

# *Virtual Activities at Home*

## *Resource Guide*

### **Education Classes**

[AlzOC Brain Health and Memory Enhancement Classes](#)

[Covia Well Connected Classes for Adults over 60 \(English/Spanish\)](#)

[Senior Planet Classes for Adults over 60](#)

[Community Living Campaign Classes](#)

### **Art and Music**

[Gladiolus Studio Free Live Art Classes for Seniors](#)

[Bob Ross the Joy of Painting YouTube Channel](#)

[Segerstrom Center for the Arts at Home](#)

[Kennedy Center Art, Music and Dance Education](#)

[Sing King Karaoke YouTube Channel](#)

[Cleveland Orchestra Mindful Music Moments YouTube Channel](#)

[Louvre Museum Virtual Tours](#)

### **Mindfulness/Meditation**

[Mindfulness videos from Segerstrom Center for the Arts](#)

[Brain Dance at Home from Segerstrom Center for the Arts](#)

[Free Online Group Meditation Sessions](#)

[4K Relaxation YouTube Channel](#)

[Zen Caregiving Project Free Webinars](#)

## Physical Exercise

[Sit and Be Fit YouTube Channel](#)

[Silver Sneakers YouTube Channel](#)

[Dance for Parkinsons at Home](#)

[Richard Simmons Workout YouTube Channel](#)

[Seated Exercise, Tai Chi, and Yoga from APDA](#)

[Rock Steady Boxing and Stretching Videos for Parkinsons](#)

[Yoga and Tai Chi Youtube Channel from Cara Kircher](#)

[Go4Life Building Strength Videos from NIA](#)

## Entertainment

[Monterey Bay Aquarium Live Animal Cams](#)

[Live Nature and Animal Cams Collection](#)

[Nature Videos from KQED](#)

[Live Stream Safaris from &Beyond](#)

[Free Classic Baseball Games](#)

[Free Soccer Matches](#)

[HGTV Fixer Upper Full Episodes](#)

[Food Network Cooking Shows](#)

[Great Classic Movies YouTube Channel](#)

[Daily 1-hour Live Stream Entertainment from CurtainUp!](#)

[Documentaries and Films from arte \(Multiple Languages\)](#)

[20 Things to do when Stuck at Home](#)

Your local senior center may have additional online classes or activities.

If you have questions or need assistance with Zoom or other technology, please email [learn@alzoc.org](mailto:learn@alzoc.org) or call our Helpline **844-HELP-ALZ**.

**Alzheimer's** | **ORANGE COUNTY**