

Dementia Friendly Activities

Updated December 2021

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Adult Day & Group Respite Services

The Gathering – Second Half with Lyngblomsten

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 is relaunching 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.

2nd Half with Lyngblomsten is taking precautions to protect the health and safety of in-person program participants from COVID-19, following all applicable guidance from federal and state health agencies for mitigating the potential spread of the virus.

For more information:

Contact 2nd Half with Lyngblomsten at 651.632.5320 or caregiving@lyngblomsten.org

Group eRespite program for Persons Living with Dementia

Our online Group eRespite program provides one hour of engaging, creative programming for persons experiencing memory loss and a break for their caregivers. Multiple sessions held each week in the morning and afternoon.

To learn more visit www.lyngblomsten.org/eRespite, email us at caregiving@lyngblomsten.org, or call us at (651) 632-5320.

2nd Half with Lyngblomsten Services

2nd Half with Lyngblomsten continues to offer programs, resources, and support to older adults and family caregivers. **Visit the Dementia Support Groups and Services page on the Roseville Alzheimer's & Dementia Information website for more details.** Visit our [online catalog](#) or our [website](#) to learn more about our programs. We hope you join us!

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 p.m. – 4 p.m.
- Tuesdays 12 p.m. – 4 p.m.
- Wednesdays 12 p.m. – 4 p.m.
- Thursdays 12 p.m. – 4 p.m.
- Saturday and Sunday 9 a.m. – 1 p.m. (first full weekend of the month)

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

[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 a.m. - 5:00 p.m.

Phone: 651-280- 2273 | 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 2nd & 4th Wed each month. We start at 1pm 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.

Carondelet Village Memory Café

First Monday of each month
1:00 - 2:30 PM Central

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.

For more information check out our [resource blog entry](#) about the memory cafe.

Virtual Memory Café

Thursdays 2:00 – 3:00pm

A welcoming place for those with memory loss and their caregivers to come together. The Café will include facilitated conversation and community resources. It will be conducted via Zoom.

Sign up by contacting Jenny West at 651-789-4015 or email jwest@familymeans.org

[FamilyMeans](#)

Organized Activities

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

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. The event takes place at Silverwood Park - A Regional Center for the Arts and the Environment, 2500 County Rd E in St. Anthony.

We meet at Silverwood Park Visitor Center on the second Thursday of every month from 10AM-11AM.

This program is mostly outdoors, weather permitting.

Please register by emailing Seth Eberle: 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.

It's a Wonderful Life!

A FamilyMeans Community Connection program

An opportunity for people with early memory loss to explore new places, engage with others, and connect to the community.

- Volunteer at Valley Outreach clothing drive to help the community
- Enjoy hot chocolate while creating activity kits for local kids
- Explore backstage at Zephyr Theatre and meet some members of their production of It's a Wonderful Life
- Receive two tickets to enjoy a Sunday Matinee performance of It's a Wonderful Life!

Tuesday, November 23, 1-4 p.m.

Wednesdays, December 1 & 8, 1-4 p.m

Sunday Matinee performance at Zephyr Theatre: Dec 12, 2 p.m.

\$125 for the series; reduced fee available. Pre-registration is required.

To learn more and register email hricks@familymeans.org or call (651) 789-4017

This program was supported, in part, by a grant from the Minnesota Board on Aging and additional support from the Brookdale Foundation Group.

Community Partners: Zephyr Theatre, Valley Outreach, FamilyMeans Youth Development.

[FamilyMeans](#) 1875 Northwestern Avenue South, Stillwater, MN 55082

Giving Voice Chorus

We are gearing up for our fall session at Giving Voice and we'd love for you to be a part of it! We have options available through our partnership with MacPhail Center for Music in Minneapolis, MN, including in person and a virtual option that is open to anyone, anywhere! Chorus members include people with dementia, their care partners, and volunteers. We welcome any person who is living with Alzheimer's or another dementia who can attend the structured weekly rehearsals and, most importantly, wants to make good music and good friends! There are no auditions, and no musical training or experience is necessary.

Singers are encouraged to join the group at the beginning of a session. Each singer pays a registration fee of \$75 for each fall and spring in person session, and \$75 per screen for our virtual session. Giving Voice is requiring all in person singers and volunteers to be vaccinated. Other safety policies are also in effect.

To register or for more information, visit [Giving Voice Twin Cities Chorus](#) or call (612) 321-0100.

Join us for our Virtual Lunch Bunch!

Are you tired of physical distancing and would like to get together with other seniors? St. Anthony Park Area Seniors is inviting ALL seniors to come to our **virtual** lunch outing, our Lunch Bunch. We meet during the noon hour to meet each other, check in, play a conversation game and watch something pleasant on the screen. 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 our office at 651-642-9052 to find out how to join in.

Let's Do Lunch Café Zoom Lunchbox Get-Together

Let's Do Lunch Café Zoom Lunchbox Get-Together

Let's Do Lunch Café brings together older Twin Cities LGBTQ+ community members for lunch and connection "on the house." These virtual lunchbox 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 a.m. to 12:30 p.m.

To join Let's Do Lunchbox Café, [please visit their website](#) and sign up for e-mail updates and look for the next zoom/lunchbox invite!

Let's Do Lunch Café is a [Little Brothers – Friends of the Elderly](#), [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 CDT

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 to receive the link and Join the Show!

Mind | Body | Community

Thursdays, 1:00-2:00 PM

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 VitalLiving@esns.org to register.

[East Side Neighborhood Services](#)

Can We Talk?

Tuesdays, December 7–January 11 • 9:45–11 AM via Zoom

Join this lively group for conversation and shared wisdom, sprinkled with more than a few laughs! This six-week virtual series is an opportunity to come together to talk, ponder, and learn from each other. We answer the age-old question “How are you?” each week. Group size is limited to 10; participate through Zoom online or via phone. FREE Registration ongoing: no deadline.

[Click here to register](#) or phone (651) 632-5330.

Sponsor: [2nd Half with Lyngblomsten](#)

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.](#)

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)

Mather Institute Telephone Topics

Hosts hundreds of virtual conversations and classes to provide interaction for people who may be lonely or isolated.

[Mather Telephone Topics](#)

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
- 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

[Download the details for 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

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 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](#)

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:



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 or **612-787-4104**.

East Side Neighborhood Services

Alzheimer's Poetry Project Minnesota Portable Poetry session-a-day

Beginning March 19, 2020, and lasting through the quarantine of our institutionalized elder friends, I'll be posting a poem a day every day on this page, along with an accompanying image, a link to a related song, and a Beautiful Question for discussion. [Daily Poetry, Song, and Question](#)

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

Memory & Brain Games for Seniors with Dementia

A blog with links to memory games and sources for accessing/purchasing these. Worth a few minutes of your time to get ideas to use at home. [Memory games blog](#)

Jigsaw Puzzles for Seniors

St. Anthony Park Area Seniors has Jigsaw Puzzles for Seniors!

Winter is coming and we will all most likely be spending more time inside. If you are a senior who would like to spend time working on a jigsaw puzzle, we may have what you are looking for this winter! 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 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/

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 for support and resources.

[East Side Neighborhood Services](#)

Mather Institute Telephone Topics

Hosts hundreds of virtual conversations and classes to provide interaction for people who may be lonely or isolated.

[Mather Telephone Topics](#)

Elder Friends – Phone Companions

Offering the power of friendship in today's environment

Elder Friends is a new program developed by Little Brothers Friends of the Elderly 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: [Little Brothers Phone Companions](#) or 612-746-0737

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, LBFE volunteers will provide callers with friendly conversation, access to community resources, and opportunities to connect with others through LBFE 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. As the program expands throughout the state, program hours will be adjusted to accommodate increased call volume.

Sponsor: [Little Brothers Friends of the Elderly](#)

Health & Exercise Programs

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

Tai Ji Quan: Moving For Better Balance

Beginner Class

Mondays & Thursdays | November 1-January 27, 1:00-2:00 PM
Hybrid Format (Via Zoom and in-person TBD)

Tai Ji Quan: Moving for Better Balance reduces risk of falls by improving balance, muscle strength, flexibility, and mobility through mindful movements in a slow, flowing motion. These one-hour beginner sessions meet twice a week for 24 sessions.

This hybrid class model will be offered via Zoom with the goal of an additional in-person option added at a location TBD in Minneapolis, depending on the status of COVID-19. If you're not familiar with Zoom, don't worry we will help you! We will hold a "session 0" prior to the beginning of class where participants can meet one another, practice using Zoom, and receive support for technical challenges. All participants must have a computer or tablet (with a camera and microphone) or a smartphone. Registered participants will receive class information prior to the class start date [To register, click here.](#)

Questions? Contact 612-787-4086 or email VitalLiving@esns.org
 Donations accepted based on a cost share.

Sponsor: [East Side Neighborhood Services](#)

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 or 651-789-4017
 Sponsor: [FamilyMeans](#)

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](#)

Let's do Movement!

LBFE, [Rainbow Health](#) (formerly JustUs Health) and [OUT in the Backyard](#) - OIBY

Join us @ 10 AM each Thursday for a one-hour Zoom-based program featuring light yoga/stretching exercises designed with older adults in mind (though anyone is welcome to take part!). There will be time for socializing as well, and there is no cost to participate, so please share this and invite your friends to join us!

[Get the Let's do Movement Zoom Links](#)

Sponsor: [Little Brothers Friends of the Elderly](#)

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](#)

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

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!

Programs are free.

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

Aging Mastery Program

The Aging 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.

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