VIRTUAL VISITS WITH FAMILY USING COMMUNICATION APPS SUCH AS FACETIME, SKYPE, OR ZOOM

- Try to visit with others using face-to-face calls twice a day. It helps you stay connected, lets you check in on your loved ones, and you can laugh with friends.

PLAY ONLINE GAMES SUCH AS SOLITAIRE, AND CROSSWORD PUZZLES

- AARP Games can be found at https://www.aarp.org/games/

WRITE LETTERS TO YOUR FAMILY

BEAD AND SEW REGALIA

- How to Bead Peyote Stitch with Donald Porta: https://www.youtube.com/watch?v=DRG8g6AmXY
- Beaded Medallion with Kristen Dosela: https://www.youtube.com/watch?v=QGji4ETHp1OQ
- Beading for beginners, two-needle flat stitch technique with Mona C. https://www.youtube.com/watch?v=oQz-p2yzs74
- Making Regalia with Joaquin Lonelodge: https://www.youtube.com/watch?v=rrXbA7Qy5o
- Sew cloth masks for loved ones https://www.youtube.com/watch?v=ZnVkh2sFRKv

VISIT MUSEUMS DOING VIRTUAL TOURS

- Smithsonian Natural History: https://naturalhistory.si.edu/visit/virtual-tour
- Museum of the American Indian: https://americanindian.si.edu/exhibitions/all_roads_are_good/

VISIT ANIMALS AT THE ZOO. SOME SITES HAVE LIVE CAMERAS, INCLUDING:

- San Diego Zoo: https://zoo.sandiegozoo.org/live-cams
- Monterey Bay Aquarium: https://www.montereybayaquarium.org/aquarium/live-cams
- National Zoo: https://nationalzoo.si.edu/webcams

LEARN MORE ABOUT AMERICAN INDIAN HISTORY

- Museum of the American Indian, digital history lessons https://americanindian.si.edu/nk360/

EXERCISE

- Go for walks
- Work on strength, flexibility, and balance - 15-minute sample workout for older adults from Go4Life https://www.youtube.com/watch?v=Ev6yE55kyGw

YOGA FOR SENIORS

- Slow and Gentle Yoga with Adriene: https://www.youtube.com/watch?v=KFiG-ZzLNN4&list=PLenloKFCoNbs83fl4_AhrTJS3CE6xJO1P&index=42&t=0s

JUST A REMINDER, SCAMMERS ARE STILL AT IT!

- Don't respond to texts, emails, or phone calls about checks from the government. The details are still coming together.
- Ignore online offers for vaccinations and home test kits. There are no products proven to treat or prevent COVID-19 at this time.
- Hang up on robocalls. Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.
- Do your homework when it comes to donations. Never donate in cash, by gift card, or by wiring money.
- Watch for emails claiming to be from the CDC or World Health Organization (WHO). Use sites such as coronavirus.gov and usa.gov/coronavirus to get the latest information. And don't click on links from sources you don't know.

Physical distancing is being a good relative.