

## Activities That Older Adults Can Do From Their Nursing Homes/Assisted Living Communities

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Here are some suggestions for activities that can engage residents while still observing COVID-19 precautions.

- Many world-famous museums are offering **virtual museum tours**
- Zoos are providing animal cams, for example: **San Diego Zoo animal cams**, **Cincinnati Zoo animal cams**
- Visit a virtual theater:
  - **Metropolitan Opera nightly encore shows**
  - **LA Theater Works**
  - **Kennedy Center Digital Stage**
- Learn something new through online learning:
  - **Open Culture** offers 1,500 free online courses from top universities.
  - **Coursera.org** is the largest provider of online learning, much of it free.
  - **edx.org** also offers free online courses.
- Listen to poetry: Listen to recordings of Allen Ginsberg and other poets on **Phone-a-Poem**, the 1970s Poetry Hotline.
- Move around: Below are links to exercise videos you can watch on your computer or phone.
  - **Go4Life from the National Institute on Aging**
  - **Fitness Blender Total Body Chair Workout**
  - Have residents stand at their doorways (start with every other room and then switch to keep distance safe) and have the activities people lead them in some stretching exercises. They can be sitting at their doors or standing, whichever is safe for them. Play music and they can march and dance too.
- Think about What Matters: Visit the **Schaalman Senior Voices Film Library** to watch inspiring films that aim to strengthen the wellbeing of older adults and their communities.
- Jewish Healthcare Foundation sponsors the **Virtual Senior Academy** for online learning and discussions.
- **Pittsburgh Public Theater PlayTime** is a new online reading series, hosted live by PPT Artistic Director Marya Sea Kaminski, that will bring great classic plays and the work of extraordinary Pittsburgh writers right to your room, computer, or device.
- Have staff do wheelchair races (or other silly races like we used to do at birthday parties) down the hallway while the residents cheer them on. They can also do a dance contest while dancing down the hall, and residents vote by applause.
- Start a sing-along to records or karaoke sessions while they sing from their doorways and email the recording to family members.