

Online Activities

Exercise, craft, education,
music and friendship
websites for
older adults

*Here are some links
to get you started.*



Visit these websites to find out more

Use the camera on your smart phone or tablet to scan the QR codes



Ageless Grace
*Strength & balance exercises
you can do at home.*
<http://bit.ly/opalma-ag>



Crafts for Seniors
*Videos & written instructions for
craft activities.*
<http://bit.ly/opalma-cr>



U3A Online Courses
Online learning.
<http://bit.ly/opalma-u3>



Aurous Radio
Music from the 1950s-1970s.
<http://bit.ly/opalma-ra>



Virtual Programs
Crafts, games & videos.
<http://bit.ly/opalma-vi>



Tai Chi and Qigong
Individual & group Zoom classes.
<http://bit.ly/opalma-qi>



Living Longer Living Stronger
*Strength, balance & mobility
classes through COTA.*
<http://bit.ly/opalma-li>



Friendline
Connect to a friendly volunteer.
<http://bit.ly/opalma-fd>
1800 424 287