
Virtual Activities for Seniors

- ❖ **Michigan Parkinson Foundation:** All scheduled activities and classes have moved online. Check the current activity schedule at <https://parkinsonsmi.org/mpf-programs/exercise-and-movement-activities> and the education schedule at [https://parkinsonsmi.org/images/Spring_Programs - April 28 2020_002.pdf](https://parkinsonsmi.org/images/Spring_Programs_-_April_28_2020_002.pdf).
- ❖ **Alzheimer's Foundation of America:** Virtual activities include art, exercise, dance, museum visits, music, crafts and self-care. Visit their Facebook page to access the class videos at any time. <https://www.facebook.com/watch/AlzheimersFoundationofAmerica/226267448479904/>
- ❖ **Silver Club Memory Program:** Free virtual activities for individuals (non-members) with memory loss. Email germedsilverclub@umich.edu.
- ❖ **Family Eldercare:** **Lifetime Connections Without Walls** program has several virtual support groups and activities. . To register call 888-500-6472 or email lcww@familyeldercare.org. <https://www.familyeldercare.org/wp-content/uploads/2020/04/LCWW-Spring-2020-Registration-Form.pdf>. Spring catalog available online at <https://www.familyeldercare.org/wp-content/uploads/2020/03/LCWW-Spring-2020-Catalog.pdf>
- ❖ **Well Connected:** Several virtual support groups and programs are available. Spring/Summer catalog is located online at <https://covia.org/wp-content/uploads/2020/04/Well-Connected-Spring-Summer-Catalog-2020.pdf>
- ❖ **Bloomfield Twp Senior Center:** Offering fitness classes via ZOOM.