

## Games

Love challenging the mind with puzzles and games? Check out this free online puzzle link to try a variety of scenic puzzles. Click on the puzzle you desire and then click play this puzzle in the blue bubble. On the top is a toolbar to help you navigate through the puzzle. <https://www.jigsawexplorer.com>.

[TheJigsawPuzzles.com](https://www.thejigsawpuzzles.com) site offers a beautiful collection of jigsaw puzzles you may put together. Choose from a range of **20-piece puzzles** to puzzles consisting of **500 pieces**. Different styles and cuts are available including classic, elegant, mosaic, square, and spiral cuts. The **jigsaw gallery** contains a variety of categories such as animals, great sightings, street view, bridges, flowers, people, castles, and more.

## Puzzles

Website: <https://thejigsawpuzzles.com/>

Word Games - [EastoftheWeb.com](https://www.eastoftheweb.com) features fun and exciting word games.

## Chess

Website: <https://www.chess.com/>

If you're passionate about chess or even if you're just starting to learn the game, [Chess.com](https://www.chess.com) offers a variety of options for you to play online chess or join a tournament; play chess via Facebook or against the computer generated opponent. You may download the game on your mobile device or just play it any time using any browser — no download necessary.

## Let's Travel to Paris!

Being at home has never been more eye-opening! Travel to Paris France and view some of the world's greatest art without spending seven hours on a plane or waiting in long lines. The Louvre is offering virtual tours to check out the Mona Lisa, The Coronation of Napoleon, and The Winged Victory of Samothrace. Use the link and steps below to start your virtual tour.

<https://www.louvre.fr/en/visites-en-ligne>

1. Click on the listed link.
2. The link will bring you to four different exhibits. Click "Launch virtual tour" on the exhibit you wish to see.
3. Click on the small gray arrow pointing to an area next to go.
4. Continue to hit the gray arrow to a picture or area of your choice.
5. The art will have a question by it. You can hover over the question and it will tell you the name of the art and the history behind it.

## Exercise Program

Since we cannot exercise together here's a workout video that may be beneficial to do at home and essentially stay healthy!

Enjoy and keep moving!

[https://www.youtube.com/watch?v=8CE4ijWlQ18&feature=youtu.be&fbclid=IwAR22ClzP7EGscGkITWcxPqBSaeP\\_uc\\_yN1vLxbNgpDW-LuqzyRUKVWFkhiM](https://www.youtube.com/watch?v=8CE4ijWlQ18&feature=youtu.be&fbclid=IwAR22ClzP7EGscGkITWcxPqBSaeP_uc_yN1vLxbNgpDW-LuqzyRUKVWFkhiM)

## Informative Program (Can do for a minimum charge)

Mr. Lincoln is pleased to report that he has scheduled his first on-line program, for [Elmhurst Public Library](#) on April 2. He has also added some additional options for virtual programming: live-streaming via Facebook Live and YouTube Live, pre-recorded videos available online via YouTube and Vimeo, and videos as DVDs. These are in addition to video conferencing via Skype and Zoom and the telegraph as previously announced. For more info, visit <http://www.mrlincoln.com/VirtualVisits.html>.

## 5 Virtual Vacations for Seniors – Weeklong Activities for Monthly Activity Calendars

Below you will find the top five virtual trips to take your residents on this summer, according to [National Geographic's list of top destinations to take this summer](#).

Website: <https://eversoundhq.com/blog/5-virtual-vacations-for-seniors-week-long-activities-for-monthly-activity-calendars/>

## Crafts

Website: <https://www.greatseniorliving.com/articles/crafts-for-seniors#general>

Did you know that crafting offers numerous benefits for older people? Being engaged in hands-on creative activities can improve motor skills, strengthen social connections, reduce stress, and alleviate anxiety. It can also be good for the brain. One study found that seniors who participated in crafts like pottery and knitting had a lower risk of developing mild cognitive impairment.<sup>1</sup> In another study, seniors who learned how to quilt or do digital photography showed improved memory function.<sup>2</sup> So making crafts may be a great way to keep your brain stimulated and enhance your cognitive abilities.

One activity that was possibly done pre-lockdown that can be done one on one is crafts! There are endless possibilities for ways to get creative. These can be rather quiet activities, which can open up the opportunity for conversation. Not only will this activity get you back into it, but it will give them a new decoration as well.

Are you ready to get crafting? Whether you're looking for projects that use paper, glass, wood, flowers, or beads, you're sure to be inspired by this list. Check out these simple craft ideas for older adults:

1. **Suncatchers**—Make your home sparkle by crafting a suncatcher to hang in your window. You can create a [lightweight suncatcher](#) out of mason jar lids and coloring sheets or go a little heavier and use [glass stones](#). You can even create one using [melted beads](#).
2. **Scrap-fabric magnets**—Want a cute way to use up those old bits of fabric? Add a bit of felt and turn them into adorable ladybug magnets.
3. **Clay jewelry charms**—Create some one-of-a-kind jewelry pieces by shaping your own unique charms out of polymer clay. Adding a [toggle clasp](#) to your necklace will make it easier to put on and take off.
4. **Pressed flowers**—Gather some flowers and arrange them creatively between two sheets of wax paper. Place a heavy book on top to weigh the flowers down and let it sit overnight. Once the flowers are totally flat, you can laminate them or use them to decorate greeting cards, bookmarks, coasters, photo frames, and more.
5. **Birdhouses**—Constructing things out of wood can be deeply satisfying. If you have the appropriate tools and know-how, you can [build a birdhouse from scratch](#). Another option is to assemble one from a [store-bought kit](#).
6. **Beaded bracelets**—Using safety pins and brightly colored beads, you can create some customized bling and wear it with pride.
7. **Wind chimes**—Wind chimes can be a colorful and charming addition to a garden. How about a [simple design](#) that uses pots with pre-existing holes? Or if you're feeling more ambitious, try [this version](#) that involves drilling through wood and clay shapes.
8. **Paper flowers**—Brighten up any room with flowers that you make yourself. You can create beautiful blooms out of [tissue paper](#) or [coffee filters](#).
9. **Greeting cards**—Homemade cards are a great way to let loved ones know you're thinking about them. You can use paper, stickers, fabric, ribbons, and many other materials to make fun and creative cards for any occasion, such as [Christmas](#), [birthdays](#), or [Easter](#).

## Sewing, Knitting, and Crocheting Crafts

Needlecrafts like knitting and crocheting are some of the most popular activities among older adults. That's partly because they require minimal equipment and can often be done from the comfort of an armchair. You can enjoy these types of activities well into your golden years. In fact, British charity Knit for Peace surveyed more than 1,000 knitters and found that more than two-thirds of them were over the age of 60, and many were in their 80s and 90s.<sup>3</sup>

Here are a few ideas for fun needlecraft projects:

1. **[Book cover](#)**—Protect your favorite tomes and add a little beauty to your shelves by sewing a colorful book cover. A sewing machine makes the work go quicker, but you can also stitch your book cover by hand.
2. **[Heating bag](#)**—Using fabric and some rice, you can create microwaveable heating bags to help soothe your aches and pains. You can even add [essential oils](#) for some aromatherapy.
3. **[Throw pillows](#)**—Add a splash of color to your sofa with some easy-to-make throw pillows. For more of a challenge, try adding some decorative trim like tassels or lace.
4. **[Pillowcase](#)**—Change the look of a bedroom by sewing a pillowcase to accessorize any decor.
5. **[Dish cloth](#)**—Knitted dish cloths are super useful and make great gifts. Plus, they're simple enough that they can often be finished in a single sitting.
6. **[Coffee cozy](#)**—Avoid burns by knitting or crocheting a soft wool cover to put around a warm mug. A written list of directions is [available here](#) or you can watch [this step-by-step video](#).
7. **[Memory quilt](#)**—Here's a fantastic way to repurpose old materials: Create a personalized memory quilt from old shirts, baby blankets, a wedding dress, or even a military uniform.

## Painting and Coloring Crafts

Many seniors enjoy expressing themselves with markers and paintbrushes. Focusing on patterns and colors calms the mind and allows the brain to take a break from daily worries. In fact, some research suggests that coloring can have the same soothing effect on the body as meditation. With that in mind, check out these examples of painting and coloring projects for seniors:

1. **[Coloring books for older adults](#)**—Coloring is not just for kids! Adult coloring books are an increasingly popular way for seniors to relax, relieve stress, and create something beautiful. Large-print coloring books for adults with low vision are also available.
2. **[Geometric tape painting](#)**—Use painter's tape on a piece of canvas to mark geometric lines in a pattern, paint between the tape lines, then remove the tape. This can be a great way for seniors with unsteady hands to produce a painting with nice smooth edges.
3. **[Painted rocks](#)**—Your imagination is the only limit when it comes to painting rocks. You can turn rocks into ladybugs, garden markers, and a lot more.
4. **[Painted mirrors](#)**—If you've got an old mirror with a frame that has seen better days, try giving it new life with some spray paint.
5. **[Terracotta pots](#)**—Add a little pizzazz to ordinary garden pots. You can paint them freehand or use a stencil to add details like hearts, leaves, or stars.
6. **[Pine cones](#)**—Painted pine cones can make a gorgeous addition to any centerpiece.
7. **[Watercolor luminaries](#)**—Want a colorful way to light up your porch or patio? With a bit of paint, some coffee filters, and a mason jar, you can create a beautiful luminary.

