

Video Streaming activities to do with your carereceiver:

1. Live animal cameras: <https://explore.org/livecams>
2. 4K Relaxation channel:
<https://www.youtube.com/channel/UCg72Hd6UZAgPBAUZpInmPMQ/videos>
3. Catholic Mass: <http://www.catholictv.org/masses/catholictv-mass>
4. Streaming opera from the Met: <https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>
5. Sit and Be Fit videos: [youtube.com/user/SitandBeFitTVSHOW](https://www.youtube.com/user/SitandBeFitTVSHOW)
6. Cooking shows: <https://www.thekitchn.com/youtube-most-popular-cooking-channels-258119>
7. Symphony broadcast: <https://seattlesymphony.org/live>
8. Baseball documentary:
https://www.pbs.org/show/baseball/?utm_campaign=baseball_2020&utm_content=1584376969&utm_medium=pbsofficial&utm_source=twitter
9. CorePower Yoga videos: <https://www.corepoweryogaondemand.com/keep-up-your-practice>
10. Free basketball through April 22: <https://www.nba.com/nba-fan-letter-league-pass-free-preview>
11. Free football through May 31: <https://gamepass.nfl.com/packages?redirected=true>
12. Free online courses: <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>
13. Free classic baseball games: <https://www.mlb.com/news/watch-classic-mlb-games-for-free>
14. Free soccer matches: <https://footballia.net/>
15. Sing King Karaoke: <https://www.youtube.com/user/singkingkaraoke/playlists>
16. Tai Chi class video: <https://www.youtube.com/watch?v=FEC357DTNnA>
17. 60 minute sample workout NIA: <https://www.youtube.com/watch?v=rkDlpZ3Musw>
18. 7 minute yoga workout for Seniors Silver Sneakers:
<https://www.youtube.com/watch?v=NDLad2vOHkU>
19. Silver Sneakers workout videos:
<https://www.youtube.com/user/TheSilverSneakers/videos>
20. Dance for Parkinson's at Home: <https://danceforparkinsons.org/resources/dance-at-home>
21. Fixer Upper home makeover shows full episodes: <https://www.hgtv.com/shows/fixer-upper/fixer-upper-full-episodes-videos>

22. Free streaming on the FoodNetwork:
https://watch.foodnetwork.com/?utm_source=marketingsite&utm_medium=trendingline_watchfullseasons_text
23. Timeless Classic Movies:
<https://www.youtube.com/channel/UCOg0aMAXmF3o5m243PxE5g>
24. PBS Nature: https://video.kqed.org/show/nature/?gclid=Cj0KCQjw09HzBRDrARIsAG60GP-CkRch3BJet-A--H3190oUrXZrz2tam9CTYXBGZ443v13FZls8xCAaAqoIEALw_wcB
25. Richard Simmons Workouts playlist:
https://www.youtube.com/playlist?list=PL_ybZevO5QTn0chrqsK985fNSgVP8yS83
26. The Art Assignment YouTube channel:
<https://www.youtube.com/user/theartassignment/videos>
27. Bob Ross the Joy of Painting: <https://www.youtube.com/user/BobRossInc/videos>
28. Great classic movies: <https://www.youtube.com/playlist?list=PLeagipoZmyfnIxkk9qKN-ewkuDel-JP0i>
29. Five(ish) minute Latin Dance instruction videos:
<https://www.youtube.com/watch?v=moDuehwe5wk&list=PLKcw8FT1mrfBRlyadienE12klIZFBh6IX>
30. 20 Things to Do when stuck at Home from 60 and Me:
<https://www.youtube.com/watch?v=1XOviYQsXhg>
31. Tour 2,500 art collections at Google Digital Arts and Culture:
<https://artsandculture.google.com/partner?hl=en>
32. Timeslips free resources: <https://timeslips.org/resources/creativity-center>
33. Free online meditation groups: <https://www.mindfulleader.org/free-meditation-groups>
34. Alzheimer's Association daily activities:
<https://www.alz.org/media/Documents/alzheimers-dementia-activities-at-home-middle-late-b.pdf>
35. Alzheimer's Australia Purposeful Activities in Dementia:
<https://www.dementia.org.au/resources/purposeful-activities-for-people-with-dementia>
36. S&S Worldwide: <https://www.ssw.com/senior-activities/>
37. S&S Worldwide: <https://www.ssw.com/art-supplies-and-craft-kits/>
38. Enasco senior activities: <https://www.enasco.com/c/Senior-Activities-Nasco>
39. Alzstore: <https://www.alzstore.com/default.asp>