



Seniors At Home

Better Care Starts Here



Online activities, museum tours, music, exercise and more!

Seniors At Home has comprised a wonderful list of social options and activities. Enjoy a tour of the Louvre, fun exercises, a virtual aquarium visit or a cooking lesson all from the comfort of your home.



ARTS, CULTURE, AND EDUCATION

The Louvre

<https://www.louvre.fr/en/visites-en-ligne>

Museo Nacional Thyssen-Bornemisza

<https://www.museothyssen.org/en>

The British Museum, London

<https://britishmuseum.withgoogle.com>

Google Arts and Culture Tours

Including a huge amount of museums tours, art slide shows, and interesting topics to learn about
<https://artsandculture.google.com>

YIVO Institute for Jewish Research

While all their scheduled classes are cancelled, YIVO will now share all their online classes and resources for free.
<https://yivo.org>

Y2Y @ Home Online Classes

A wide library of online classes on a variety of topics
<https://www.92y.org/92yathome/online-classes>

NASA's Entire Media Library

Become the astronaut you wanted to be when you were seven! Enjoy NASA's entire media library and so much more on their interactive website
<https://www.nasa.gov>

Virtual Tours of Virtually Everything

A list of museum tours and locations compiled by The Nudge
<https://thenudge.com/staying-in/virtual-tours-of-virtually-everything>

MCN: The Ultimate Guide to Virtual Museum Resources, E-Learning, and Online Collections

Peruse a huge list of available content such as Portals, Virtual Tours/Online Exhibits, History Museums, Natural Science Museums, National Parks, Online Exhibits, E-Learning, Online Collections, Science Collections, History Collections, Digital Archives and Libraries.
<http://mcn.edu/a-guide-to-virtual-museum-resources>



MUSIC

Chrome Music Lab

Now's the time to learn a new skill! Chrome Music Lab is a website that makes learning music more accessible through fun, hands-on experiments. Not just for kids!
<https://musiclab.chromeexperiments.com>

The Kennedy Center @ Home

Enjoy a 'digital state' with new releases daily
<https://www.kennedy-center.org/digitalstage/>

Montreal Symphony Orchestra

<https://www.osm.ca/en/watch-and-listen-2/>

Seniors At Home is the leading provider of senior care in the Bay Area

844-222-3212 • www.seniorsathome.org

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The Calgary Philharmonic

The Calgary Philharmonic is sharing their live-stream library
<https://www.youtube.com/user/CalgaryPhilharmonic/playlists>

The Berlin Philharmonic

Free streaming concerts
<https://www.digitalconcerthall.com/en/home>

The Metropolitan Opera

A free opera every night pulled from the Met's archives
<https://www.metopera.org/Season/Radio/Free-Live-Audio-Streams/>

Broadway on PBS

For a \$5 monthly fee, you can enjoy a large library of Broadway shows and other great performances
<https://www.pbs.org/show/great-performances/collections/broadway-pbs/>

Billboard Virtual Concerts List

Classical music not your jam? Enjoy Indie, Pop, Rock and Country concerts on Billboard
<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

Social Distancing Festival

A website for celebrating art from all over the world, showcasing amazing talent; and coming together as a community at a time when we need it more than ever
<https://www.socialdistancingfestival.com>

Y2Y @ Home

A wide library of livestreamed concerts and events, highlights from their archives and family activities
<https://www.92y.org>



EXERCISE AND PERSONAL HEALTH

Jewish Family Service San Diego, Exercise with Aviva

Enjoy chair exercises from the safety of your own home
<https://www.jfssd.org/exercise/>

Silver Sneakers

The nation's leading community fitness program designed for seniors, has added digital resources to support its members during this indoor time
<https://tools.silversneakers.com/>

The Happiness Effect

Seated stretching
<https://tivityhealth.wistia.com/medias/dhl8qpknm9>



FOOD

Healthy Diet Tips

<https://tivityhealth.wistia.com/medias/dvwwd8ez09>

Kitchen Quarantine

Daily cooking series launched by Michelin-starred chef Massimo Bottura
<https://www.instagram.com/massimobottura/>



GOOFY

Actor Josh Gad reading children's books

Online every night... for the child in all of us
<https://chipandco.com/actor-josh-gad-is-reading-books-to-kids-online-every-night-during-coronavirus-quarantines-383789/>

San Diego Zoo

Spend time with the animals!
<https://zoo.sandiegozoo.org/we-care>

Ripley's Aquarium of Canada

Ever wanted to swim with the fishies? Enjoy Ripley's Shark Cam and find out what it's like to be a big fish in a small pond
<https://www.ripleyaquariums.com/canada/shark-camera/>

Monterey Bay Aquarium Live Feeds

Spending time with and learning about a multitude of animals with living at the Monterey Bay Aquarium
<https://www.montereybayaquarium.org/animals/live-cams>

Lunch Doodles with Mo Willems

Learn to draw the Kennedy Center Education Artist-in-Residence at home
<https://www.kennedy-center.org/video/education/lunch-doodles/episode-1/>

Color Our Collection

Need something to do with your hands while you watch something on TV? Join libraries, archives, and other cultural institutions around the world by coloring their collections! Simply download, print and add color
<http://library.nyam.org/colorourcollections>

Audible Free For Children

Start a book club with your grandchildren or other young adults with hundreds of free titles from Audible
<https://stories.audible.com/start-listen>

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