A LITTLE BIT OF SUNSHINE
CONNECTING SENIORS WITH RESOURCES

Click on the text to listen/view or copy and paste the web address into your browser

MUSIC & BROADWAY

• Sing-along to old favorites:
  https://www.youtube.com/watch?v=Iq_wZUM6TKUwZUM6TKU
• Sing-along to the 70's:
  https://www.youtube.com/watch?v=kihtgQIVEAw
• Radio Online: https://www.youtube.com/watch?v=kihtgQIVEA
• Broadway Direct- Streaming Musicals:
• Filmed On Stage- Streaming Musicals (updated daily):
  https://www.youtube.com/watch?v=Iq_wZUM6TKU

MUSEUMS AND ART

• The Museum of Natural History:
  https://naturalhistory.si.edu/visit/virtual-tour
• 12 Famous Museums Around the World:
• National Museum of Natural History Virtual Tours:
  https://naturalhistory.si.edu/visit/virtual-tour
• Museum of Science Virtual Exhibits:
  https://www.mos.org/mos-at-home/virtual-exhibits
• Virtual: Nature, Museums, Art, Music and more!

JUST FOR FUN

• Games and Puzzles Online: https://games.aarp.org
• Jigsaw Planet: https://www.jigsawplanet.com
• Brain Games: https://www.seniorlink.com/blog/the-best-brain-games-for-seniors
• Not Just Bingo: https://notjustbingo.com
EDUCATION

- **Living an Active Life with Parkinson’s Disease Conference:**
  https://www.parkinsoncny.org/welcome
- **SUNY Oswego Lifelong Learning:**
  https://ww1.oswego.edu/obcr/lifelong-learning

NUTRITION & WELLNESS

- **OCO Nutrition Services Video Series:**
  https://www.facebook.com/140030676044006/videos/374430483845079
- **Senior Dining and Activity Centers (Locations for Grab and Go Meals):**
  https://www.oco.org/nutrition/dac
- **Nutrition Information and Recipes:**
  https://foodbankcny.org/our-programs/
- **Silver Sneakers Exercise Program Online:**
  https://www.silversneakers.com/learn/classes/
- **Family Fitness Classes Online:**
  https://www.fultonpubliclibrary.org/familyfitness
- **Rythm & Moves:**
  https://www.communitylivingadvocates.com/events/rhythm-moves

TECHNOLOGY MADE EASY

- **Senior Planet:**
  https://seniorplanet.org/coronavirus-2/
- **Tech-Wise and Cyber Safety:**
  https://connections.oasisnet.org
- **Seniornet:** Connecting Seniors and Technology:
  https://seniornet.org

THE SOCIAL CORNER 📞

- **TeleCare** is a FREE telephone-based service that offers a regular connection to you or your loved one. Trained staff and volunteers provide daily telephone calls to community members, including seniors and people with disabilities. Phone: 315-251-1400 x115 or visit the website at contactsyracuse.org/telecare/
- **The Friendly Caller Program:** If you or someone you know could benefit from a weekly friendly call, please E-mail or call the Office for the Aging at 315-349-3484.
- **Cup of Comfort with Gwen:**
  https://www.communitylivingadvocates.com/events/cup-of-comfort-with-gwen