

Resources to Help You Shelter in Place

Note: Many suppliers and businesses have COVID-19 safety protocols. We recommend seniors reach out to anyone they order from to ensure they are comfortable with the measures in place.

General Resources	Resources for Low Income Seniors	Grocery Shopping for Seniors
<p>Stay up to date with trusted resources for information about COVID-19 and senior health:</p> <ul style="list-style-type: none"> ★ CDC ★ World Health Organization ★ National Institutes of Health ★ AARP ★ Alzheimer's Association ★ National Council on Aging 	<p>For seniors that need help during this uncertain time, there are national resources available. Families should see what local organizations can do to help too! Communities are coming together, grocery and retail stores have special senior hours, and neighbors are willing to lend a hand.</p> <ul style="list-style-type: none"> ★ United Way ★ Meals on Wheels ★ Feeding America ★ Serving Seniors ★ National Low-Income Housing Coalition ★ National Council on Aging – Food Assistance 	<p>For seniors avoiding grocery stores and long lines, there are several grocery delivery options. Seniors can shop in an online market or send their order to someone that will shop and ask questions as they go.</p> <ul style="list-style-type: none"> ★ AmazonFresh ★ Thrive Market ★ FreshDirect ★ Peapod ★ Instacart
Video Chat Resources	Online Games	Zoo & National Park Virtual Tours
<p>Seeing the beautiful faces of friends and family is important – even when social isolating. Staying in touch through video has never been easier, and there are free tools available.</p> <ul style="list-style-type: none"> ★ Skype ★ Facebook Messenger ★ Google Hangouts (for Google users) ★ Facetime (on Apple devices) ★ WhatsApp (on mobile phones) ★ GrandPad 	<p>Play favorite games online for free. From memory and brain games for elderly to card games and fun word puzzles, there are many easy and free games for the elderly to play safely at home.</p> <ul style="list-style-type: none"> ★ AARP Games ★ Chess Online ★ Scrabble ★ Cardzmania ★ Stitcher 	<p>Google Arts & Culture has teamed up with five national parks in the U.S. so people can enjoy the beauty of the natural world while sitting safely on their couch. Additionally, some zoos and major attractions are sharing live video feeds to enjoy from home.</p> <ul style="list-style-type: none"> ★ Kenai Fjords National Park, Alaska ★ Hawai'i Volcanoes National Park, HI ★ Carlsbad Caverns Park ★ Bryce Canyon National Park ★ Dry Tortugas National Park ★ San Diego Zoo Live Cams ★ Monterey Bay Aquarium Online ★ Great Wall of China Virtual Tour

Art Museums Virtual Tours	Online Fitness Resources	Streaming Radio and TV
<p>Art museums across the globe are opening their doors to people that want to enjoy their offerings from the comfort of home.</p> <ul style="list-style-type: none"> ★ The J. Paul Getty Museum, Los Angeles ★ Van Gogh Museum, Amsterdam ★ Musee d'Orsay, Paris ★ Nat'l Gallery of Art, Washington DC ★ Guggenheim, New York ★ British Museum, London ★ Palace of Versailles 	<p>For seniors that have been approved for exercise and activity, fitness doesn't have to stop when the gym closes. Some fitness facilities are offering free classes, and others are moving their services online temporarily.</p> <ul style="list-style-type: none"> ★ YMCA ★ Planet Fitness ★ Blink Fitness ★ Orange Theory ★ 305 Fitness ★ CorePower Yoga 	<p>For seniors who love music or have favorite radio programs, streaming services provide hours of entertainment. Listening to music makes any activity more fun, and there is enough variety to sing and dance the days away!</p> <ul style="list-style-type: none"> ★ Hulu ★ Netflix ★ YouTube TV ★ NPR ★ TuneIn ★ Radio.com
Pet Care and Supplies	Music and Theater Performances Online	Food Delivery & Meal Prep Kits
<p>With retail stores changing their hours, it may make sense to order pet supplies online. Also, don't forget daily walks for senior's furry friends!</p> <ul style="list-style-type: none"> ★ Fetch Pet Care ★ Pet Sitters International ★ Here Rover ★ Wag! ★ Chewy 	<p>For seniors that miss live theater and music, there are online sources that are helping keep everyone entertained.</p> <ul style="list-style-type: none"> ★ The Metropolitan Opera ★ Vancouver Symphony ★ Berlin Philharmonic ★ Royal Opera House ★ Broadway HD ★ Living Room Concerts ★ Grammy Museum at Home 	<p>With the touch of a button, seniors can get fully cooked meals delivered to home. Food delivery services offer everything from full menus to choices that include all the favorite restaurants. Exploring all the delicious options available in your area can be fun too!</p> <ul style="list-style-type: none"> ★ Doordash ★ Mom's Meals ★ Meals on Wheels ★ Home Chef ★ Fresh and Easy