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, letting 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://games.aarp.org/category/solitaire?gclid=CPK8t4OC2egCFYW8xQld568KQg&CMP=KNC-DSO-Adobe-GAMES-ASGA-M-CTGSOL&ef_id=Xo3caQAABAI7rGjL:20200408141505:s.

WATCH POWWOWS AT
• PowWows.com or https://www.youtube.com/user/PowWowsCom

WRITE LETTERS TO YOUR FAMILY

WATCH TV OR LISTEN TO MUSIC
• Rich Girl by Bear Fox https://www.youtube.com/watch?v=jmUXpVrILs

BEAD AND SEW REGALIA
• How to Bead Peyote Stitch with Donald Porta https://www.youtube.com/watch?v=DRG8a6AmXY
• Beaded Medallion with Kristen Dosela https://www.youtube.com/watch?v=QGi4ETHp1OQ
• Beading for beginners, two-needle flat stitch technique with Mona C. https://www.youtube.com/watch?v=OQz-p2ysz74
• Making Regalia with Joaquim Lonelodge https://www.youtube.com/watch?v=rrXbAQ7QHb_O
• Sew cloth masks for loved ones https://www.youtube.com/watch?v=ZnVkJ2sFRKY

VISIT MUSEUMS DOING VIRTUAL TOURS
• Smithsonian Natural History Museum 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/animals/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=Ev6yF55kyGw

YOGA FOR SENIORS
• Slow and Gentle Yoga with Adriene https://www.youtube.com/watch?v=kFhG-ZzLNN4&list=PLenloKFCoNbs838L4_AhrTJS3CE6xOJlp&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 every thing 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.