

# 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](#)

## GAMES

[Canasta](#)

[Cribbage](#)

[Mah-Jong](#)

[Puzzles](#)

[Whist](#)

## COURSES & LEARNING

[Canadian Mental Health Recovery College](#)

[Cooking Classes](#)

[Cultural and Educational Courses](#)

[Harvard Online Courses](#)

[How to Stay Connected – Webinar Series](#)

[Language Classes](#)

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

## LIFESTYLE & WELLNESS

[Connect to the Edmonton Distress Line](#)

[Connect with Cyber-Seniors](#)

[Listen to Age-Friendly Podcasts](#)

[Mental Health - Available Local Supports](#)

[Mental Health Resources from Alberta Health Services](#)

[Travel Virtually!](#)

## FITNESS

[20-Minute Workout for Seniors](#)

[7-Minute Workouts from MyFitnessPal](#)

[Dance Workouts](#)

[Essentrics by eOne Fitness \(NESA instructors\)](#)

[Essentrics Workout Videos](#)

[Exercises from National Institute on Aging](#)

[Fitness Blender Home Workouts](#)

[Home Workout Videos by Les Mills](#)

[Home Workouts by PopSugar](#)

[Learn to Clog at Home](#)

[More Clogging!](#)

[Pain Management Exercise Classes](#)

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

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

[Yoga by local Edmonton Instructors](#)

[Yoga Workouts](#)

[Zumba](#)

## OTHER

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

[Boredom-Busting Ideas](#)

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

[Visit the Zoo](#)

[Visit Vancouver Aquarium](#)

[Alberta Volunteer Opportunities](#)

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

