Activities and ideas submitted to relieve social isolation:

Ageless Grace seated movement class thru MGH  
Email Norie at nmozzone@mgh.harvard.edu

Bridgebase online – fabulous  
[https://www.bridgebase.com/](https://www.bridgebase.com/)

[https://seniorplanet.org/](https://seniorplanet.org/)  
Online courses

Osher Lifelong Learning - at UMass Boston  
[https://www.umb.edu/oli](https://www.umb.edu/oli)

Family fun Friday nights, we make our own pizzas and post pictures and sometimes do live on social media & we play cards or board games.

Reading to each other and listening to music on YouTube before bed - not news.

[https://caribu.com/](https://caribu.com/)  
Games with others especially grandkids

[https://www.ceraldicapecod.com/](https://www.ceraldicapecod.com/)  
Online cooking classes

“Steam” is an online game platform (that you can play “Ticket to Ride” on, among other boardgames) It works well to play with other people.  
[https://store.steampowered.com/](https://store.steampowered.com/)

MGH Senior Health  
[https://www.massgeneral.org/medicine/pcgm/geriatrics](https://www.massgeneral.org/medicine/pcgm/geriatrics)