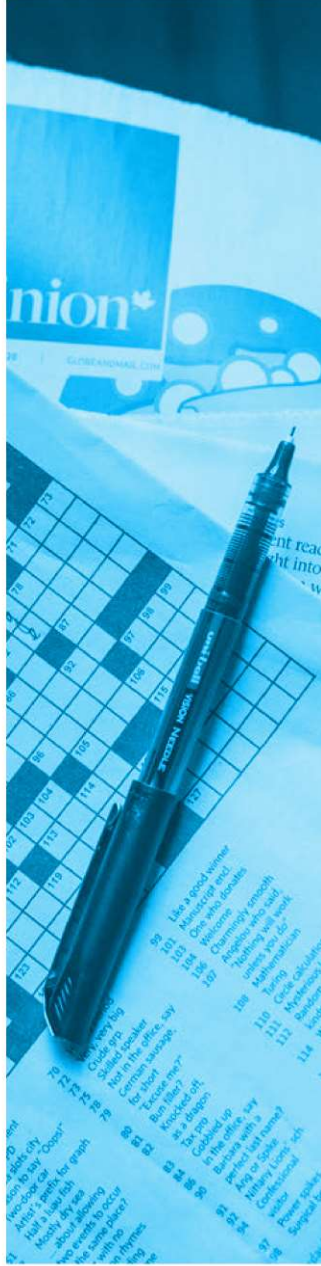
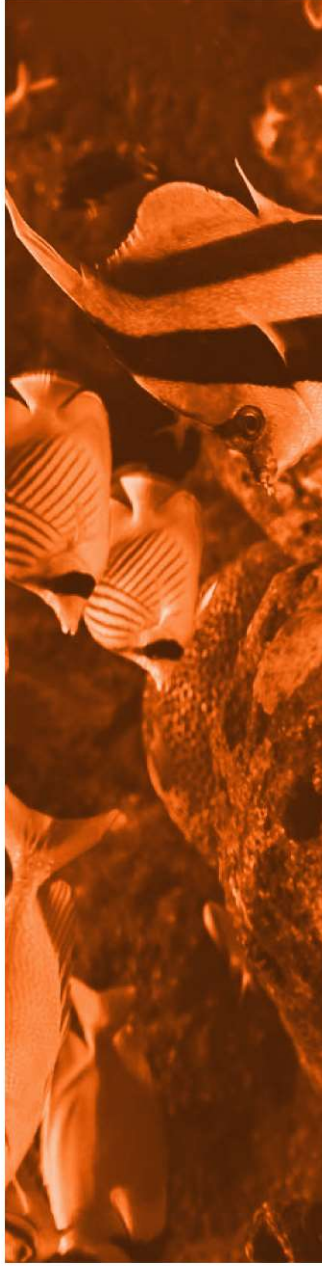
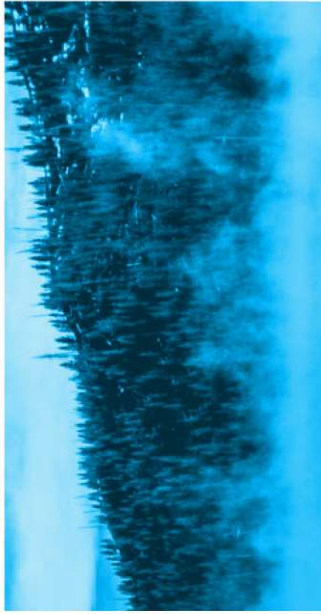


# Alzheimer Society Social Isolation Activities





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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](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, a 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](https://on.alz.to/site/SPageServer/?pagename=AST_Connections_that_Matter)

**Alzheimer Society London and Middlesex  
Virtual Social Recreation Archive**

<https://alzheimerslondon.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](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](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/a9c643b30a874c0a9772dfee8de40b64?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](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](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](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://alzheimerslondon.ca/virtual-social-rec/>

**Alzheimer Society of Perth – Virtual Social Recreation List**

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

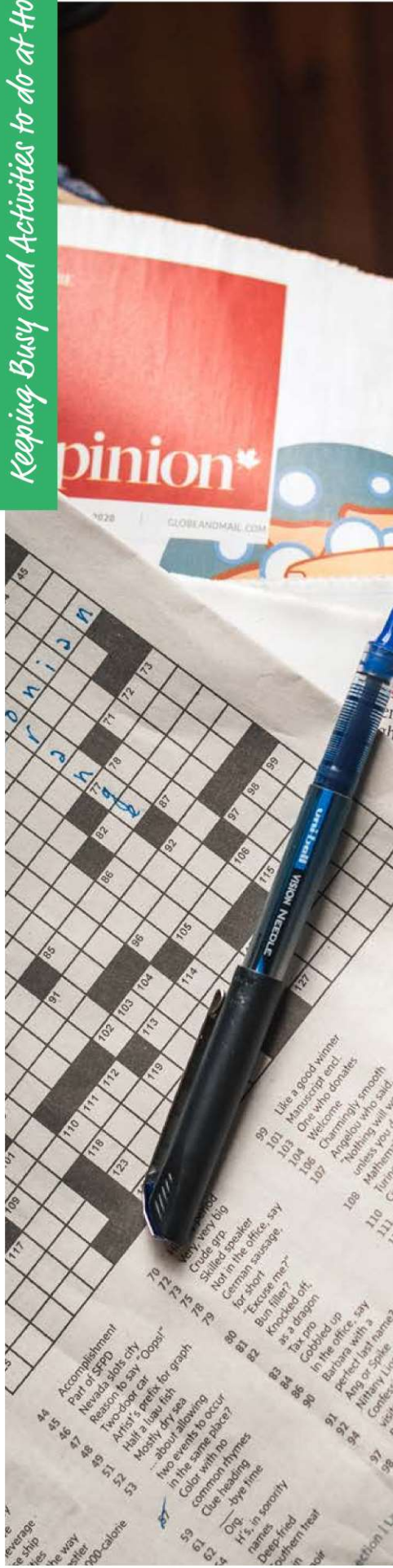
**Alzheimer Society Oxford – Activity Website offering weekly activities as well as an archive of activities**

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

**Alzheimer Society Niagara – Virtual Social Recreation**

<https://alzheimer.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=Cj0KCQjw09HzBRDrARIsAG60GPFuZOWz3xOtaDL5exqwkVlQWsjl6p2pQFLi6-1\\_2veFt8euC9XN58aAiHREALw\\_wcb](https://globalgoodness.ca/en/?gclid=Cj0KCQjw09HzBRDrARIsAG60GPFuZOWz3xOtaDL5exqwkVlQWsjl6p2pQFLi6-1_2veFt8euC9XN58aAiHREALw_wcb)  
<https://tanksgoodnews.com/>

**Boomers Magazine**

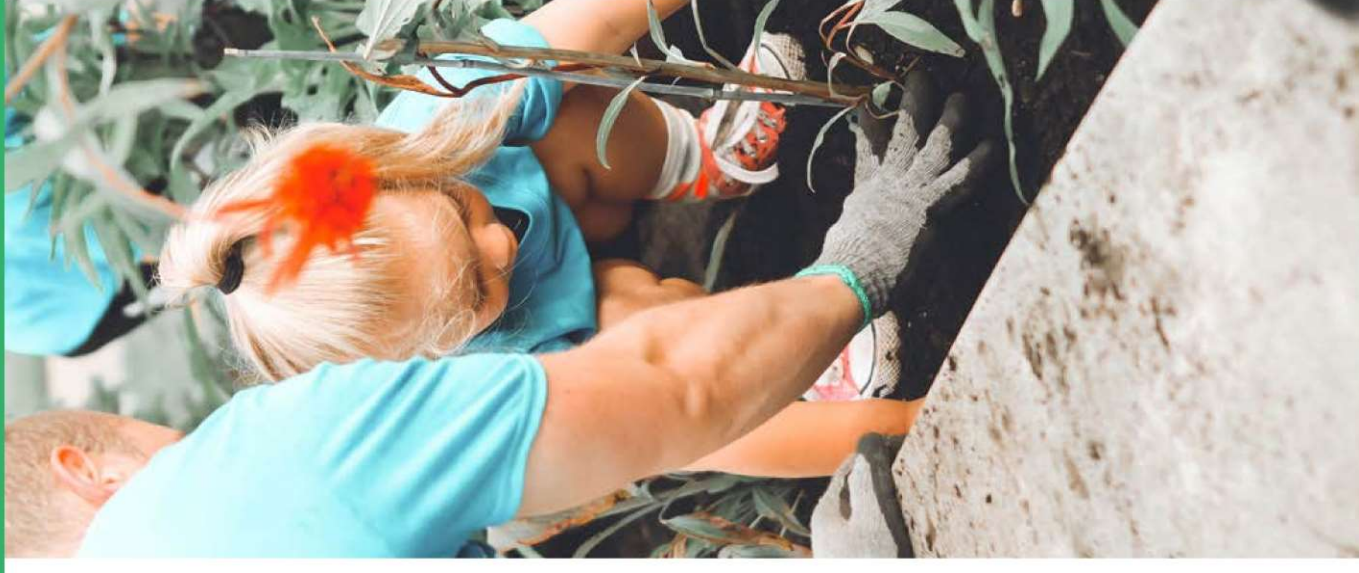
<https://www.boomermagazine.com/>

**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](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=NationalInstituteOnAging](https://www.youtube.com/watch?v=rkDlpZ3Musw&feature=youtu.be&ab_channel=NationalInstituteOnAging)

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

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvH1ZqD6Vp6vD2C2No1cloe>

<https://www.youtube.com/channel/UClqcn4xnaq5lMq8KZaPDccg>

[https://www.youtube.com/watch?v=lhFmIZGvU8A&feature=emb\\_logo&ab\\_channel=CBCNews](https://www.youtube.com/watch?v=lhFmIZGvU8A&feature=emb_logo&ab_channel=CBCNews)

[https://www.youtube.com/results?search\\_query=be+fit+jane+fonda](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=IwAR2TYIT7yxsKv4z2BnGwleFzqVBnFHmbbuWNlzt34UDEC-zry-0N\\_g4\\_eRY](https://www.wlu.ca/news/news-releases/2020/april/laurier-offers-free-online-self-care-and-resiliency-course.html?fbclid=IwAR2TYIT7yxsKv4z2BnGwleFzqVBnFHmbbuWNlzt34UDEC-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](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](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](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](https://www.youtube.com/watch?v=9BZ2kuTmgrw&feature=youtu.be&ab_channel=DromPractice)

