

# STAY AT HOME ACTIVITIES

alzheimer's   
association®



## YOGA

Looking for fun indoor exercises to practice with your loved one? Try the deep breathing, flowing movements and meditation of gentle yoga. With loads of health benefits (from combatting memory loss and high blood pressure to helping with heart disease and osteoporosis), gentle yoga can be done standing or sitting in a chair. Find instructional videos on yoga for seniors on YouTube.

## SEATED EXERCISES FOR OLDER ADULTS

As we age, physical activity helps us attain our goals, maintain our functioning and promote comfort. In addition, routine exercise can help reduce arthritis pain, improve mood, sleep and blood sugar control, as well as affect memory. This video includes both balance and strengthening exercises, which can prevent falls and hip fractures. This video is appropriate for those older adults who cannot stand or who need support when standing.

CLICK [HERE](#) TO WATCH THE VIDEO.

## Old TV Shows Word Search Puzzle



Click [HERE](#) to print out the form and start the fun.

## TODAY I CHOOSE JOY Coloring page

Click [HERE](#) to download the page.

## 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.*

**CLICK [HERE](#) TO BEGIN YOUR  
FREE TOUR.**

24/7 HELPLINE 800.272.3900