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.

U3A Online Courses
Online learning.

Virtual Programs
Crafts, games & videos.

Living Longer Living Stronger
Strength, balance & mobility classes through COTA.

Crafts for Seniors
Videos & written instructions for craft activities.

Aurous Radio
Music from the 1950s-1970s.

Tai Chi and Qigong
Individual & group Zoom classes.

Friendline
Connect to a friendly volunteer.
1800 424 287

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