

Alzheimer's New Jersey Virtual Activity List

For people with Alzheimer's disease and other forms of dementia, there are many reasons activities outside the home can be limited, and this can increase feelings of isolation and confusion. To help, we have compiled a list of virtual activities that can stimulate cognition, spark joy, and enhance connection with others. Keep in mind, these are not one-size-fits-all. To select the most appropriate activity for an individual with dementia, consider the person's cognitive ability and interests. Enjoy!

1. **Online Learning** – NJ Division of Aging Services partnered with GetSetUp to provide free virtual classes for older adults taught by peers. Classes can include art, cooking, travel, and fitness.
 - a. <https://www.getsetup.io/partner/NJ>

2. **Online jigsaw puzzles** – Jigsaw puzzles are a great way to engage a person with dementia. Online jigsaw puzzles range from simple to complex (with an increasing number of puzzle pieces), so you can tailor them to your loved one's needs, skill level, and interests. Consider a puzzle of something familiar to your loved one. Initially, you may need to model putting the jigsaw together completely, then put all but one of the pieces together and encourage the person with dementia to finish the puzzle.
 - a. <https://www.jigidi.com/>
 - b. <https://www.onlinejigsawpuzzles.net/easy-jigsaw-puzzles/>
 - c. <https://www.jigsawplanet.com/>

3. **Online coloring pages** – Create something beautiful with your loved one using the virtual coloring pages. You can incorporate themes like holidays or use a page with your loved one's favorite flowers/animals/season.
 - a. <https://www.thecolor.com/>
 - b. <http://www.supercoloring.com/collections/coloring-pages-for-adults>

4. **Music** – Music may improve the mood of an individual with dementia and enhance communication. Below you will find links for creating playlists, participating in virtual choirs, playing virtual instruments, listening to symphony performances, and singing virtual karaoke.
 - a. <https://www.playlistforlife.org.uk/resources/>
 - b. <https://voicesofaphasia.com/virtual-choir-sessions/>
 - c. https://www.virtualmusicalinstruments.com/?fbclid=IwAR0rm7xPZRqcdgias6NtIIA P1f_mwxjZOcYycdCA-DnoNXAb2EuB17aRNkA
 - d. <https://www.seattlesymphony.org/live>
 - e. <https://www.karafun.com/karaoke/>
 - f. <https://www.singsnap.com/#/login>

- g. Giving Voice Chorus
For persons with Dementia and their caregiver (Dementia Society of America)
https://www.memorycafedirectory.com/Cafe-Connect/giving-voice-chorus/?mc_id=42309
 - h. Lincoln Center Moments
Lincoln Center Moments is a free performance-based program specially designed for individuals with dementia and their caregivers in an intimate and supported setting. This program is free of charge and registration is required.
<https://www.lincolncenter.org/series/accessibility-at-lincoln-center/s/Lincoln%20Center%20Moments>
5. **Art Class** – Creating art can be a fun and interactive way to spend quality time with your loved one. It can also decrease stress, increase social engagement, and build strong connections with family and friends. Below you will find links to virtual art classes and workshops.
- a. <https://www.blueseacare.com/virtual-senior-art-classes/>
 - b. <https://rumriverart.com/classes/adult-classes/> Courses range from \$1-\$175
6. **Exercise/Dancing** – Movement not only keeps our bodies strong and healthy, but our minds as well. Below you will find links to a variety of virtual exercises/dance classes geared toward older adults with dementia.
- a. <http://www.dvpng.org/free-access-videos/>
 - b. <https://britishgymnasticsfoundation.org/lovetomove/>
 - c. <https://www.ymca.net/your-y-at-home-for-active-older-adults>
 - d. <https://www.cedars-sinai.org/programs/geriatrics/specialties/general/leap-program.html>
 - e. <https://local.aarp.org/virtual-community-center/exercise-wellness/>
7. **Museums** – Many museums are offering virtual tours. Perhaps your loved one has a favorite painting, sculpture, or artistic era. Or maybe they've always wanted to travel to the Louvre but haven't had the chance. Bring the art to them!
- a. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
 - b. <https://www.louvre.fr/en/visites-en-ligne#tabs>
 - c. ARTful Insights: Videos which explore art at various art museums around the world.
[Dementia Unplugged™ ARTful Insights™ - YouTube](#)
8. **National Park Hopping** – Get back to nature! Virtual tours of national parks can give your loved one the chance to see natural beauty like the Grand Canyon from the comfort of their home.

- a. https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871550_html_-_deal%3a2871550&utm_content=2871550&ec=0&dlinkId=2871550 .
- 9. Aquariums and Zoos** – What’s cuter than watching pandas, dolphins, sea otters or penguins? Zoo webcams can provide peacefulness and redirection for your loved one with dementia.
- a. <https://www.montereybayaquarium.org/animals/live-cams/sea-otter-cam>
 - b. <https://aquarium.ucsd.edu/kelpcam>
 - c. <https://zoo.sandiegozoo.org/live-cams>
 - d. <https://nationalzoo.si.edu/webcams>
 - e. <https://www.houstonzoo.org/explore/webcams/rhino-yard-cam/>
 - f. <https://www.edinburghzoo.org.uk/webcams/penguin-cam/>
- 10. Television** - Zinnia TV is a library of artfully crafted, gently paced videos designed to meet the needs of people living with mid- to late-stage dementia. Annual cost.
- a. <https://www.zinniatv.com/>
- 11. Movie watching together (but virtually!)** – Do you and your loved one have a favorite movie that you have watched together, but you’re not able to be physically together? You can use the link below to stream the same movie at the same time as your loved one. Grab some popcorn and enjoy!
- a. <https://www.netflixparty.com/>
- 12. Gardening** - Does your loved one’s physical limitations hinder his/her ability to garden? The app below allows your loved one to assist in virtually planting seeds, growing flowers, and sending virtual bouquets to family members and friends.
- a. <https://apps.apple.com/gb/app/flower-garden-grow-flowers/id311265471> \$4 app purchase
- 13. Book Club** – Reading may be a skill that is spared throughout the course of dementia. Participating in a virtual book club can be an enjoyable and engaging activity. The book club linked below is tailored to the needs of people with dementia.
- a. <https://hearthsidebookclub.com/> Basic membership \$18/month