

STAY CONNECTED!

Looking to keep your mind and body active or you just simply want someone to talk to during this time? Check out the resources below for ideas on how to stay connected!

Just click on the program to get started!

ARTS & CULTURE

[Connect with fellow Artists on Facebook](#)

[Virtual Tours of World Museums](#)

[More Art & Culture Tours](#)

[Listen to the Seattle Symphony Live!](#)

[Shakespeare at Home](#)

COURSES & LEARNING

[Cooking Classes](#)

[Cultural and Educational Courses](#)

[Harvard Online Courses](#)

[Language Classes](#)

[University of Alberta's Online Courses](#)

FITNESS

[20-Minute Workout for Seniors](#)

[7-Minute Workouts from MyFitnessPal](#)

[Bodyweight Workouts](#)

[Dance Workouts](#)

[Essentrics by eOne Fitness](#) (NESA instructor)

[Essentrics Workout Videos](#)

[Exercises from National Institute on Aging](#)

[Fitness Blender Home Workouts](#)

[Home Workout Videos by Les Mills](#)

[Home Workouts by PopSugar](#)

[Mindfulness Exercises and Meditation](#)

[Pain Management Exercise Classes](#)

[Pilates with Linda Turnbull](#) (NESA instructor)

[Tai Chi with Andy Wong](#) (NESA instructor)

[Yoga Workouts](#)

[Zumba](#)

GAMES

[Canasta](#)

[Cribbage](#)

[Mah-Jong](#)

[Puzzles](#)

[Whist](#)

LIFESTYLE & WELLNESS

[Connect to the Edmonton Distress Line](#)

[Connect with Cyber-Seniors](#)

[Listen to Age-Friendly Podcasts](#)

[Mental Health - Available Local Supports](#)

[Support Services for Seniors](#)
(City of Edmonton)

[Travel Virtually!](#)

OTHER

[Activities from Home - from the Edmonton Sport Council](#)

[Boredom-Busting Ideas](#)

[SeniorsWithoutWalls - A virtual Senior's Centre!](#)

[Visit Vancouver Aquarium](#)

[Alberta Volunteer Opportunities](#)

[Senior Volunteer Opportunities - from Edmonton Seniors Council](#)

