



STAY HOME
STAY ENGAGED
STAY CONNECTED

HELLO, OLDER ADULTS!

As we stay home to prevent the spread of COVID-19, it's just as important to stay engaged and stay connected. In fact, our health depends on it!

Here is a list of **FREE ACTIVITIES** to **DO AT HOME** on **THE INTERNET**. These activities can nurture your body, your mind, and your soul.

Times are tough right now. But you are not alone. We are all in this together!

You can also visit our website at www.EngagementActivities.com.

1: Exercise with the YMCA

ymca360.org/on-demand#/

2: Give or Receive a Friendly Phone Call

aarpmutualaid.zendesk.com/hc/en-us/requests/new

3: Start a Gratitude Journal

greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal

4: Test Drive a Classic Car

myclassiccar.com/video/

5: Create a Self-Care Plan

socialwork.buffalo.edu/resources/self-care-starter-kit.html

6: Learn a New Subject

thecrashcourse.com/courses

- 7: Play with the Dogs**
explore.org/livecams/old-friends-senior-dog-sanctuary/senior-dog-gathering-room
- 8: Volunteer for the United Nations**
onlinevolunteering.org/en
- 9: Try a Zumba Class**
youtu.be/WYdJHpQL8-k?t=1
- 10: Compile Your Family Recipes**
delishably.com/cooking-equipment/How-To-Write-Original-Food-Recipes-10-Tips-for-Making-Your-Recipes-Easy-To-Follow
- 11: Relax Your Mind and Body**
youtube.com/channel/UCjQxrBbp-9aCBzWlsiuHmiA
- 12: Rock Out with Legendary Bands**
youtube.com/user/musicvault/featured
- 13: Teach Your Dog New Tricks**
youtube.com/channel/UCgB9VgeE-JTe7dJPN9Q5n_w
- 14: Visit the National Parks**
youtube.com/user/NationalParkService/videos
- 15: Write a Letter (Using Prompts)**
blog.paperblanks.com/2018/02/28-new-journaling-prompts-for-letter-writing-month/
- 16: Enjoy a Concert at Lincoln Center**
chambermusicociety.org/watch-and-listen/playlists/the-joy-of-music/
- 17: Laugh to Saturday Night Live Episodes**
nbc.com/saturday-night-live/explore/season-1
- 18: Transcribe Historical Documents**
<https://transcription.si.edu/instructions>

- 19: Create a Memory Box**
[wikihow.com/Make-a-Memory-Box](https://www.wikihow.com/Make-a-Memory-Box)
- 20: See a Show at the Kennedy Center**
[youtube.com/user/TheKennedyCenter/videos](https://www.youtube.com/user/TheKennedyCenter/videos)
- 21: Re-Live Classic Sports Moments**
[youtube.com/playlist?list=PLJxnedevSwLq5E0iyQeRhltfpcdUAvhm0](https://www.youtube.com/playlist?list=PLJxnedevSwLq5E0iyQeRhltfpcdUAvhm0)
- 22: Paint Mandala Stones (with Q-Tips!)**
[youtube.com/watch?v=dWxyUqfWYfs](https://www.youtube.com/watch?v=dWxyUqfWYfs)
- 23: View Historic Photos and Prints**
[loc.gov/pictures/](https://www.loc.gov/pictures/)
- 24: Listen to Poetry Readings**
poetryoutloud.org/competing/listen-to-poems/
- 25: Take a Cooking Lesson**
[youtube.com/channel/UCI0kP-Cfe-GGic7lInk-u_Q](https://www.youtube.com/channel/UCI0kP-Cfe-GGic7lInk-u_Q)
- 26: Reminisce, Reflect, and Write**
static01.nyt.com/images/blogs/learning/pdf/2014/500PromptsNarrativeAndPersonalWriting.pdf
- 27: Flex Your Brain Muscle with Games**
[verywellmind.com/top-websites-and-games-for-brain-exercise-2224140](https://www.verywellmind.com/top-websites-and-games-for-brain-exercise-2224140)
- 28: Take a World Tour**
[360cities.net/](https://www.360cities.net/)
- 29: Hear Powerful New Ideas**
[ted.com/talks](https://www.ted.com/talks)
- 30: Explore This Day in History**
[onthisday.com/](https://www.onthisday.com/)

Here are some free communication and social media tools that are available online or with a Smartphone. Learn more by [clicking here](#).



Facebook
facebook.com



Twitter
twitter.com



Instagram
instagram.com



Zoom
zoom.us/freesignup/



WhatsApp
whatsapp.com/



Skype
skype.com



Nextdoor
nextdoor.com/



Pinterest
pinterest.com/



LinkedIn
linkedin.com/

We recognize that not everyone has access to the internet. We also know that older adults are an extremely diverse population, so these activities may not be useful or appropriate for some individuals. At the same time, adults of all ages might enjoy these activities, too. Please stay tuned . . . additional resources are coming soon!

About the Project / Contact

Hello! My name is [Kim Wolf](#) and I created this project in March 2020 for a COVID-19 Hackathon at the University of Georgia [College of Public Health](#) and the [Institute of Gerontology](#).

I am pursuing a Master of Public Health in Gerontology, a Master of Social Work, and a graduate certificate in Interdisciplinary Qualitative Studies at the University of Georgia. I came to graduate school with nearly two decades' of experience working with older adults and caregivers.

I believe that by working together, we can achieve health equity, end ageism, and ensure social justice for all. You can reach me at Kimberly.Wolf@uga.edu.