



Looking for some ideas to keep active while you're stuck in the house?

Here are some on-line activities and shows that you might enjoy.

I. Exercise



- A. **Chair Yoga** - Developed by the therapists in the Chronic Pain Service (now called the LEAP Service) at Toronto Rehab, Rumsey Centre. This 25 minute chair yoga routine was created to provide you with a gentle exercise option that is chronic pain friendly. Remember that finding ways to keep moving every day. Click here: <https://www.youtube.com/watch?v=KEjiXtb2hRg>



- B. **Strength, Flexibility and Balance Exercise** – created by the National Institute On Aging. ***Some standing exercises in this video.*** Click here: <https://www.youtube.com/watch?v=rkDlpZ3Musw>

- c. Get Fit A Healthy Life Chair Exercise with Eliza Lynn. Produced by Buncombe County Government Television with the YMCA health and Fitness Center, the Physical Activity and Nutrition Coalition of Buncombe County. **Chair exercise.** Click here: <https://www.youtube.com/watch?v=OgqVzTWNWCs>

II. Brain Games



7-Second Riddles

Test your general knowledge and logic with these fun brain games! To improve your logical skills and enlarge your brain power solve tricky puzzles and quiz games every day. If you have an average IQ, you can crack at least half of these riddles, so don't waste your time and get ready to start. Brain exercises are great for you to spend spare time and at the same time train your logical thinking skills! And more puzzles at <https://www.youtube.com/watch?v=wfLiUFPgmSA>

III. Line Dancing



Line dances for Seniors and Beginners - Electric Slide, Cupid Shuffle, and more! 33 minutes.

Click Here:<https://www.youtube.com/watch?v=uZXQuqPnp8g>

IV. Painting Step by step

Are you missing your art activities? If you have art supplies at home check out some of these step by step acrylics or water color painting videos by clicking on the link provided.

A. Acrylics



https://www.youtube.com/watch?v=nR0b-Q4_dZE



https://www.youtube.com/watch?v=DyWM_ch5ZOI

B. Water Color



<https://www.youtube.com/watch?v=mZILqMZCXeU>



<https://watercolorpainting.com/watercolor-painting-tutorials/watercolor-techniques-for-reflections-water/>

V. Garden Tours

A. Treasures of New York: The New York Botanical Garden Tour



Click here:

<https://www.youtube.com/watch?v=9kRD6TWUq2A&list=PLBwhoK0hSpr2OLL3m5PKIs56exuOHKBLs>

B. HGTV: Serene Sculpture Garden Tour



Click here: <https://www.youtube.com/watch?v=JzSHH8yCNUU>

VI. Museum Tours

British Museum, London

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's virtual tour.

<https://britishmuseum.withgoogle.com/>

Guggenheim Museum, New York

Google's Street View feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=30.75703204567916&sv_p=0.06928383072430222&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=0.9645743015259166

National Gallery of Art, Washington, D.C.

This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Musée d'Orsay, Paris

You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

National Museum of Modern and Contemporary Art, Seoul

One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

Pergamon Museum, Berlin

As one of Germany's largest museums, Pergamon has a lot to offer – even if you can't physically be there. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.

<https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

Rijksmuseum, Amsterdam

Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a Street View tour of this iconic museum, so you can feel as if you're actually wandering its halls.

https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1

Van Gogh Museum, Amsterdam

Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

The J. Paul Getty Museum, Los Angeles

European artworks from as far back as the 8th Century can be found in this California art museum. Take a Street View tour to discover a huge collection of paintings, drawings, sculptures, manuscripts, and photographs. <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Uffizi Gallery, Florence

This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world.

<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

MASP, São Paulo

The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a virtual tour to experience the wondrous display for yourself.

<https://artsandculture.google.com/partner/masp?hl=en>

National Museum of Anthropology, Mexico City

Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are 23 exhibit rooms filled with ancient artifacts, including some from the Mayan civilization.

<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

VII. History Programs

Hundreds of documentaries, history programs, nature programs and more. Click here and pick your favorites: <https://www.youtube.com/channel/UCWqPRUsJIZaDp-PVbqEch9g>