

Ideas for Staying Engaged and Connected during COVID-19

Compiled by:



NEW for June:

Join a Juniper Online Class

Don't miss out. Classes starting in June. This is a great opportunity to do something good for yourself in these stressful times. It's easy to get off track on simple practices that help us feel good and be healthy. Juniper classes will help you stay on track. Classes are live on HIPAA-secure, easy-to-use video conferencing. You'll engage in real-time with course leaders and fellow participants. It's a great way to stay connected. Sign up today!

Sign up NOW for an online course that best fits your desired outcome at yourjuniper.org or call 855-215-2174 to speak with a Juniper specialist about options. Please note that registration is limited to ensure small class size.

- **Living Well with Chronic Conditions:** June 2–July 14; Tuesdays from 9–11:30 AM; <https://bit.ly/2zULTIk>
- **Tai Ji Quan: Moving for Better Balance:** June 2–August 25; Tuesdays & Thursdays from 10:15–11:15 AM; <https://bit.ly/3csCsNF>
- **Diabetes Prevention Program:** June 3–May 5, 2021; Wednesdays from 3–4 PM; <https://bit.ly/2zXuTkB>
- **Social Connect:** June 4–25; Tuesdays & Thursdays from 10:30–11:30 AM; <https://bit.ly/2U6588y>
- **Tai Ji Quan: Moving for Better Balance:** June 8–August 26; Mondays & Wednesdays from 1–2 PM; <https://bit.ly/2zXv7rX>
- **Social Connect:** June 10–July 1; Mondays & Wednesdays from 10–10:45 AM; <https://bit.ly/3eKhhlI>
- **Aging Mastery Program:** June 15–August 17; Mondays from 6–7:30 PM; <https://bit.ly/3cn8v1b>
- **Stay Active and Independent for Life (SAIL):** June 23–September 17; Tuesdays & Thursdays from 8:30–9:30 AM; <https://bit.ly/2Mog2Cu>
- **Stay Active and Independent for Life (SAIL):** June 29–August 17; Mondays, Wednesdays, & Fridays from 9:30–10:30 AM; <https://bit.ly/2U2Q0Ji>

1. Minneapolis Institute of Arts: Art Adventure

- a) Art Adventure sets encourages creativity, critical thinking, and global awareness through in-depth explorations of art across various cultures and time periods. <https://new.artsmia.org/programs/teachers-and-students/art-adventure/>
- b) With over 90,000 artworks, Mia's collection includes art from six continents, spanning about 5,000 years. Here you will find world-famous artworks that embody the highest levels of artistic achievement and speak to the enduring power of human creativity to shape our world. <https://collections.artsmia.org/>

2. TimeSlips Storytelling

Online images and accompanying questions to help you create your own personal story. This is a fun and imaginative process that anyone can enjoy.

View them here: <https://www.timeslips.org/resources/creativity-center/make-up-a-story>

3. Coloring Nature

Coloring categories include serious science: biomes, anatomy, animals, plants and more, plus some pure whimsy.

Get coloring here: www.coloringnature.org

4. American Archive of Public Broadcasting

Discover historic programs of publicly funded radio and television across America. Watch and listen at your leisure. Programs include: Fred Rogers; Julia Child; LBJ; Muhammad Ali; Buzz Aldrin; and Earth Day.

Tune in here: <https://americanarchive.org>

5. MN Department of Natural Resources

Take virtual tours of Minnesota State Parks, trails, and water trails.

Strap on your virtual hiking boots and visit:

https://www.dnr.state.mn.us/state_parks/virtual_tours.html

6. YMCA Health & Fitness Videos for Active Older Adults

Improve your physical well-being by watching these videos.

Watch here: <https://ymca360.org/on-demand/category/14>

Other Ideas and Activities:

1. Elder Friends Phone Companions

This *NEW* program was created in response to the COVID-19 crisis. It matches any socially isolated older adults with friendly phone companions who are background checked and ready to share their warmth and friendship during this crisis and beyond.

To sign up, visit www.littlebrothersmn.org/elder-programs or call (612) 721-6215.

2. NPR Virtual Concerts

NPR Music is compiling a list of live audio and video streams from around the world, categorized by date and genre, with links out to streaming platforms such as Facebook, Instagram, and YouTube.

Tune in at <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>.

3. Cornell Lab and Celebrate Urban Birds

Let birds soothe you during this challenging time. When you're ready for a moment of beauty or a child needs something new to focus on, bring birds' innate joy and hope into your life.

Visit Cornell's website for full details: <https://www.allaboutbirds.org/news/how-to-make-these-next-few-weeks-a-little-easier-courtesy-of-birds>.

4. NASA Image and Video Library

NASA Image and Video Library allows users to search, discover, and download a treasure trove of more than 140,000 NASA images, videos, and audio files from across the agency's many missions in aeronautics, astrophysics, Earth science, human spaceflight, and more.

Visit <https://images.nasa.gov> and blast off!

5. Metropolitan Opera Virtual Concerts

Tune in every night at 6:30 PM for a live-streamed performance from the Metropolitan Opera. Broadcasts are free. All "Nightly Met Opera Streams" begin at 6:30 PM CST and will remain available via the homepage of metopera.org for 20 hours.

Tune in at www.metopera.org.

6. Laughter on Call: Interactive Storytelling Experience

Tune in Monday–Friday at 2 PM CST for an interactive storytelling experience from Laughter on Call. Each call includes: breathing exercises to relax, vocal warmups to release tension, physical movement to energize our bodies, games and stories (we even throw in some puppets!), and maybe even a puppy! Learn more about Laughter on Call at www.laughteroncall.com.

Participate in Laughter on Call through a Zoom call. The meeting room ID number is: 450 206 190. There are three ways to access Zoom (choose one): *(continued on next page)*

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1. Access via your computer through the ZOOM link:

<https://zoom.us/j/450206190>

(you may be prompted to download the program through Safari or Chrome).

2. Access via your cellphone or tablet through the ZOOM App, which is available at the Apple and Google Play Stores (search for “Zoom”).

3. Access directly through your phone line with one of two access numbers:

+1 (669) 900-9128, 450206190# US

+1 (346) 248-7799, 450206190# US

<https://meetings.ringcentral.com/j/1495231607>

OR access via iPhone one-tap : US: +1(773)2319226,,1495231607# Or Telephone:

Dial (for higher quality, dial a number based on your current location): US:

+1(773)2319226 Meeting ID: 149 523 1607

7. Broadway Plays and Musicals

Fifteen Broadway plays and musicals—including *Cats*, *Peter Pan*, and *Newsies*—are available for viewing from the comfort of your own home! View through Broadway HD, Amazon Prime, or a similar service (payment required).

Access this article for the complete list and viewing details:

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR37V2lgPJl4WT28qpM6SuizIS6TtoZujdU3JkreLUxA3fnLy4pkhLbn3R8>.

8. Virtual Senior Centers

These programs allow older adults to access enrichment and education sessions via phone or online. Each program is open to all US residents. There may be small fees to participate in some activities, and we suggest reaching out directly for more information.

- **Covia Well Connected:** www.covia.org/services/well-connected
- **Mather Lifeways:** www.mather.com/neighborhood-programs/telephone-topics



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