

## **Exercise and Entertainment:**

Older adults, and their caregivers, can engage in physical and mental activities through online games, support groups, virtual exercise/art classes, book clubs, and virtual training classes from the comfort of their home anywhere in the world.

Technology makes it possible to stream video services, download podcasts, listen to music, take a tour of a museum, watch live zoo streams, to “visit” distant places virtually, and much more.

In North Carolina, many senior centers offer a variety of virtual programming. For further information about programs in your area visit North Carolina Social Bridging: [\*\*Social Bridging NC.\*\*](#)



### **For Further Information & Resources Contact**

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