

# Dementia Friendly Activities

Updated February 2023

- Adult Day & Respite Services – in-person and online
- Memory Cafes – in-person and online
- Organized Activities – in-person and online
- Ideas for Outings
- Activities at Home – On your own schedule
- Health & Exercise Programs – in-person and online
- Virtual Travel, Arts & Entertainment
  - Webcams
  - Links to Concerts, Plays, and Music
  - Links to Museums, Art Galleries, Historical Sites, and Zoos
  - Virtual Garden Tours

## Adult Day & Respite Services

### NE Day Spot

Respite In-Person - Weekly on Fridays | 10:00 AM - 1:00 PM CT

NE Day Spot is a gathering place for those with mild to moderate memory loss or other chronic health conditions to be in community while caregivers have a reliable break each week. Enjoy gathering together with art, music, conversation, and movement alongside volunteers, participants, and Vital Living staff.

Every Friday, this event aims to be a safe space for:

- Persons 65+ receiving care from others
- Those living with memory loss or other chronic conditions

**Requirements:** Pre-assessment necessary to determine eligibility.

**Cost:** Suggested donation based on sliding fee scale, \$0-\$45 per day. Space is limited.

**Covid protocols include:** Up-to-date vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged but not required.

**Interested in learning more?** Contact Shay at 612-787-4076 or [SMacKay@esns.org](mailto:SMacKay@esns.org).

[East Side Neighborhood Services](#) - 1700 2nd St NE Minneapolis, MN 55413

## **The Gathering**

The Gathering is a group respite program that provides four hours of brain-stimulating activities and social engagement to adults experiencing early- to mid-stage memory loss, allowing their family members and/or friends to take a much-needed break from caregiving. The program is led by Lyngblomsten staff with support from a team of volunteers who are specially trained to understand the distinctive needs of people experiencing memory loss. The Gathering relaunched in the fall of 2021 after being temporarily suspended due to the COVID-19 pandemic. Highlights of the program include:

- Sessions of The Gathering will be held from 10 AM to 2 PM weekly at sites in St. Paul and White Bear Lake.
- Participants attend the same session each week, forming a cohort. This allows them and their caregivers to develop relationships and a support network with others in their cohort.
- During a session of The Gathering, participants, volunteers, and staff enjoy activities that stimulate the brain and promote community. Examples include music, games, exercise, discussion groups, art activities, guest speakers, and more!
- Caregivers have the opportunity to connect one-on-one with a Lyngblomsten Caregiver Specialist for resources and support and to participate in a weekly online Caregiver Cohort Group.

For more information:

Contact 2nd Half with Lyngblomsten at 651-632-5320 or [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)

## **The Memory Collective**

The Memory Collective is an eight-week online enrichment class for adults living with mild cognitive impairment or experiencing early skill changes with memory, language, visual perception or processing, filling a gap for those early in their diagnosis and providing meaningful connections with others on a similar journey. While the changes you are experiencing can be challenging, you don't have to face it alone. Sign up for the Memory Collective and experience how online relationships can bring joy and laughter into your life!

For the first seven weeks, you and (if desired) a guest of your choosing (e.g., friend, family member, spouse) will gather virtually with others for a 90-minute online Zoom session facilitated by Lyngblomsten staff. Each session will feature a variety of educational topics and activities, as well as time for you and other participants to share your life experiences as you learn from one another and build a social group. On the eighth week, the group will come together for a tour at a local location. This enrichment class can accommodate eight participants each day (Tuesday and Thursday).

Fee: \$175 for eight sessions (less than \$25 per session) covers any guests who may attend the sessions. There may be an additional small fee to cover the in-person outing.

**The theme for our February – April class is Wisconsin Minnesota Border Connections.**

Choose from one of three class times: Tuesday mornings, Thursday mornings, or Thursday afternoons.

**Memory Collective Schedule for 2023:**

Quarter 1: Feb. 14 – April 6

Quarter 2: April 11 – June 15

Quarter 3: June 20 – Aug. 17

Quarter 4: Sept. 26 – Nov. 16

To register contact Olivia Kuechle, Engagement and Outreach Coordinator, at (651) 632-5330 or [okuechle@lyngblomsten.org](mailto:okuechle@lyngblomsten.org).

Learn more at [Memory Collective](#).

## St Anthony Park Area Seniors

### Caregiver Respite

Caregivers in St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue can contact St. Anthony Park Area Seniors (651-642-9052) to be matched up with a volunteer who can provide short respite visits on a temporary or long-term basis.

Respite visits are typically for a couple of hours so that the caregiver can take care of errands, go to a doctor's appointment, take a walk or just take a break.

## Wilder Connect In-Person Respite

Wilder Connect provides 4-hours of engaging activities, personal care and healthy meals for those living with memory loss and neurodegenerative disorders, offering rest and self-care time for Caregivers.

### Weekly Schedule:

- Mondays 12 – 4 PM CT
- Tuesdays 12 – 4 PM CT
- Wednesdays 12 – 4 PM CT
- Thursdays 12 – 4 PM CT

### Participants can expect:

- To be in small groups of 10 or fewer people.

- Personal support from Wilder staff and volunteers, including assistance needed with hygiene.
- Engaging physical, cognitive and social activities such as exercise, arts & crafts, lively discussions, games and more.
- A healthy, delicious lunch.
- Clean, safe and sanitized space with daily health screenings, temperature checks and physical distancing measures to protect caregivers and clients during COVID-19.

Cost: \$115 per 4-hour day Includes all care, activities and meals

Location: 941 Lafond Ave, St Paul, MN 55104

For questions or to sign up: **651-280-2294** | [wilderconnect@wilder.org](mailto:wilderconnect@wilder.org)

[Wilder Foundation / Caregiving](#)

## Wilder Community Care Services

In-home support and care for adults living independently in senior and assisted living communities

Community Care Services provided by Wilder serve older adults and adults with disabilities, chronic health conditions, and/or memory loss who are living independently in their own homes within senior and assisted living communities. These services can be personalized and are perfect for adults who may need support in activities of daily living, personal care, or medication management in order to remain healthy and independent. And with in-home support, our Community Care Services also provide social companionship and respite time for family caregivers.

Hours: Monday - Friday | 9:00 AM - 5:00 PM CT

Phone: 651-280- 2273 | [healthyaging@wilder.org](mailto:healthyaging@wilder.org) | [Wilder Community Care](#)

## Memory Cafes

### Memory Cafe Directory

Find Minnesota Memory Cafes near you and enjoy a “dementia-friendly” outing with your loved one. Some are sponsored by national organizations, while many more are offered by local groups. If your favorite Memory Cafe isn’t shown, please let us know and we’ll add it. It’s free!

[Memory Cafes in Minnesota](#)

## Arthurs Memory Café

Arthur's Memory Café meets virtually the 2<sup>nd</sup> & 4<sup>th</sup> Wed each month. We start at 1 PM CT and will go for an hour or two depending on the need of the group that attends. These will be zoom meetings (video conferencing) and people could attend by phone if they don't have a computer, iPad or smart phone which has a camera and microphone.

Contact: Lori La Bey at 651-748-4714 or email [Lori@AlzheimersSpeaks.com](mailto:Lori@AlzheimersSpeaks.com).

## Carondelet Village Memory Café

First Monday of each month via Zoom 1:00 - 2:30 PM CT

Third Monday of each month in person 1:00 – 2:30 PM CT

The Carondelet Village Memory Cafe provides an opportunity for people with early-stage dementia, families, and caregivers to meet and socialize in a safe space. Ask questions of professionals, have fun, and learn from each other. All are welcome! Invite your friends, family, neighbors, etc. The more, the merrier!

Please contact Memory Cafe coordinator to ensure day and time is correct. For more information, or to confirm dates and times, please contact Meghan Constantini at 651-695-5000 or [mconstantini@preshomes.org](mailto:mconstantini@preshomes.org).

Check out our [resource blog entry](#) about the memory cafe.

## Family Means Memory Cafés

Four locations offer Memory Cafes, welcoming places where those with memory loss and their caregivers can come together each month:

- First Tuesday, 10:30-11:30 a.m.: Hy-Vee grocery store, 7280 E Point Douglas Road S, Cottage Grove.
- Second Tuesday, 1-2:30 p.m.: R. H. Stafford Library, 8595 Central Park Place, Woodbury.
- Second Thursday, 9-10:15 a.m.: Lake Elmo Inn, 3442 Lake Elmo Av., Lake Elmo.
- Third Wednesday, 1:30-3 p.m. Rice Lake Centre, 6900 137th St. N., Hugo.

Sign up by contacting Jenny West at 651-789-4015 or email [jwest@familymeans.org](mailto:jwest@familymeans.org)  
For more information: [FamilyMeans Support Groups](#)

Sponsored by [FamilyMeans](#)

## Organized Activities

### **SPARK! Art and Nature for People Living with Memory Loss and Their Care Partner**

February 9, March 9, and April 13, 10-11 AM CT.

Silverwood Park Visitor Center at Silverwood Park, A Regional Center for the Arts and the Environment - 2500 County Rd E, St. Anthony.

Explore the simple beauty of nature and the joy of artmaking and how they enrich our lives. Each month features a nature topic discussion related to the current season or the gallery show on display, and also involves making art together. This free monthly program is for persons with memory loss accompanied by their care partner.

This program is mostly outdoors, weather permitting. Please register by emailing Seth Eberle: [seth.eberle@threeriversparks.org](mailto:seth.eberle@threeriversparks.org). You can also call 763-559-6700 during daytime hours during the week or 9-1 on weekends. This is the main registration phone number for all Three Rivers Park District events, so please mention the name of the program - Art & Nature for People Living with Memory Loss - and the location - Silverwood Park.

A [Spark!](#) sponsored event: Cultural programs for people with memory loss and their care partners.

### **Reimagining Aging – Vital Living Book Club**

Every 2nd Saturday of the Month | 9:00-10:00 AM via Zoom

Enjoy reading and looking for a friendly group to be a part of? Bring your coffee and join our discussion each month of engaging and enlightening books about aging and what it means to live a vital life today. We will reframe the idea of aging as opportunity -- the opportunity to reach out to other generations, share wisdom, and learn new ways of living in the world.

**February 11:** Reading Through a Deeper Lens: A special event with guest facilitator. No prepared reading required but bring your curiosity.

**March 11:** Remarkably Bright Creatures by Shelby Van Pelt

**April 8:** Black Cake: A Novel by Charmaine Wilkerson

To register Contact (612) 787-4086 or [VitalLiving@esns.org](mailto:VitalLiving@esns.org)

[East Side Neighborhood Services](#) - 1700 2nd St NE Minneapolis, MN 55413

## Giving Voice Chorus

**If you are looking for ways to live well with Alzheimer's or another form of dementia. Come join us!**

No auditions. We believe that everyone is a singer! We don't ask about your diagnosis, just how we can help you to be successful. We sing familiar songs and new ones too. People with dementia CAN learn new music and sing in three-part harmony. We rehearse weekly, and we end each session with a performance for family and friends. You'll get a binder full of music and practice CDs to help you learn the repertoire. Volunteers are available to help provide a welcoming, dementia-friendly environment. When we sing together, we become a community.

Join us. There's a place for you in the chorus. [Reserve your spot here!](#)  
If you are not in the Twin Cities area, join one of the many Giving Voice style choruses [across the country](#). There are so many wonderful options available in 18 states and Washington D.C.

## Join us for our Virtual Lunch Bunch!

St. Anthony Park Area Senior staff facilitate an online one-hour gathering every other Wednesday (with some exceptions due to holidays and staff availability) to provide a space for conversation and social connection. Each gathering provides participants the opportunity to share joys and concerns, play BINGO and watch a short video highlighting something relevant to the day or month.

This gathering is offered at no charge and is available to everyone regardless of age or residency. Donations are requested, but not required.

Participants can Zoom in on regular telephones or on devices that connect to the internet. Lunch Bunches are scheduled every two weeks. Check our [website](#) for the next one! Seniors outside of our regular service area are welcome to join in too!

**Call St Anthony Park Area Seniors at 651-642-9052 to find out how to join in.**

## Let's Do Lunch Café

Let's Do Lunch Café brings together older Twin Cities LGBTQ+ community members for lunch and connection "on the house." These gatherings offer an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment.

Let's Do Lunchbox Café is open for reservations every second Tuesday of the month

and every fourth Friday of the month from 11:30 AM to 12:30 PM CT. We will be meeting in person at the Danish American Center, 3030 W River Pkwy, Minneapolis, MN 55406. To join the Let's Do Lunchbox Café, join our [Private Facebook Group](#) or [visit our website](#) and sign up for e-mail updates and look for the next zoom/lunchbox invite!

Let's Do Lunch Café is a [Friends & Co](#), [Prime Timers MSP](#) and [Rainbow Health \(Previously JustUs Health\)](#) Partnership, and endorsed by [East Side Neighborhood Services](#).

## **KAIROS ALIVE! DANCING HEART LIVE™ 2-WAY TV SHOW**

**Fun, Connection and Health with Music, Dance, Story and Research Learning**

**Thursdays | 10:30-11:15 AM CT**

**All ages and Abilities Welcome on Zoom**

*Dancing Heart Live™*, is an engaging and inspiring research-based 2-way interactive "TV show." It's a mix between *Mr. Roger's Neighborhood*, *Reading Rainbow*, *Soul Train*, *Science Friday* and *Live from Lincoln Center* for all ages and abilities; no previous experience necessary. It taps the creativity in everyone and makes creative connections between isolated people, and improves physical, intellectual, emotional and social health through dance, music, story, theater, and the latest arts and health research learning. It promotes trust, connection, joy, health and intercultural celebration, and features guest musicians, dancers and storytellers. It's a great place to meet your family and friends, and make new friends.

Contact [info@kairosalive.org](mailto:info@kairosalive.org) to receive the link and Join the Show!

## **Mind | Body | Community**

**Thursdays, 1:00-2:00 PM CT - Phone-In Class**

Join from home East Side's newest wellness group!

Call-in each week to move with gentle movements, practice mindfulness activities and enjoy the company of others. Each participant receives a goodie bag to use during the call and on their own. No cost to participate. The only equipment needed is a phone with the "speakerphone" feature to participate hands-free. If you are not sure whether your phone has this feature, you can contact us to find out.

**Questions?** Contact 612-787-4086 or email [VitalLiving@esns.org](mailto:VitalLiving@esns.org) to register.

[East Side Neighborhood Services](#)

## **Alzheimer's Foundation of America**

[List of upcoming FREE community classes](#)



AFA offers a changing selection of free art, exercise, and other activities accessed through their Facebook page. Visit the page to take part:

[www.facebook.com/alzheimersfoundationofamerica](http://www.facebook.com/alzheimersfoundationofamerica).

If you are not on Facebook, you can find classes here:

<https://alzfdn.org/?s=free+community+classes>

## Ideas for Outings

### Take a Staycation!

Learn about area day trips you can take with your person living with dementia.

Staycation write-ups have detailed information including:

- Brief description of destination
- Walking level (Easy, Medium, Hard)
- Wheelchair accessibility
- Food & drink availability
- Bathroom availability
- 3 sensory experience to try
- 5 questions to ask the person living with dementia during their experience

Cooperating sites include:

- Wood Lake Nature Center
- Waldoch Farm
- The Raptor Center
- Seaquest
- Norway House
- North Metro Television
- Mill City Museum
- Jacobson's Apple Orchard
- Como Zoo and Conservatory
- Minnesota's Largest Candy Store & Jim's Apple Farm
- University of Minnesota Bell Museum

**Make sure to check that sites are open!**

**Click [here](#) for more details about specific Staycations!**

Staycations are a partnership of the Roseville Alzheimer's & Dementia Community Action Team and Reflections of Silvercrest.

## Activities at Home – On your own schedule

### “Art Is...In”

A Professionally curated art-at-home experience for those with memory loss & their care partners. Home-delivered art kits by mail, All supplies included. Receive a new beautiful art kit package every week. No Zoom. No phone. No YouTube. Just YOU!

A specialized program for those with memory loss, cognitive impairment, and all forms of dementia, along with their care partners.

What you need: A dedicated care partner willing and able to enjoy the weekly art projects from the comfort of home along with their person that has memory loss, cognitive impairment, or dementia.

Cost: Free

(Donations are welcome to support the artist and growth of this program.)

[Click to Register](#)

The University of Chicago Medicine - Center for Comprehensive Care and Research on Memory Disorders - Special Thanks to the [I'm Still Here Foundation](#)

### Memory Minders Kits from Ramsey County Library - Free three-week checkout

Memory Minders Kits are special kits for caregivers who are caring for people experiencing memory loss. They are available at the Ramsey County Library locations in Roseville and Shoreview. The kits contain materials used to spark memories, create conversations and provide positive and engaging interactions between clients and their caregivers. Kits are divided into high, middle and low activity levels. Each kit is unique and features a variety of items such as:

- An interactive activity for those with memory loss (puzzle, bingo, games or conversation cards).
- A book with color illustrations created for individuals with memory loss.
- A CD with music to soothe and spark memory.
- A Caregiver's Guide to Dementia by Laura Gitlin, which explores use of activities and other techniques to prevent, reduce and manage behavioral symptoms of dementia.

The majority of kits are for people living with Alzheimer's disease, but there are kits for people with Lewy Body Dementia and children who have contact with someone with dementia.

You can access them the same way as books--curbside or home delivery if you are homebound. You must be a resident of suburban Ramsey County to qualify for home delivery. To request a particular kit, call the library. Staff will pull the kit for you, check it out and put it outside when you arrive. You can also still request them via our [online catalog](#). As a third option, you are always welcome to talk to a reference librarian to find out what is still on the shelf.

Currently, over 100 unique Memory Minders Kits are available for check out three weeks at a time. They are also renewable and can be requested via the Ramsey County Library catalog. **Find them on the [rclreads.org](http://rclreads.org) website [here](#).**

## Ramsey County Library

Ramsey County is committed to providing efficient, effective and equitable operational approaches during the COVID-19 pandemic.

**Summaries of modified services at Ramsey County Library are outlined [here](#).**

## Reading Together

Suggested books for adults with dementia to read together with a care partner.

[Navigating Aging – Using Picture Books to Engage Older Adults](#)

[Picture Books that Celebrate Seniors and Aging](#)

## Pen Pal Partner (Home Opportunity)

It is less expected to find a personal piece of mail in our mailboxes these days. But it feels so great to have a letter with our name on it. Make someone's day by exchanging brief notes, artful pictures, or an old postcard once or twice a month. East Side Neighborhood Services will match you with a community member who wants to share a kind note in return. To become a Pen Pal Partner or to learn about other engagement activities, please contact Jennifer Grilliot at [jgrilliot@esns.org](mailto:jgrilliot@esns.org) or **612-787-4104**.

[East Side Neighborhood Services](#)

## House of Memories - My House of Memories app

The easy to use *My House of Memories: US* app is free and allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their caregivers.

The app has pictures of objects from across the decades, which are brought to life with sound, music and descriptions, and provide an easy-to-use way to help people living with dementia explore things that resonate with them. You can browse the objects, which include everyday things such as a Tinkertoy set, a concert ticket, and a pair of Converse All Stars and you can save your favorite objects to a digital memory tree, box, or timeline. The app has a “My Memories” feature, which enables users to upload their own photos to share precious personal memories with the people they care for living with dementia.

**Download the free My House of Memories app:**



## Five Games to Stimulate a Person with Dementia’s Brain

Suggestions for ways to use card games, bingo, visual games, word puzzles, and video games to offer both social and mental stimulation for those with dementia, while “exercising” the brain and possibly, slowing the deterioration of cognitive abilities.

[Brain games](#)

Source: Caregiver Support - Alzheimer’s Disease Caregiver Support Initiative, Center for Neurobehavioral Health – Plattsburgh, NY

## Jigsaw Puzzles for Seniors

If you are a senior who would like to spend time working on a jigsaw puzzle, we may have what you are looking for! Our selection of puzzles includes mostly ones with more than 500 pieces. We have puzzles showing art, landscapes, fruit, butterflies.... something for everyone. These puzzles are available to seniors outside of our service area. Please contact us today at 651-642-9052 to find out more.

For more information about programs for seniors offered by St. Anthony Park Area Seniors check out their [website](#).

## **My Memories Project**

St. Anthony Park Area Seniors is offering a My Memories project for seniors and/or caregivers. Participants can create a binder that will contain their own documented memories. Topics will include things such as music photos, objects, maps and recipes.

The registration period has ended for receiving the binder and supplies, however, if you would like to receive the monthly prompts for creating your own binder, please contact our office at 651-642-9052.

For more information about programs for seniors offered by St. Anthony Park Area Seniors check out our [website](#).

## **Maria's Place**

Activities for caregivers and older adults. Browse their FREE library of hundreds of activities. Options for all ability levels, including dementia

[Maria's Place](#).

## **Zinnia TV**

Zinnia TV is an online library of artfully crafted, gently-paced video experiences that create moments of engagement, joy and connection for both people who give and receive care. Regular TV programming can trigger confusion, distress, boredom or daytime sleeping.

Watching a meaningful topic on Zinnia TV can soothe, delight and reinforce a person's sense of identity. Zinnia TV also includes enrichment videos with sing-alongs, conversation starters and trivia games. Watch a limited selection of new and featured videos on a free channel. You can then upgrade to our full membership anytime. Family membership is \$4.99 a month or \$49.99 a year, plans available for home health care agencies and care communities. Free 7-day trial.

Check out our website for more information: [Zinnia TV](#)

## SaltBox TV

Saltbox TV is the first-ever streaming service dedicated to connecting older adults with diverse, informative, and engaging programming. Through a simple and user-friendly platform, Saltbox TV welcomes even those with no technical experience. Saltbox TV hosts various programs from music, faith, classic film & television, lifelong learning, wellness, documentaries, arts and crafts, Saltbox Originals, and everything in between.

[Saltbox TV](#) - Always free, no passwords or accounts.

## Resources for you: A Musical Toolkit

Interesting and fun online resources for music therapy and the use of music for comfort and entertainment. Keynote Music Therapy has lots of ideas and has adapted their programs to the online environment. Fun and free resources plus a link to their YouTube channel with many playlists! Access the Keynote Music Therapy toolkit [here](#).

## Vital Living Guided Meditation

Take a moment to relax with a guided audio meditation from our Vital Living staff member Liz! To listen, click [here](#) or go to the Videos section of our Facebook page at [www.facebook.com/pg/ESNeighborhood/videos/](http://www.facebook.com/pg/ESNeighborhood/videos/)

During high stress times, it's too easy to let self-care fall by the wayside. If caregiving for a relative, partner, neighbor, friend, or child is causing you stress, contact our Vital Living team at [VitalLiving@esns.org](mailto:VitalLiving@esns.org) for support and resources.

[East Side Neighborhood Services](#)

## Phone Companions

Phone Companions is a new program developed by Friends & Co to reach out to isolated seniors and bridge the gap of social isolation.

- You can ask to be connected to someone who will be your phone companion. People who wish to receive calls complete an application and are referred to a caller.
- You can volunteer to become a phone companion. Volunteers are screened and given resource information.

Find out more: [Phone Companions](#) or 612-721-1400

Sponsor: [Friends & Co](#)

## Coffee Talk

If you're like us and feeling a little up and down these days, you just might enjoy a good phone chat. What a great pick-me-up! Pick up the phone, dial-in, connect with someone, have a good chuckle, share a good story, a memory, or whatever's on your mind. It's that easy! If this sounds like something you would enjoy, join us at "the table" with your favorite morning beverage to start your day. Whether you like your java bold or light, we guarantee good company, total anonymity, and engaging conversation!

With words of encouragement and an understanding ear, Friends & Co volunteers will provide callers with friendly conversation, access to community resources, and opportunities to connect with others through Friends & Co programs.

Just pick up the phone and dial in for some friendly conversation! **It's FREE.**  
**877-238-2282 OR 612-746-0728 Monday through Friday between 8 am and Noon.**

Sponsor: [Friends & Co](#)

## Visiting Companions

With our free Visiting Companions service, older adults who feel isolated and lonely can bring the joy of companionship back into their lives! Our companionship services are the perfect complement for older adults in Minnesota for social connection and friendship.

Although this is not a respite service, an older adult living with Dementia would have the opportunity to engage in conversation and interact socially with a volunteer. The caregiver should not leave the home while the visit is taking place.

When you join us, you will be matched with a Visiting Companion who is excited to build a special friendship with you! Matches are based on common interests and location. You and your Visiting Companion can plan your visitations schedules. All Visiting Companions have attended an orientation and have cleared background checks.

The Visiting Companions program is available to you if you:

- Are 65 years or older
- Live in Minnesota\*
- Have few friends or social opportunities
- Are looking for meaningful connections

\*We have volunteer companions standing by in the greater metro area. If you are requesting a companion outside of this area, please allow us some time to find your match.

To join our Visiting Companions program, sign up today. It's free and easy! To sign up or recommend someone, please choose one of the following:

**Join** – I am an older adult, and I am interested in being paired with a Visiting Companion.

<https://friendsco.org/join-us/>

**Recommend / Refer a client** – I want to recommend an older adult who is interested in a Visiting Companion. <https://friendsco.org/recommend/>

Questions about this service? Contact us @ 612-746-0737 or companions@friendsco.org

Sponsor: [Friends & Co](#)

## Well-Connected

**Well-Connected** is a FREE phone-in classroom/support group/check-in service. They have armchair travel, arts, conversation, fun & games, good reads, health & wellness, languages, museums at home etc. This looks to be an excellent resource for folks who are more likely to do well using the phone than internet technology. Covia hosts these virtual conversation and classes. People can volunteer to teach a class for community groups members.

Access information about the program here: [Well Connected.](#)

## Health & Exercise Programs

Note: We have tried to pick programs from reputable sources but we are not endorsing or recommending them.

## Welcome Mat Wellness

Designed for people aging in place, caregivers, and care receivers. Guiding you towards wellness in your home! Work with an expert FamilyMeans Caregiving & Aging staff member to:

- Complete a guided assessment which will help to establish goals and priorities
- Find resources that are the best fit for you
- Select and start a movement/health class
- If needed, receive technical training, equipment, and supplies at no cost.



This staff member will support you as you age in place! We are here to provide encouragement, guidance, and reminders throughout your wellness journey.

For more information contact Heidi at [hricks@familymeans.org](mailto:hricks@familymeans.org) or 651-789-4017

Sponsor: [FamilyMeans](https://www.familymeans.org)

## **Improving Health and Quality of Life: Juniper's Evidence-Based Programs**

Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants. You can participate through Zoom. Programs are free - donations are appreciated. Here is a sampling of some of the programs offered:

### **A Matter of Balance**

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

### **Tai Ji Quan – Moving for Better Balance**

This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.

### **Stepping On**

Stepping On offers participants a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review

### **Stay Active and Independent for Life (SAIL)**

SAIL is a strength, balance and fitness program for adults. This class is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness

### **Arthritis Foundation Exercise Program**

Arthritis Foundation Exercise Program is a group exercise class for people with arthritis who want safe ways to stay active, reduce pain, and move more easily. Participants learn from a trained instructor on how to deal with challenges like pain that keep them from staying active. Participants will practice stretching, breathing, endurance, and balance

activities tailored for their ability and skill level. AFEP can help control pain, boost energy and mood, and increase confidence about staying active and managing arthritis

**Complete information about courses, including dates and times, are available by clicking [here](#).**

## **LSVT BIG and LOUD**

LSVT programs are evidence-based speech, physical or occupational therapies. LSVT LOUD speech therapy improves communication in daily living; and LSVT BIG physical or occupational therapy improves mobility and movement used in everyday function. These are not general exercise programs. Instead, they are research-based treatment protocols designed specifically to address the motor, sensory and non-motor symptoms that many people with Parkinson's Disease or Parkinsonian symptoms face.

For more information and to find programs in Minnesota: [LSVT BIG and LOUD](#)

## **YMCA 360 ON-DEMAND CLASSES**

Stay connected and active, even if you can't visit the Y. The program will be accessible to both YMCA members as well as the general public for the foreseeable future.

[YMCA 360](#)

<https://ymca360.org/>

## **20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines**

[20 Minute Chair Exercise](#)

## **7-Minute Yoga Workout for Older Adults**

[7 Minute Yoga](#)

## **Gentle Chair Yoga Routine**

Developed by the therapists in the Chronic Pain Service (now called the LEAP Service) at Toronto Rehab, Rumsey Centre.

[Chair Yoga](#)

## **10 Minute Core Strengthening Workout for Seniors | Simple Seated Core Exercises**

[Seated Core Exercises](#)

## **15-minute Sample Workout for Older Adults from Go4Life National Institute on Aging**

[Go4Life Sample Workout](#)

## **7 Strength, Balance, and Flexibility Exercises for Older Adults from Go4Life - National Institute on Aging**

[Go4Life Exercises for Older Adults](#)

## **Vital Fitness Home Edition**

**Every Tuesday | 10:30-11:30 AM**  
**Via Facebook Live**

Join East Side's Vital Fitness group! Tune in weekly to the live video happening on East Side's Facebook page every week for a variety of exercises that improve balance, strength, and coordination. If you're interested in seeing previous recordings of our exercise class, click on the link [here](#)!

Questions? Call 612-787-4086 or email [VitalLiving@esns.org](mailto:VitalLiving@esns.org)

## Living Well - Senior LinkAge Line® Free Online Presentations

Registration: [Upcoming Presentations](#)

### Improving Health and Quality of Life: Juniper's Evidence-Based Programs

Juniper provides evidence-based health management programs through a large number of regional partnerships across Minnesota.

Evidence-based programs are proven to promote health and prevent disease among adults with chronic health conditions. Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants.

You can participate through Zoom. All participants must have audio and visual technology capabilities. This could be a laptop or tablet with a camera and microphone, or a smart phone. Don't know how to use Zoom? Don't worry, we will help you!

[Check all the courses and dates/times they are offered.](#) **Programs are free.**

### Ageing Mastery Program

The Ageing Mastery Program® (AMP) informs, encourages, and supports you in taking steps to improve your life and engage in your community. The program empowers you to make and maintain small but impactful changes. It incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to build skills and tools to manage your health, maintain economic security, and contribute in society. AMP offers 10 core sessions, each 90 minutes in length. Developed by the National Council on Aging.

### Diabetes Prevention Program

National Diabetes Prevention Program (NDPP) is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. It is based on the Centers for Disease Control and Prevention's curriculum and National Diabetes Prevention Recognition standards. Hundreds of in-person and online lifestyle change programs nationwide teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

This is a yearlong program that meets weekly for 8 weeks, twice a month for 4 months, and then once a month for the remainder of the year. You will have the support of your class leader and group participants to eat healthier, increase your activity.

### Living Well with Chronic Conditions

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.

**Living Well with Chronic Pain**

Chronic Pain Self-Management is a group class designed to help participants live a healthy life with chronic pain by managing their symptoms. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with chronic pain. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

**Living Well with Diabetes**

People with type 2 diabetes attend the class in groups of 12-16. Classes are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community, have reviewed all materials in the class.

**Virtual Travel, Arts & Entertainment****Webcams****Bird cams**

[All About Birds](#)

Count birds for science! [Feederwatch](#)

**Underwater cams**

[Underwater Cameras](#)

[Reef Cameras](#)

**Animal cams**

[Maryland Zoo](#)

[National Zoo](#)

[Explore.org World Wide Animal and Nature Cameras & Chat](#)

## Links to Concerts, Plays, and Music

### **The Social Distancing Festival Art, Music, Theater, Dance, and Poetry**

[Social Distancing Festival](#)

### **Art - Museums – Concerts**

[Art Museums, Concerts, Plays](#)

### **The Metropolitan Opera on Demand**

[Metropolitan Opera on Demand](#)

### **Broadway Plays and Musicals**

Seventeen Broadway plays and musicals—including Cats, Peter Pan, and Newsies—are available for viewing from the comfort of your own home! View through Broadway HD, Amazon Prime, or a similar service (**payment required**). Access this article for the complete list and viewing details: [Playbill](#)

### **Folk Music Archive**

[Folk Music](#)

### **The Current - Events Calendar**

[Event Calendar](#)

## Links to Museums, Art Galleries, Historical Sites, and Zoos

### 12 Museums Around the World

[Museum Virtual Tours](#)

### Italian Museums

[Tours of Italian Museums](#)

### Palace of Versailles

[Palace of Versailles Tour](#)

### Joy of Museums - Links to museums, art galleries and historical sites worldwide

[Joy of Museums](#)

### Science Museum of Minnesota - Omnitheater Movies

[Science Museum of Minnesota - Omnitheater Movies](#)

### NASA Image and Video Library

NASA Image and Video Library allows users to search and download a treasure trove of more than 140,000 NASA images, videos, and audio files from across the agency's many missions in aeronautics, astrophysics, Earth science, and human spaceflight.

[NASA images](#)

### Space Shuttle Discovery

[Discovery Flight Deck](#)

## Zoos and Museums

[World Famous Museums and Zoos](#)

## Virtual Garden Tours - No worries about weather, insects, allergies!

### Five gardens

Waddesdon Manor, Waddesdon, England / Claude Monet's Garden, Giverny, France / Chicago Botanic Garden, Chicago IL / Hawaii Tropical Botanical Garden, Papaikou, HI / Kew Gardens, Richmond, England

[Five Gardens](#)

### United States Botanic Garden

[US Botanical Garden](#)

### Virtual Field Trip - Amazon Rainforest

[Amazon Rainforest](#)