

## RESOURCES FOR STAYING ACTIVE WHILE STAYING AT HOME

*This list is for informational purposes only and does not constitute an endorsement of products or services by the Benjamin Rose Institute on Aging*

### AARP

AARP **Healthy Living Videos** provide a variety of workouts to do at home.

<https://www.aarp.org/health/healthy-living/staying-fit/>

**Community Connections** from AARP is a searchable directory designed to help individuals affected by the coronavirus connect with local groups that provide financial, emotional and other support.

<https://aarpcommunityconnections.org/>

**Technical requirements:** High-speed internet connection

**Cost:** None



### Aging Mastery Program Starter Kit

The Starter Kit is a self-directed version of NCOA's successful Aging Mastery Program® (AMP). Just like the community-based program, the Starter Kit is a fun and hands-on experience that encourages people to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. It is designed for those who like to learn on their own or who may not be able to attend AMP classes in person.

**Technical requirements:** DVD player needed for some activities

**Cost:** \$30 plus shipping

<https://www.ncoa.org/healthy-aging/aging-mastery-program/aging-mastery-starter-kit-faqs/>

### Broadway Shows

Watch a Broadway show from the comfort of your living room! There is an ever-growing list of productions available through a variety of streaming services. Fees vary.

<https://bit.ly/2Urn6TI>

### Cleveland Metroparks Zoo

Each weekday the Cleveland Metroparks offers a free Virtual Classroom sponsored by Raising Cane's on Facebook Live at 11am and 1pm. Learn about nature, discover native wildlife and see your favorite animals at Cleveland Metroparks Zoo.

<https://www.facebook.com/ClevelandMetroparksZoo/>

### Cleveland Museum of Art

Explore the museum's free online collection and digital archives, or watch a video sharing the insights of curators on exhibitions and programs scheduled during the time the museum is temporarily closed.

<https://www.clevelandart.org/home-where-art-stay-connected>

### Cleveland Museum of Natural History

The museum's YouTube channel includes videos of lectures and a Creature Feature playlist sharing the stories behind the museum's live animal ambassadors and information about native Ohio species.

<https://www.youtube.com/channel/UCjx4H7Dohe-s52aEmXICHbmw>

### Cuyahoga County Libraries

Take advantage of the libraries' **digital collection and online learning platforms**. The digital collection includes audiobook, e-magazines, movies, music and more.

<https://cuyahogalibrary.org/Borrow/Digital-Collection.aspx>

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The libraries' online learning platforms allow you to explore genealogy, learn a new language, learn how to crochet, brush up on your computer skills and more.  
<https://cuyahogalibrary.org/Research/Resources.aspx>

## Go4Life

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Website includes workout videos and resources for healthy aging.

**Technical requirements:** Internet connection

**Cost:** None

<https://go4life.nia.nih.gov/>

## Uniper Care

Uniper Care provides live, interactive programs through any tech-enabled TV, tablet, mobile device, desktop computer or laptop. Uniper Care programming is proven to improve mental well-being, encourages members to stay socially and physically active, encourages cognitive stimulation, and helps older adults adopt a healthier lifestyle.

**Technical requirements:** High-speed internet connection. Access to all programs requires an easy-to-use remote with an embedded microphone, small box and camera.

**Cost:** Call 310.383.2292 for pricing details

<https://www.unipercare.com/>

## Virtual Senior Centers (VSC) run by Selfhelp

Volunteer facilitators lead a wide range of programming for VSC participants. There are between 25-35 classes available for participants each week on topics ranging from arthritis to beginning conversations in Spanish to current events to history of the Middle East to Objects of Design at MOMA to Twentieth Century Photography by the New School's Institute for Retired Professionals, all designed to enhance well-being.

**Technical requirements:** An all-in-one touch screen device is recommended. High-speed Internet connection.

**Cost:** Subscription to service (approx. \$60/month)  
<http://vscm.selfhelp.net/>



## Well Connected

Well Connected provides activities, education, support groups and friendly conversation over the phone or on-line. Members call into the virtual senior center via a toll-free number at set times each week. Activities focus on the arts, history, health, recreation, and current events.

**Technical requirements:** No special phone equipment is needed. All you need is a telephone. If you want to participate via computer or tablet, you will need internet access.

**Cost:** None

<https://covia.org/services/well-connected/>

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*Follow Benjamin Rose on Facebook for additional resources on staying active and connected at home.*