelibrary.org/>
Mental Floss <https://www.mentalfloss.com/>
MI Census - By Mail <https://2020census.gov/en/ways-to-respond/responding-by-mail.html>
MI Census - By Phone <https://2020census.gov/en/ways-to-respond/responding-by-phone.html>
MI Census - online <https://2020census.gov/en/ways-to-respond/responding-online.html>
Online Games for Seniors <https://www.onlinegamesforseniors.com/>
Rochester Libray for Online Resources <https://rhpl.org/>
YouTube <https://www.youtube.com/>
YouTube - funny baby animals <https://www.youtube.com/watch?v=n1EvgzK1YY4>
YouTube - Neil deGrasse Tyson <https://www.youtube.com/watch?v=AyAK3QBnMGQ>
Zoom - Tallahassee Help Guide <https://files.constantcontact.com/f057c74b001/a0a50e38-5f06-4b69-a2de-d578a5bcda1a.pdf>
Zoom - What you need to Know <https://www.forbes.com/sites/rebeccabellan/2020/03/24/what-you-need-to-know-about-using-zoom/#2af6e3543284>