

## **THINGS TO DO!** **Virtual Activities**

### **Stay Connected**

#### **Well Connect - FREE**

Well Connected is a free program for NH's older adults administered by EasterSeals NH. The program offers activities, education, support groups and friendly conversation 365 days per year. To participate or volunteer contact Linda Howard at 603-335-1770.

### **Soothe My Soul**

#### **ZinniaTV - FREE**

Gentle Paced videos and music that promote identity and connection. Videos are easy on the eyes and music easy on the ears. Topics include nature, interests, nostalgia, and fun and games.

[www.zinniaTV.com](http://www.zinniaTV.com)

### **Let's Get Physical**

#### **Free Exercise For Older Adults - FREE**

Exercise sessions include stretches, daily workouts, weight training, and strength training.

<https://www.bing.com/videos/search?q=free+excercise+sessions+for+older+adults&qpv=free+excercise+sessions+for+older+adults&FORM=VDRE&adlt=strict>

#### **YMCA -360 Silver Strength - FREE**

YMCA 360, Silver Strength are exercises that work your muscles and keep you motivated

<https://ymca360.org/on-demand/category/14>

#### **HASfit Empower Your Heart and Soul - FREE**

This is a low impact exercise session modified to meet all activity levels

<https://www.youtube.com/watch?v=8CE4ijWIQ18>

#### **National Institute on Aging - FREE**

A variety of fun ways for older adults to stay fit.

[https://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active?utm\\_source=nia-mailchimp&utm\\_medium=email&utm\\_campaign=healthyaging-20201214#dime](https://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active?utm_source=nia-mailchimp&utm_medium=email&utm_campaign=healthyaging-20201214#dime)

#### **SilverSneakers - NOT FREE Asks for Insurance information**

On-line classes and workshops from the comfort of your home. There are multiple fitness sessions and wellness workshops.

<https://tools.silversneakers.com/Learn/Live>

## **Community Education**

### **NH/MASS Alzheimer's Association - FREE**

#### **Virtual Education:**

Knowledge is power. Attend the Alzheimer's Association free education programs and learn about Alzheimer's disease and other dementias. Understanding the challenges will help you take control. We can teach you strategies to manage day-to-day—as someone living with an Alzheimer's diagnosis or as a care partner.

[https://www.alz.org/manh/helping\\_you/community\\_family\\_education](https://www.alz.org/manh/helping_you/community_family_education)

#### **Support Groups:**

Get the support you need. Meet safely and virtually with others for supportive, meaningful discussion led by a trained facilitator. Groups are available for caregivers or for people living with early memory loss.

[https://www.alz.org/manh/helping\\_you/support\\_groups](https://www.alz.org/manh/helping_you/support_groups)

## **Wellness**

### **Concord VNA - Online Wellness Wednesday**

*Concord VNA offers monthly on-line Wellness topics for mind and spirit.*

<https://www.crvna.org/content/online-program-better-choices-better-health%E2%84%A2-0>

<https://www.crvna.org/content/online-program-aging-mastery-program%C2%AE-0>

<https://www.crvna.org/content/online-program-powerful-tools-caregivers-0>

### **Dartmouth-Hitchcock Health - online events - FREE**

The Dartmouth-Hitchcock Aging Resource Center provides older adults, families, and community members with information, education, and support to help them live healthier and more informed lives.

<https://events.dartmouth-hitchcock.org/organizer/aging-resource-center/>

## **FaceBook Pages**

### **Engaging NH - FREE**

<https://m.facebook.com/EngAGINGNH>

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

[https://m.facebook.com/pg/AlzheimersFoundationofAmerica/videos/?ref=page\\_internal&mt\\_nav=0](https://m.facebook.com/pg/AlzheimersFoundationofAmerica/videos/?ref=page_internal&mt_nav=0)