

# Activities to **STAY CONNECTED** with Your Senior Loved One During COVID-19

After convincing your senior loved one to stay home during the Coronavirus outbreak, are you concerned that they are too socially isolated? Not to worry! We have come up with a few fun activities you can do together to stay connected.



## 1. Schedule Regular Virtual Visits With Family & Friends:

Use FaceTime or Skype to catch up with your loved one. iPads and tablets are especially convenient due to their portability and larger screens.



## 2. Form A Book Club:

Establish a reading schedule and discuss your thoughts on the plot and characters regularly. Consider audio books if your loved one has a hard time reading print.



## 3. Make A Photo Album Or Digital Photo Book:

Whether it's a physical photo album or digital photos on a loop, these are an easy way for your loved one to pass the time while reminiscing. Ask him or her about photos that may have a story behind them.



## 4. Be "Pen Pals":

This is a great way to get the grandkids involved. Write letters and make crafts for one another. Make sure the kids wash their hands before they start creating their masterpieces though!



## 5. Play A Game:

There are a lot of great multiplayer electronic games out there that you can play with your loved one. Do they like trivia? Word puzzles? Find out what he or she likes to play and look at some fun apps you can download.



## 6. Play Music:

Share your favorite music with each other. Help them set up a customized playlist they will enjoy, or find one that already exists on Pandora or Spotify. Or, maybe he or she has some dusty records that need to be revisited.



## 7. Interview Them And Create A Nice Biography:

This would be a great activity to do with the grandkids. Make a list of questions and schedule a Skype interview. Record the session and create a biography with pictures and stories collected about your loved one's life. Get creative with it!



## 8. Form A Movie Club:

Find a TV show or movies you'd both like to see. If your loved one isn't into watching TV, would he or she still enjoy a soothing nature scene loop on in the background with music?



## 9. Learn Something New Together:

Maybe you and your loved one would like to learn a new language together and practice conversing? Or maybe you would like taking a virtual art class together? The possibilities are endless!



## 10. Do An Exercise Program Together:

Does your loved one like to exercise? Sign up for a virtual exercise class together, or come up with your own program. Make progress goals to keep each other accountable.



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