



Virtual Programming Options – Adults

Please note, the Roseville Area Senior Program does not recommend or endorse any referral or program. We have not checked or verified content. Please use discretion before viewing. Every effort has been made to check accuracy.

ARTS AND CULTURE

Broadway Plays and Musicals

<https://tinyurl.com/wyq8vsx>

15 Broadway Plays and Musicals you can watch on stage from home.

Public Library Free Access

<https://tinyurl.com/vfzuern>

Anyone with a library card and iOS or Android phone can loan an e-book in the collection. There may be waitlists for popular titles. Must download app SimplyE.

Virtual Museum Tours

<https://tinyurl.com/wp2gmtw>

12 Famous Museums offer virtual tours of their galleries.

Virtual Opera Performances

<https://tinyurl.com/qvvtv>

Metropolitan Opera announced it would stream encore presentations on their website each night at 7:30 PM. You can also stream through the Met Opera's on-demand app.

Minneapolis Institute of Art

<https://new.artsmia.org/about/>

The Minneapolis Institute of Art enriches the community by collecting, preserving, and making accessible outstanding works of art from the world's diverse cultures.

ZOOS & AQUARIUMS

San Diego Zoo

<https://kids.sandiegozoo.org/grownups>

Smithsonian's National Zoo

<https://nationalzoo.si.edu/webcams>

National Aquarium Virtual Tour

<http://samuraivirtualtours.com/example/nadc/index.html>

EXERCISE

4 Exercises Older Adults Should Do Every Day

<https://www.silversneakers.com/blog/daily-exercises-older-adults/>

National Institute on Aging and National Institute on Health- Go 4 Life

<https://go4life.nia.nih.gov/>

7 Strength, Balance, and Flexibility Exercises for Older Adults from Go4Life

https://www.youtube.com/watch?v=P_GPWLIQVMw

Chair Yoga- Yoga with Adriene (YouTube)

<https://www.youtube.com/watch?v=-Ts01MC2mIo&list=PLui6Eyny-Uzwadfy44g9nYIDcTt8IB-3T>

Unfold Yoga and Wellness - Digital

<https://tinyurl.com/yx36bem5>

A series of FREE, live, web-based, 20 minute movement and meditation classes. Recorded sample classes also available anytime. The first Thursday of every month at 1:30 PM

PUZZLES & GAMES

Puzzles and Games (Sudoku, Word Search, etc.)

<https://www.puzzles.ca/>

Printable Puzzles, Mazes and More

<https://krazydad.com/>

Crossword Puzzles

<https://www.bestcrosswords.com/>

Jigsaw Puzzles

<http://www.jigzone.com/>

MISCELLANEOUS

Chatter Pack

<https://tinyurl.com/tr9j5jz>

A variety of online resources for enrichment: Virtual tours, online learning, geography & nature, music, arts & culture, literature, entertainment, anxiety & mental health.

Ivy League Online Classes

freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/

Over 450 online courses are available for free through all eight Ivy League schools.

VIRTUAL SENIOR CENTERS

Programs listed below allow people to call a conference call line using their phone or log into an internet connection to access fun and interesting enrichment and education sessions. Each program is open to all US residents; there may be small fees, but we suggest reaching out directly for more information.

Covia Well Connected

<https://covia.org/services/well-connected/>

Program guide:

<https://covia.org/wpcontent/uploads/2019/12/Well-Connected-Winter2020-FINAL.pdf>

Register for programs: 877-797-7299

Lifetime Connections Without Walls

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

Program Guide:

<https://www.familyeldercare.org/wp-content/uploads/2019/12/LCWW-Winter-2020-Catalog.pdf>

Register for programs: 888-500-6472

Dorot USA University Without Walls

<https://dorotusa.org/our-programs/at-home/university-without-walls>

Program Guide:

https://dorotusa.org/sites/default/files/inlinefiles/DOROT_UWW_Brochure_20_SINGLES_0.PDF

Register: 212-769-2850

Mather Lifeways

<https://www.mather.com/neighborhood-programs/telephone-topics>

Program Guide:

<https://www.mather.com/wp-content/uploads/2020/02/TeleTopicsMARCH20webemail.pdf>

Thank you:

Schaumburg Township, Illinois

Minnesota Association of Senior Services