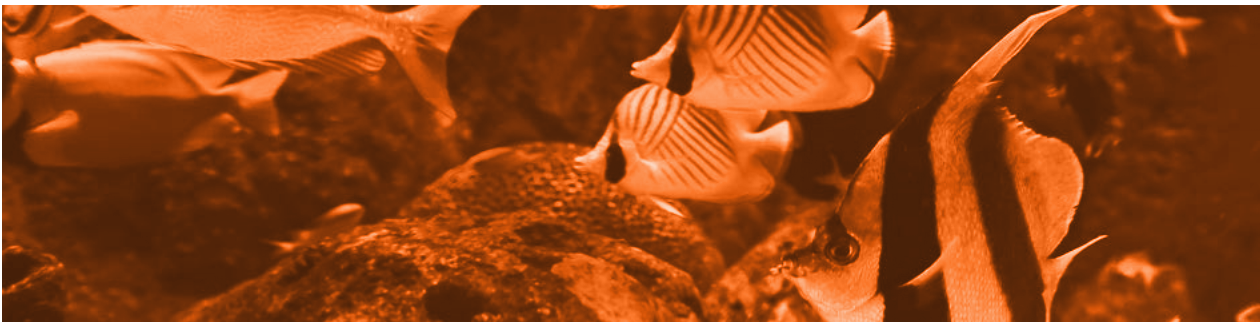


Alzheimer Society

Social Isolation Activities





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Explore 32 National Parks from your Couch

<https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3>

Musical Theatre and Broadway Entertainment

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/featured>

Virtual Travel Experiences including Famous Landmarks, Museums, Outdoor Adventures, Shows, Concerts, Wildlife, Outer space and more!

<https://www.buzzfeed.com/annahaines/virtual-travel-experiences>

A list of linked virtual experience tours including Ruins of Pompeii, Exploring Coral, Opera Shows, Walking Tour of a Rain and Snow Forest, NYC Ballet Performance, and many more!

<https://www.activelivinggreybruce.org/online-experiences>

Ted Talks

General: <https://www.ted.com/talks>

Warm and Fuzzy Feeling Talks: https://www.ted.com/playlists/558/talks_that_ll_give_you_a_warm_fuzzy_feeling

7 Entertaining -and Unique-Virtual Experiences including wine tasting, Japanese cherry blossom garden, aquarium tour, The White House and more!

<https://www.insider.com/free-things-online-while-at-home-during-the-coronavirus-outbreak-2020-3#you-can-download-nasas-mobile-app-for-free-to-take-a-virtual-tour-of-its-facilities-16>

30 Ways to Leave Home without Leaving the Couch

<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3>

Art/culture virtual tours

<https://www.realsimple.com/work-life/entertainment/arts-culture/best-virtual-tours>

13 Online Museums

<https://www.buzzfeed.com/andyneuenschwander/13-museums-you-can-visit-online-during-your-quarant>

Spiritual Experiences

Christian World Media: <https://www.christianworldmedia.com/wordstream/search?p=latest>

Catholic Holy Masses: <https://mass-online.org/daily-holy-mass-live-online/>

Islamic Institute of Toronto: <https://islam.ca/>

Vision TV: <https://dailytvmass.com/>



Alzheimer Society Toronto
Our Connections Matter E-Newsletter offered monthly

https://on.alz.to/site/SPageServer/?pagename=AST_Connections_that_Matter

Alzheimer Society London and Middlesex
Virtual Social Recreation Archive

<https://alzheimerlondon.ca/vsr-archive/>

Alzheimer Society Grey Bruce
List of Tele-phone and/or Video Call Activity Ideas

<https://www.activelivinggreybruce.org/phone-video-activities>

Alzheimer Society Niagara
Virtual Respite Recreation Hour every Monday at 11:00 A.M.

<https://alzheimer.ca/niagara/en/help-support/programs-services/online-programming>

Alzheimer Society Oxford
A Guide for Virtual and Telephone Visits

<https://alzheimer.ca/oxford/en/help-support/guide-virtual-telephone-visits>

Alzheimer Society
Activity Ideas at Home for People Living with Dementia

http://on.alz.to/site/DocServer/Activity_Ideas_at_Home_for_People_Living_with_Dementia.pdf

Dancing with Parkinson's Canada is offering Free Daily Online
Dance Classes for ALL seniors everywhere!

<https://www.dancingwithparkinsons.com/free-classes>





Joanne Does, Musician

Background on the pre-recorded videos: http://on.alz.to/site/DocServer/The_Gift_of_Music_Joanne_Does.pdf

Here's Joanne's YouTube with the recorded videos: <https://www.youtube.com/channel/UCUNvU7YRfqBx2dY30waSAiQ>

Bingo

<https://myfreebingocards.com/>

Online Card Games and Board Games

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

<https://playingcards.io/>

<https://lifehacker.com/you-can-play-these-games-online-with-friends-1842347093>

Creative Arts and Craft Activities

<http://www.thecreativecenter.org/tcc/programs/virtual-art-making-activities/>

Isolation Activities Non-Wi-Fi Based

<https://storage.googleapis.com/production-constantcontact-v1-0-0/300/297300/sTpNFSLw/57f3df081acc4c76b8239154784f1b2d?fileName=Activities+while+in+Isolation+No+to+High+Tech.pdf>

Stimulating at Home Activities for People Living with Dementia

<https://storage.googleapis.com/production-constantcontact-v1-0-0/300/297300/sTpNFSLw/a9c643b30a874c0a9772dfce8de40b64?fileName=Stimulating%20at%20Home%20Activities.pdf>

Activity Book Created by Occupational Therapy Students from McGill

https://storage.googleapis.com/production-constantcontact-v1-0-0/300/297300/sTpNFSLw/6c203dd6b7474131bc1d9935918ace87?fileName=dementia_activity_booklet_english_pages_1-55.pdf

Getting Active Created by Occupational Therapy Students from McGill

https://storage.googleapis.com/production-constantcontact-v1-0-0/300/297300/sTpNFSLw/afe2b8cd79424208a48e719c414b38cf?fileName=dementia_activity_booklet_english_pages_56-99.pdf

Family Activities While Practicing Social Distancing

<https://www.trontario.org/files/News-and-Events/Family-Activity-Resources.pdf>

**Meaningful Engagement of People with Dementia
A Resource Guide by the Alzheimer Society**

<https://alzheimer.ca/sites/default/files/documents/meaningful-engagement-of-people-with-dementia.pdf>





Keep Busy at Home During COVID with Crafts, Games, Activities and More!

https://dailycaring.com/fun-coronavirus-home-activities-games-puzzles-audiobooks-music-cooking-shows-crafts-and-more/?utm_source=DailyCaring&utm_campaign=b94e65b2c7-DC_Email_2020-04-29&utm_medium=email&utm_term=0_57c250b62e-b94e65b2c7-123396697

Alzheimer Society Grey Bruce - Cognitive Activities for your Brain

<https://www.activelivinggreybruce.org/cognitive-activities>

Alzheimer Society Grey Bruce - Healthy Living Wellness Activities

<https://www.activelivinggreybruce.org/wellness-activities>

Alzheimer Society London and Middlesex – Virtual Social Recreation

<https://alzheimersociety.ca/virtual-social-rec/>

Alzheimer Society of Perth – Virtual Social Recreation List

<https://alzheimersociety.ca/perth/en/help-support/programs-services/virtual-social-recreation>

Alzheimer Society Oxford – Activity Website offering weekly activities as well as an archive of activities

<https://alzheimersociety.ca/oxford/en/help-support/programs-services/covid-19-resources-activities-oxford-county-guide/activity-ideas>

Alzheimer Society Niagara – Virtual Social Recreation

<https://alzheimersociety.ca/niagara/en/help-support/programs-services/online-programming/virtual-social-recreation>



Print this “Coping Tools” document as a nice reminder to look at, tape in a cupboard with daily reminders

<https://storage.googleapis.com/production-constantcontact-v1-0-0/300/297300/sTpNFSLw/7fdb7815b2a141638c52dc150f019800?fileName=leisure%20coping%20tools.pdf>

Global Goodness News “to make you smile”

https://globalgoodness.ca/en/?gclid=Cj0KCQjw09HzBRDrARIsAG60GP_FuZOWz3xOtdL5exqwKvIQWsjl6p2pQFLI6-1_2veFt8euC9XN58aAiHREALw_wcB

<https://tanksgoodnews.com/>

Boomers Magazine

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

Smithsonian Magazine (crossword, spot the difference, word scramble, etc.)

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

Virtual Activity Kit – How to stay active and engaged in meaningful activities using entirely virtual means. Includes apps, games to play with family/friends, tours and more.

https://www.trontario.org/files/News-and-Events/VIRTUAL_ACTIVITY_KIT.pdf

Yoga

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

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

Physical Activities/Exercise for your Body

<https://www.activelivinggreybruce.org/physical-activities>

<https://www.trontario.org/files/News-and-Events/DICE-Being-Active-at-Home.pdf>

<https://www.youtube.com/channel/UC2BaKQ5vqal9yaC-VbpD5ZQ/videos>

https://www.youtube.com/watch?v=rkDlpZ3Musw&feature=youtu.be&ab_channel=NationallnstituteOnAging

<https://www.youtube.com/user/Eldergym/featured>

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvH1ZqD6Vp6vD2C2No1cloe>

<https://www.youtube.com/channel/UCIgcN4xnaq5IMq8KZaPDccg>

https://www.youtube.com/watch?v=IhFmIZGvU8A&feature=emb_logo&ab_channel=CBCNews

https://www.youtube.com/results?search_query=be+fit+jane+fonda

Building Urban Vegetable Garden

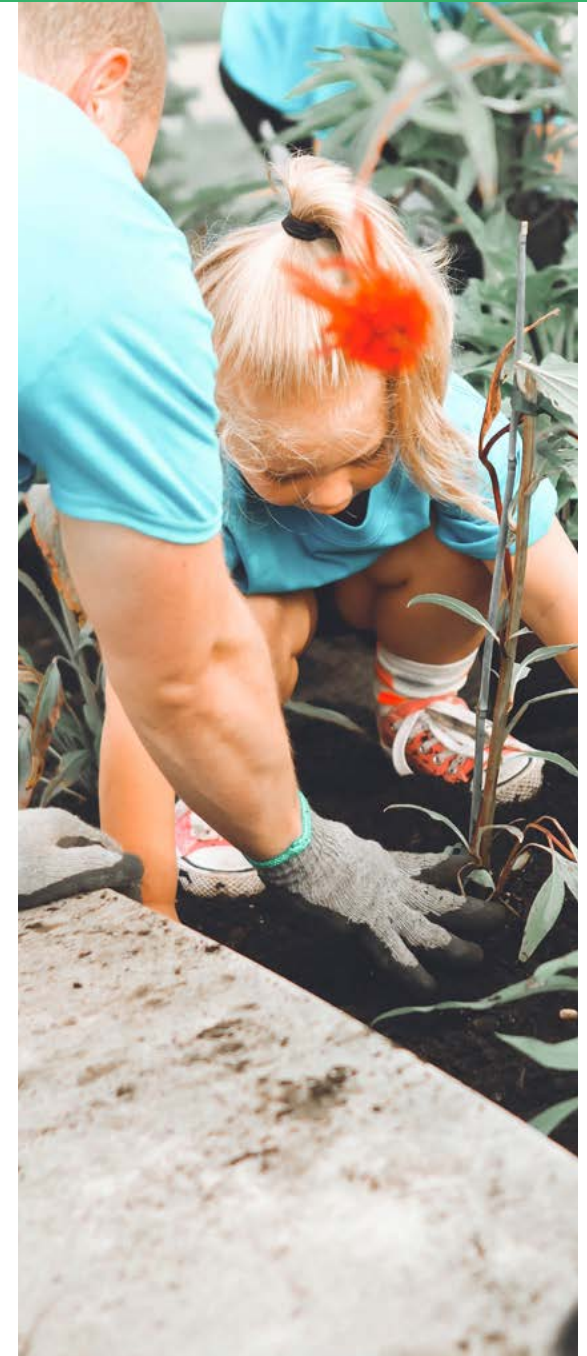
<https://porch.com/advice/building-urban-vegetable-garden-home>

Dementia-specific products – Dementiability

<https://dementiability.com/shop/>

Dementia-specific products – Keeping Busy

<https://keepingbusy.com/sTpNFSLw/7fdb7815b2a141638c52dc150f019800?fileName=leisure%20coping%20tools.pdf>



**Alzheimer Society London and Middlesex
Care Partner Support Space**

<https://alzheimerlondon.ca/care-partner-support-space/>

Laurier offers free online self-care and resiliency courses

https://www.wlu.ca/news/news-releases/2020/april/laurier-offers-free-online-self-care-and-resiliency-course.html?fbclid=IwAR2TYIT7yxsKv4z2BnGwleFzqVBnFHmbbuWNizT34UDEC-zry-0N_g4_eRY

**Behaviour Supports Ontario Guide
to Self-Care During COVID-19**

<https://www.trontario.org/files/News-and-Events/BSO-Self-care-During-COVID-19-Pandemic.pdf>

Shoppers Drug Mart Mental Health Resources

<https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/mental-health>

Taking Care of Myself Graph by The Royal

English: https://www.trontario.org/files/News-and-Events/Taking_Care_of_Myself_Graph_EN.pdf

French: https://www.trontario.org/files/News-and-Events/Taking_Care_of_Myself_Graph_FR.pdf

**Tolerance for Uncertainty – A COVID-19 Workbook
to accept your feelings, tolerate distress and thrive.**

https://41c01c68-7228-4f31-8b39-14b7008c74a3.filesusr.com/ugd/448e3c_d86c020a1e794606ba80f93893183aea.pdf

YOU are Awesome!

https://www.youtube.com/watch?v=9BZ2kuTmgrw&feature=youtu.be&ab_channel=DromPractice

