



April 11, 2020

Jamie Escoubas with the [Council on Aging](#), one of our key strategic partners, has assembled a treasure trove of virtual community classes and resources that we thought would be helpful to share with our CarePartners' community.

[Alzheimer's Foundation of America \(AFA\)](#)

Please find attached as a Word document a **Master List of Online Leisure Activities** from the AFA (<https://alzfdn.org/>) with links to the following online offerings:

- Board/Card games,
- Wellness: Mind and Body Fitness programs,
- Arts, Culture and Entertainment offerings; and
- Educational content.

In addition, here is a Google drive share link for AFA's Virtual Community Classes for you to download:

<https://drive.google.com/drive/folders/1CK3xDk93vpt43D5ywmnQT3IUdljqnqAy?usp=sharing>

If you are a Facebook user, you can also access all of the AFA programs as they are released through the [AFA's Facebook page](#).

You can access some of their programs through the [AFA's YouTube Channel](#).

The schedule for AFA's Virtual Community Classes can be found on [their website](#). They will release new videos as follows:

Monday-Friday at 2:30pm EST
Saturday at 2:00pm EST
Sunday at 12:00pm EST

Other Resources

Beyond AFA, the Council on Aging also has also identified the following resources:

- www.Alzheimers.netlist of movies/TV shows recommended.
- www.dailycaring.com.....activities & free sheets to print.
- www.justcolor.net.....adult coloring pages to print.
- www.caregiversmatter.org....activities, plus

150+ virtual learning events, classes and lectures are available through [Cummings Centre](#) on topics such as health and wellness, global affairs, music and art, exercise, entertainment - all presented by experts in the field of well-aging.

[10 hallway games for physical distancing that aren't bingo](#)

Memory Cafes are support groups for care partners and people living with dementia. They usually meet monthly, sometimes more often. Here is a [directory by state](#).

[Curtain Up! Is a YouTube show](#) that offers free programming such as sing-a-longs, comedy, wellness, and discussion.

Virtual Museum Tours/ Virtual Park Tours

- <https://www.louvre.fr/en/visites-en-ligne#tabs>
- <https://www.guggenheim.org/artwork/category/recent-acquisitions>
- <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>
- <https://www.womenshistory.org/>
- <https://www.google.com/culturalinstitute/about/artproject/>
- <http://www.nystateparkstours.com/>
- <https://www.nps.gov/media/photo/gallery.htm?id=5A1536B8-1DD8-B71B-0B19DB167E2B0AB1>
- <https://www.youvisit.com/tour/centralpark>
- <https://earth.google.com/web/@31.0801,-104.094318,1280.27417835a,9970281.43d,35y,5.29h,8.89t,0r/data=CioSKBlgOGJmNmZhNDU5Y2NkMTFINjgyNTRIOTg1NTcwYjUwOWMiBG1IbnU>
- <http://www.fullscreen360.com/>

Additionally, the [YMCA is offering virtual exercise classes](#) and has several listed for seniors.

Finally, the [Libby app from Overdrive](#) allows people to borrow and read E-books from our local public library for free.

We hope these resources help you with your daily therapeutic programs, during this time of uncertainty. If you should come across other helpful resources please send them our way via Cathy Webber <cathy@carepartnersinitiative.org>.

Please let us know what other support you need.

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