



In the article 'I Have a Cloud Over Me': How Isolation Affects Seniors Living at Home, the author explains how social isolation can have a major impact on older adults such as cognitive decline, depression, heart disease and stroke. And with this pandemic, everything we normally do to help prevent these effects, such as exercise, socializing with

family and friends, going to church and community groups, we are not permitted to do (Hensley, 2020).

We have put together some wonderful resources and activities that may be of interest for those of you that are feeling the effects of being socially isolated, perhaps lonely or just bored and need some new ideas for something to do to help pass the time, keep your mind sharp, and also stay engaged with family and friends. Of course, there are so many resources you can access on the internet. Online classes, funny videos on YouTube are an excellent way to pass the time and Ted Talks, online concerts, Facebook messenger, WhatsApp and Zoom help to stay connected with friends and family. Here we hope the resources and activity suggestions we have provided for you will spark your interest and help you, even if it is for something new to do to occupy your time!

## **SOCIAL ISOLATION RESOURCES & ACTIVITIES**

For now, one of the best things we can do is adapt to the new normal! The following are fun and enjoyable resources and activities to keep us all occupied and stay connected. We think it is time to take advantage of the unending possibilities the internet can give us.

**Are you a big movie-watcher?** Do you want to watch movies together with your loved ones but the pandemic is not allowing you to do so? Netflix Party is the extension you got to have on your Chrome browser! It lets you spend that quality time with friends and families over these watch parties at the



comfort (and safety) of your own home. Netflix Party, now called Teleparty is a free, downloadable web extension that allows you to simultaneously watch, playback videos and even chat while watching your shows or movies on Netflix, HBO, Hulu and Disney. The best part is, you can do this with friends and families in any part of the world! This is such a great way to cope with the new normal we are faced with and still stay connected and catch up on your favourite TV series.

You can check out their website at [Netflix Party](#). Or watch this YouTube video on the 'How-To's' of TeleParty! [TeleParty](#)



### **Take a virtual tour of a museum or a zoo!**

This article provides an extensive list of free virtual tours of museums, theme parks, aquariums and zoos. When you're feeling trapped indoors with nowhere to go,

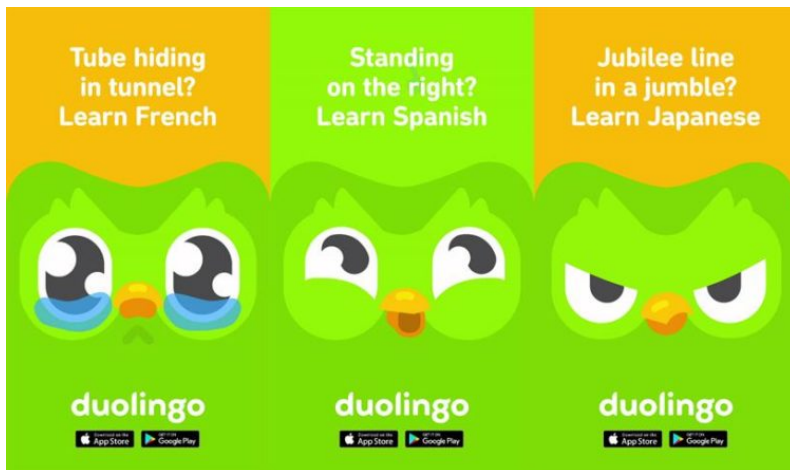
take a virtual trip from the comfort of your home and explore museums such as the Smithsonian National Museum of Natural History or check out the live Panda Cam at the Atlanta Zoo alone or with your friends and family online!

Click here to start your tours! [Virtual Tours](#)

Check out the links below for Toronto based virtual tours such as the Art Gallery of Ontario, the Royal Ontario Museum and Ripley's Aquarium of Canada.

[Toronto Tours](#)

[Tours for Kids](#)



### **Learn a new language!**

I know from the survey many of you have taken up learning a second language such as Italian, this is a very simple web-based way to teach you 30+ different languages, whether you're only interested in learning a few words or perhaps you would like to be able to speak more fluent in

another language, this program is an excellent tool and provides a productive way to learn new things during social isolation.

[Learn a Language](#) or you can download the Duolingo app on your smartphone or tablet.

**Explore Broadway musicals and theatre from the comfort of your home!**

Do you miss GBCRA's Theatre Club? Watch Broadway musicals such as Cats, Macbeth, Sweeney Todd, She loves me, and many more from the comfort of your own home!!

Free 7 day trial, then \$8.99USD per month afterwards, nobody likes spending more money, but this is something worth checking out if you're interested in Theatre and Broadway for entertainment over those cold winter months coming our way while being socially isolated.

Check out Broadway HD here – [Broadway Productions](#)



### **Learn how to Crochet, Knit or sew**

There are so many needs within the hospitals, long-term care homes, homeless shelters and donation centres for various things such as knitted baby hats, toques, blankets, socks, and nurse scrub caps. The link below is a helpful way to get started if you are a beginner and would like to help out with some of these needs in your community, or knit a sweater or

Christmas stocking for your grandchildren, or just as a hobby for yourself!

[Crochet for Beginners](#)





**Keep your mind sharp and pass some time with these online games!**

[Sudoku](#)

[Crossword Puzzles](#)

[Mahjong](#)



## **Learn how to Paint**

I'm sure you have heard of or even attended a virtual paint night with friends or family before Covid-19, and of course with social distancing restrictions these fun nights of social drinks and discovering you can paint a masterpiece with some simple artist-led instructions have been put on hold, but now you can attend a virtual paint night from the comfort of your own home!

There is generally a cost of about \$15 per person, and you will have to purchase some basic painting supplies, but we think this will be a fun and exciting way to spend time with friends and family virtually.

[Learn to Paint](#)



