

**Streaming video:**

Live animal cameras: <https://explore.org/livecams>

4K Relaxation channel: <https://www.youtube.com/channel/UCg72Hd6UZA9PBAUZplnPMQ/videos>

Catholic mass: <http://www.catholictv.org/masses/catholictv-mass>

Streaming opera from the Met: <https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

Sit and Be Fit videos: [youtube.com/user/SitandBeFitTVSHOW](https://www.youtube.com/user/SitandBeFitTVSHOW)

Cooking shows: <https://www.thekitchn.com/youtube-most-popular-cooking-channels-258119>

Symphony broadcast: <https://seattlesymphony.org/live>

Baseball documentary: [https://www.pbs.org/show/baseball/?utm\\_campaign=baseball\\_2020&utm\\_content=1584376969&utm\\_medium=pbsofficial&utm\\_source=twitter](https://www.pbs.org/show/baseball/?utm_campaign=baseball_2020&utm_content=1584376969&utm_medium=pbsofficial&utm_source=twitter)

CorePower Yoga videos: <https://www.corepoweryogaondemand.com/keep-up-your-practice>

Free basketball through April 22: <https://www.nba.com/nba-fan-letter-league-pass-free-preview>

Free football through May 31: <https://gamepass.nfl.com/packages?redirected=true>

Free online courses: <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>

Free classic baseball games: <https://www.mlb.com/news/watch-classic-mlb-games-for-free>

Free soccer matches: <https://footballia.net/>

Sing King Karaoke: <https://www.youtube.com/user/singkingkaraoke/playlists>

Tai Chi class video: <https://www.youtube.com/watch?v=FEC357DTNnA>

60 minute sample workout NIA: <https://www.youtube.com/watch?v=rkDlpZ3Musw>

7 minute yoga workout for Seniors Silver Sneakers: <https://www.youtube.com/watch?v=NDLad2vOHkU>

Silver Sneakers workout videos: <https://www.youtube.com/user/TheSilverSneakers/videos>

Dance for Parkinson's at Home: <https://danceforparkinsons.org/resources/dance-at-home>

Fixer Upper home makeover shows full episodes: <https://www.hgtv.com/shows/fixer-upper/fixer-upper-full-episodes-videos>

Free streaming on the FoodNetwork: [https://watch.foodnetwork.com/?utm\\_source=marketingsite&utm\\_medium=trendingline\\_watchfullseasons\\_text](https://watch.foodnetwork.com/?utm_source=marketingsite&utm_medium=trendingline_watchfullseasons_text)

Timeless Classic Movies: <https://www.youtube.com/channel/UCOg0aMAXmF3o5m243PxE5g>

PBS Nature: [https://video.kqed.org/show/nature/?gclid=Cj0KCQjw09HzBRDrARIsAG60GP-CkRch3BJet-A--H3190oUrXZrz2tam9CTYXBGZ443v13FZIs8xCAaAqolEALw\\_wcB](https://video.kqed.org/show/nature/?gclid=Cj0KCQjw09HzBRDrARIsAG60GP-CkRch3BJet-A--H3190oUrXZrz2tam9CTYXBGZ443v13FZIs8xCAaAqolEALw_wcB)

Richard Simmons Workouts playlist: [https://www.youtube.com/playlist?list=PL\\_ybZevO5QTn0chrqsK985fNSgVP8yS83](https://www.youtube.com/playlist?list=PL_ybZevO5QTn0chrqsK985fNSgVP8yS83)

The Art Assignment YouTube channel: <https://www.youtube.com/user/theartassignment/videos>

Bob Ross the Joy of Painting: <https://www.youtube.com/user/BobRossInc/videos>

Great classic movies: <https://www.youtube.com/playlist?list=PLeagipoZmyfnlkk9qKN-ewkuDel-JP0i>

20 Things to Do when stuck at Home from 60 and Me: <https://www.youtube.com/watch?v=1XOvIYQsXhg>

Tour 2,500 art collections at Google Digital Arts and Culture: <https://artsandculture.google.com/partner?hl=en>

Timeslips free resources: <https://timeslips.org/resources/creativity-center>

Free online meditation groups: <https://www.mindfulleader.org/free-meditation-groups>

Monterey Bay Aquarium guided meditation <https://www.youtube.com/watch?v=5J2llsogT5Q>

<https://www.tenpercent.com/coronavirussanityguide>

Alzheimer's Association daily activities: <https://www.alz.org/media/Documents/alzheimers-dementia-activities-at-home-middle-late-b.pdf>

Alzheimer's Australia Purposeful Activities in Dementia: <https://www.dementia.org.au/resources/purposeful-activities-for-people-with-dementia>

S&S Worldwide: <https://www.ssw.com/senior-activities/>

S&S Worldwide: <https://www.ssw.com/art-supplies-and-craft-kits/>

Enasco senior activities: <https://www.enasco.com/c/Senior-Activities-Nasco>

Alzstore: <https://www.alzstore.com/default.asp>

Learn a new language with Duolingo: <https://www.duolingo.com/>

Virtual museum tours: <https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>

Fire TV can be controlled remotely by phone: <https://www.amazon.com/gp/help/customer/display.html?nodeId=GGKS6F6YNYGHK6YG>

Drop-in video call with Amazon Alexa Show: <https://www.amazon.com/gp/help/customer/display.html?nodeId=GS3WRTSRKD2U6MCK>

Scholastic Learn at Home for parents: <https://classroommagazines.scholastic.com/support/learnathome.html>

Resilience and coping resources: [https://greatergood.berkeley.edu/article/item/greater\\_good\\_guide\\_to\\_well\\_being\\_during\\_coronavirus](https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus)

Microsoft Flight simulator <https://www.flightsimulator.com/>

Wonder bible (simple old fashioned radio audiobible): <https://www.wonderbible.com/>

Joy for All Robot Pets: <https://joyforall.com/>

GrandPad (simple tablet designed for older adults): <https://www.grandpad.biz/>

Use Overdrive to check-out free e-books and audiobooks from your local library or school: <https://www.overdrive.com/>

SF Public Library (other local libraries) have ebooks, audiobooks, access to music, videos and elearning options <https://sfpl.org/books-and-media/elibrary>

**Telephone call services and programs**

Covia Well Connected (senior center without walls): 877.797.7299 <https://covia.org/services/well-connected/>

IOA Friendship Line: 1-800-971-0016

Alzheimer's Association Helpline: 800-272-3900

Google hangout: <https://support.google.com/hangouts/answer/3110347?co=GENIE.Platform%3DDesktop&hl=en>













