

MGH Senior Health Virtual COVID-19 Town Hall
December 17, 2020

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://seniorplanet.org/>
Online courses

Osher Lifelong Learning - at UMass Boston <https://www.umb.edu/olli>

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/>
Games with others especially grandkids

<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/>

MGH Senior Health
<https://www.massgeneral.org/medicine/pcgm/geriatrics>