

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=lq_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:**
<https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>
- **Filmed On Stage- Streaming Musicals (updated daily):**
https://www.youtube.com/watch?v=lq_wZUM6TKU



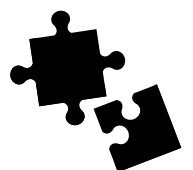
MUSEUMS AND ART

- **The Museum of Natural History:**
<https://naturalhistory.si.edu/visit/virtual-tour>
- **12 Famous Museums Around the World:**
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- **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!**
<https://dailycaring.com/coronavirus-virtual-experiences-at-home-animals-music-art-world-travel-museums-theme-parks/>



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>