**Activity Resources**

* + - Montessori approach to activities: <https://www.dementia.org.au/resources/purposeful-activities-for-people-with-dementia>
    - Social distancing compatible activity ideas: <https://dementiability.com/wp-content/uploads/2020/12/1-DementiAbility-BSO-Engagement-Dec-7-2020.pdf>
    - DIY activities for mod-severe dementia: <https://www.health.ny.gov/diseases/conditions/dementia/edge/interventions/simple/simple_programstructure.htm>
    - Exercise Videos on YouTube
      * Jenny Mclendon <https://www.youtube.com/watch?v=AE_FeKpc_lk>
      * NIH Go4Life <https://www.youtube.com/watch?v=Ev6yE55kYGw&t=98s>
      * Walk at Home <https://www.youtube.com/watch?v=vUQXg5V7y2Q>
      * Seated Yoga Dance <https://www.youtube.com/watch?v=VKm9lmZO0ik&list=RDCMUCd676LpOiZ2fgLK97MfjNHA&start_radio=1&t=13s>
      * Sit and Be Fit <https://www.youtube.com/user/SitandBeFitTVSHOW/videos>
      * PWR4Life

<https://www.youtube.com/watch?v=Y6Wtd13lwrc&t=6s>

* + - * Dance for Parkinson’s At Home

<https://danceforparkinsons.org/resources/dance-at-home>

* + - Activity supplies
      * <https://www.discountschoolsupply.com/arts-crafts/c/arts_crafts>
      * <https://www.enasco.com/c/Senior-Activities-Nasco>
      * <https://www.ssww.com/senior-activities/cognitive-therapy/alzheimers-therapy/>
      * <https://www.alzstore.com/>
    - Music
      * Music and Memory: <https://musicandmemory.org/resources/#free-guides>
      * <https://www.alzstore.com/simple-music-player-dementia-alzheimers-p/2115.htm>
      * Sing King 60's Karaoke:  <https://www.youtube.com/playlist?list=PL8D4Iby0Bmm-dm14MK2RDElbB2U7i4Y5x>
      * KaraFun Karaoke Classics playlist: <https://www.youtube.com/playlist?list=PL3B4E4AD15C19D749> You can also search their site for Elvis songs (they have a lot): <https://www.youtube.com/user/karafun/search?query=elvis>
      * American Traditional Songs Playlist: <https://www.youtube.com/watch?v=8COB4_i5rcA&list=PLG3FFIrH6WfCSCreYFHspXe3vCgcKl9sh&index=19>
      * Singing Heart to Heart sing along playlist (does not include visible lyrics): <https://www.youtube.com/watch?v=3KeYHiKkXfc&list=UU8Mhx0bIjD03YXHsAcwUt-A>
    - Oral history, trivia and creative storytelling
      * <https://diy.storycorps.org/courses/storycorps-diy-commemorate/>
      * <https://www.factslides.com/>
      * <https://www.timeslips.org/resources/creativity-center>
    - YouTube videos (search for nature, travel, religious, old movies/shows, sports, jokes)
      * Animal live stream <https://explore.org/livecams>
      * andBeyond live stream safaris <https://www.youtube.com/channel/UCq8oWxMYECKiPWAtvr9u1eg>
      * Monterey Bay Aquarium live cams <https://www.montereybayaquarium.org/animals/live-cams>