

# STAY AT HOME ACTIVITIES

alzheimer's   
association®



## 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](#).

FOR MORE FUN ACTIVITIES, [CLICK 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.

24/7 HELPLINE 800.272.3900