STAY AT HOME ACTIVITIES

DANCE ALONG WORKOUT FOR SENIORS AND ELDERLY: LOW IMPACT DANCE EXERCISE ON CHAIRS

MUVE Moments invite audiences to spontaneously dance along in front of their TV or computer screens, to be more active at home and get a break from sedentary activities. The easy dance workout needs no memorization.

In this senior fitness video, we are “in the flow of the music,” enjoying simple moves while sitting on a chair.

MUVE dancing can be as mellow as these chair exercises for older adults, and it can be a high impact aerobic dance workout for teenagers.

WATCH THE VIDEO HERE.

BUTTERFLY WORD SCRAMBLE

Keep your mind alert! Try this fun word scramble. Click HERE to print out the page.

CLICK HERE to watch Taylor Lee, Care Consultant, discuss the importance of activities while staying at home.

Virtual Tour

MICHIGAN SCIENCE CENTER
Curious minds of all ages can enjoy a virtual tour of this science center, including their planetarium, health and wellness gallery, science stage and more.

Click HERE to begin your tour.

FOR MORE FUN ACTIVITIES, CLICK HERE.

24/7 HELPLINE 800.272.3900