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Stay Connected!

If you are looking to keep your mind and body active or you just simply want someone to talk to during this time, check out the following links to be connected with different programs, resources, and information.

Want to join in on some interesting and informative intergenerational podcasts?

Check this link out to be connected to some engaging conversations.

[Age Friendly Edmonton Podcasts](#)

Have a love for learning? Check out the [University of Alberta's](#) free online learning courses.

Want to try some telephone programming? Click [here](#) to get connected with the Seniors Centre without Walls activities.

Embrace your artistic side and connect with fellow artists [here!](#)

Embark on a [virtual tour](#) of the world's most amazing museums - no admission or travel necessary!

Are you a fan of the Symphony? Click [here](#) to learn more about how you can get involved in listening to free symphony performances by some of the world's most talented singers!

Feel like exercising at home? Here are a few links that include different workouts for you to do in the comforts of your own home!

[7-Minute Workouts from MyFitness Pal](#)

[Home Workouts by Pop Sugar](#)

[Tai Chi Session](#) with NESAs very own Tai Chi Instructor Andy Wong

[Yoga Workouts](#)

Local Edmonton Instructor led [Yoga](#)

[Home Workout Videos by Les Mills](#)

Personalized Workouts from [Blender Fitness](#)

[Essentrics Videos](#)

[Dance Workouts](#)

[Zumba Videos](#)

[Pilates](#) with NESAs very own Linda Turnbull

Just need to talk? Click [here](#) to be directed to supports available for you during this uncertain time.

For information and access to mental health programs please click [here](#)