

VIRTUAL REC CENTER



Rose M. Eldridge Senior Center

Activities and Resource Guide for Older Adults

◆ Virtual Travel

◆ Food and Cooking

◆ Visual and Performing Arts

◆ Health and Wellness

◆ And Much More!

Although we are all social distancing, there are still plenty of ways we can have fun from the comforts of our own home. The Senior Virtual Recreation Center offers free and fun educational activities, visual and performing arts activities, virtual travel and much more! We hope these activities will keep you and your loved ones healthy and entertained as we stay home to stop the spread of COVID-19. Don't forget that we are in this together and we cannot wait to see you all soon.

Rose M. Eldridge Senior Center | 2690 Clark Avenue, Norco, CA 92860 | (951) 270-5647

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VIRTUAL TRAVEL

Have you caught the travel bug during this time? No need to worry. We have put together a long list of places you can still visit right from your home. Whether it's virtually visiting Yosemite National Park, taking a virtual ride on Pirate's of the Caribbean in Florida's Disneyworld, or even touring the magnificent Buckingham Palace, we have it all here for you.

Please note, the City of Norco does not endorse or receive funds to advertise any of the third party sites or services listed in our Virtual Recreation Center.

National Parks



- [Canyonlands National Park](#)— Tour the majestic Canyonlands in Southeastern Utah and indulge in its main attractions. View popular sites such as Mesa Arch, Grand View Point, and Scout Rock.
- [National Park Foundation](#) - Visit some of the most popular and beautiful National Parks across the United States by going on a virtual hike.
- [National Parks of the United States](#)— Visit 31 spectacular and astounding National Parks that span all across the country through Google Earth. Explore parks like Zion in Utah, the Sequoias in California, the Grand Canyon in Arizona, and many more!
- [Yellowstone National Park](#) – Go on a virtual adventure to Yellowstone National Park in Wyoming and see some of the main attractions the park has to offer. See attractions like Canary Spring, Dragon's Mouth Spring, or even Upper Falls.
- [Yosemite National Park](#) – Explore the beautiful and always breathtaking Yosemite National Park in California. Virtually navigate the Park's different regions such as Yosemite Valley, Hetch Hetchy, Tuolumne Meadows and much more.



VIRTUAL TRAVEL

Museums



- [Historical Landmarks and Museums](#) – Travel around the world without ever leaving your couch. Explore the great Taj Mahal in India, Ellis Island in New York, the Palace of Versailles in France, and even the Great Wall of China.
- [Museum Tours](#) – Take a virtual tour of 12 different museums that span across the globe. Visit the Getty Museum in Los Angeles or even the British Museum in London!
- [National Women's History Museum \(NWHM\)](#) - Learn stories about the amazing women who transformed the nation and made history. Learn about those who stood up for change in the Civil Rights Movement, those who broke barriers in sport, those who fought for women's suffrage, and many more incredible stories.
- [Smithsonian National Museum of Natural History](#) – The Smithsonian is providing the public an opportunity to explore its museum virtually. Visitors are able to take a self-guided tour of current and past exhibits, as well as navigate different rooms in the museum. Visitors can also take a narrated tour and access their Research Stations.
- [The Dalí Theatre-Museum](#)—Virtually visit the Dalí Theatre-Museum in Figueres, Spain. This museum is located in the famous artist's hometown and displays his most well known art work.
- [The Louvre Museum](#)—The Louvre, one of the world's most well known and largest art museums, is offering virtual tours on their website!
- [Van Gogh Museum](#) – The Van Gogh Museum located in Amsterdam, Netherlands is home to the largest collection of artworks by the famous artist Vincent Van Gogh. Explore the museum like never before from your very own home.



VIRTUAL TRAVEL

Aquariums & Zoos



- [California Academy of Sciences](#)— Enjoy live footage of penguins, stingrays, and coral reefs!
- [Houston Zoo](#)—The Houston Zoo in Texas is providing virtual visitors a chance to take a live look at some of their animal residents. Witness chimpanzees interacting with each other, rhinos rolling in mud puddles, and even elephants wandering through their habitat.
- [Marineland Dolphin Adventure](#)— Marineland Dolphin Adventure has created a video-based tour of their marine mammal park and also give you an inside look at some of their adorable sea creatures.
- [Monterey Bay Aquarium](#) – Explore Monterey Bay’s Aquarium by watching daily live videos on their website. Watch magnificent sea creatures such as moon jellies, sharks, penguins, and more straight from your home.
- [National Aquarium](#)— The National Aquarium in Baltimore, MD is providing a virtual tour of their facility on their website. From the depths of the ocean to the canopy of the rain forest, the aquarium is home to a diverse group of animals from all over the world.
- [San Diego Zoo](#) - Take a virtual trip to the San Diego Zoo in California. Explore tons of creatures in their habitat such as penguins, baboons, giraffes, panda bears, hippos, and many more!
- [Smithsonian National Zoo](#)—Need your daily dose of cuteness? Hop on to the Smithsonian’s website where they provide live webcams of their animal friends. Enjoy live footage of cheetah cubs, giant pandas, lions, and many more.
- [Zoo Tours](#)— Tune in to the YouTube Channel “Zoo Tours” as they explore zoos and animal habitats all over the country.



VIRTUAL TRAVEL

Attractions



- [Buckingham Palace](#) – Curious to see how The Queen’s residence looks like? Take a tour of the historical and magnificent Buckingham Palace located in London, England. View some of the building’s most famous rooms such as the Throne Room, the Blue Drawing Room, and the White Drawing Room.
- [Walt Disney World Resort](#) – Let’s take a trip to Walt Disney World in Orlando, Florida! Virtually tour and explore the Magic Kingdom Park, Epcot, Disney’s Animal Kingdom Theme Park, Disney’s Blizzard Beach Water Park, and Disney’s Hollywood Studios.
- [Disneyland Attractions](#) – Although Disney Parks are closed around the world the right now, we can still experience some of our favorite rides virtually! Ride Pirates of the Caribbean in Florida’s Disney World, Mystic Manor in Hong Kong Disneyland, or even Monsters, Inc. at Disney California Adventure. Virtually hop on for some fun!
- [Winchester Mystery House](#)—The Winchester Mystery House located in San Jose, CA is offering guests access to the world’s strangest mansion with an all new tour. The Immersive 360° Tour is a virtual experience that allows visitors to virtually explore the rooms of the mansion.
- [Frank Lloyd Wright Houses](#)—Virtually tour many of the Frank Lloyd Wright houses straight from your own home. These tours provide visitors an interesting glimpse into the design and history of these remarkable houses.
- [Anne Frank House](#)—Visit the Anne Frank House in Amsterdam, Netherlands from wherever you are. Tour the Secret Annex online and even virtually navigate the house where Anne Frank and her family lived before going into hiding with the free 'Anne Frank House VR' app.



VIRTUAL TRAVEL

- [Ellis Island](#)— Learn about the stories of the millions of immigrants who passed through Ellis Island in search of a better life. Virtually tour this National Monument in New York and understand why so many wanted to attain the American Dream.
- [Ford's Theater](#)— Explore historic images of Ford's Theater and how it has evolved over time. Also learn about Abraham Lincoln's assassination and the aftermath that took place.
- [The Great Wall of China](#)—This unique and one of a kind panoramic virtual tour allows virtual visitors to walk the Great Wall without ever leaving their homes.
- [The Statue of Liberty](#)— Explore the Statue of Liberty like never before and learn about Lady Liberty through the various photographs and videos provided in this virtual tour.

Gardens



- [Portland Japanese Garden](#)—Go on a virtual 360° tour of the gardens and learn about points of interest along the way in Portland, Oregon's Japanese Garden.
- [Buffalo and Erie County Botanical Garden](#)—Connect with nature and virtually visit one of New York's beautiful botanical gardens that was created by Frederick Law Olmsted, Lord & Burnham, and John F. Cowell.
- [Highgrove Gardens](#)—Embark on a unique digital tour of The Prince of Wales and Duchess of Cornwall's private residence in the United Kingdom.
- [United States Botanic Garden](#)—Virtually explore the botanic garden that is on the grounds of the United States Capitol in Washington D.C. and even get a peek of the Conservatory.
- [Chicago Botanic Garden](#)—Virtually visit some of the gardens at the Chicago Botanic Garden and learn about the beautiful spring plants that reside there.



VISUAL & PERFORMING ARTS

Let your inner artist shine! Enjoy these fun and creative activities you can do straight from the comfort of your own home. Immerse yourself in these DIY crafts and art projects, learn a little bit of art history, and even tune in and watch some Broadway shows.



DIY Crafts



- [Crafts with Naztazia](#)—The YouTube Channel, “Naztazia” created by Donna Wolfe, has DIY Tutorial videos on crocheting, knitting, sewing, quilting, beading, wreath making and much more. Tune in as she uploads new content every Wednesday.
- [Creativity Hub](#) – Enjoy these printable art making activities provided by The Delaware Contemporary Museum. These fun activities are for people of all ages and skill level.
- [Origami Tutorials](#)—It’s origami time! Whether you’re a beginner or an expert, a child or an adult, check out these 20 cool origami tutorials you can try for yourself.
- [DIY Garden Crafts](#)—Trying to liven up your garden? Need some inspiration? Take a look at these 20 fun DIY crafts that won’t break your wallet.
- [DIY Kitchen Projects](#)—Spruce up your kitchen with these cute DIY kitchen projects. Crochet your own potholders or even sew your own oven mitt.
- [Crafts by Amanda](#)— From wall art, to home décor, and gift ideas this website has it all. Take on these fun and easy craft projects you can do from home.
- [DIY Jewelry Making](#)—Hobby Lobby offers DIY Jewelry Tutorial videos on their website as well as step by step project instructions with pictures on how to create your own fashionable jewelry.
- [50 Fun DIYs for Adults](#)—Need ideas on starting a new project? Take a look at this article for inspiration as it provides 50 enjoyable DIYs.



VISUAL & PERFORMING ARTS

- [Tips, Tricks, and Advice for Decoupage](#)— Interested in Decoupage? Take a look at this article to find out how you can get started and what materials you will need for this unique craft technique.
- [Card Making Projects](#)—The fabric and craft store, JOANN, has many fun card making projects on their website. Easily follow along with their step by step instructions that are provided for you.
- [Scrapbooking for Beginners](#)—New to scrapbooking and need some inspiration? Check out these 25 inspiring layouts to help you get started!
- [Scrapbooking Ideas](#)— Country Living Magazine has put together 20 scrapbooking ideas to preserve your fondest of memories. Create a mini scrapbook, magazine envelopes, or even a photo page.
- [Quilling](#)—Try your hand at the new craze going on known as “quilling.” Quilling is a paper craft in which you roll narrow strips of paper into cool 3D shapes.
- [Paper Cutting Crafts](#)—Enjoy these paper cutting craft favorites selected by Martha Stewart’s team.



Art Activities



- [“Window of Time” Workshop Series](#) – Get creative by taking part in these self-led art workshops. The goal of the workshops are for you to explore your feelings, needs, and experiences while also promoting wellness and resilience during these stressful times.
- [Rock Painting](#)—Do you enjoy rock painting? Check out these fun and easy rock painting ideas for you to do at home.
- [Coloring for Everyone](#)—Not only does coloring have the ability to relax you in times of stress and generate mindfulness, it is also fun for any age! Set some time aside during your day and indulge in these free coloring pages.



VISUAL & PERFORMING ARTS

- [Step by Step Painting](#)—Are you new to painting or just want to brush up on your painting skills? The blog “Step by Step Painting by with Tracie Kiernan” provides you directions on how to paint her artwork from beginning to end. She also has videos to follow along.
- [Acrylic Painting for Beginners](#)—YouTube Channel “The Art Sherpa” provides free and fun acrylic painting tutorials for beginners to follow. Join her livestream every Friday at 7 p.m. EST and Saturday at 1 p.m. EST to directly follow along or even ask her questions.
- [Expressive Art Inspirations](#)—Blogger and Expressive Arts Educator Shelly Klamer puts together 100 Art Therapy Exercises you can do from home.
- [Craftulate](#)—This fun blog provides 12 easy art ideas for adults to dabble in. Try your hand at stenciling, sketching, quilling, and much more.
- [Art Therapy](#)—Art Therapy is a therapeutic practice that combines psychology with art in order to help people explore their emotions. This practice may also be used to improve cognition, reduce conflict, foster self-awareness and much more. Set some time aside and try some of the art therapy activities listed on the website.
- [Watercolor for Beginners](#)—Want to try watercolor painting but don’t know where to start? Artist Lindsey Bugbee provides you information on the art materials you will need as well as tutorials, videos, and step by step instructions to help guide you in your journey.
- [Jay Lee Painting](#)—YouTuber and artist Jay Lee teaches beginner painters how to paint flowers and nature as well as other art techniques through the numerous tutorials he posts on his YouTube Channel.
- [Art Arena](#)—The YouTube Channel “Art Arena” is an art channel that post videos for beginners to follow along. Videos include painting with oil pastels, creating line paper art, 3D art, and much more!



VISUAL & PERFORMING ARTS



Performing Arts



- [The Kennedy Center](#)—Watch amazing performances on The Kennedy Center’s Digital Stage! Enjoy a variety of performances such as opera, comedy, jazz, dance and much more.
- [Lincoln Center At Home](#)—Lincoln Center at Home is regularly sharing videos of performances that have been archived, home-made, and previously broadcasted. They are also hosting free daily pop-up classrooms for families.
- [Living Room Concerts](#)—Living Room Concerts is a fun and unique series that brings you music straight from the living rooms of Broadway performers. Watch now!
- [OperaVision](#)—The platform “OperaVision” gives opera lovers a chance to stream performances from all over the world online for free. Enjoy performances such as “The Marriage to Figaro,” “Tristan and Isolde,” “War and Peace” and plenty more.
- [Monterey Jazz Festival](#)—The beloved Monterey Jazz Festival is going virtual for its 63rd annual event! The festival will be live streaming on its YouTube Channel beginning at 8 p.m. ET September 25-27. Explore their channel to also watch archive footage from previous festivals and much more.
- [Cirque de Soleil](#)—Enjoy some of the best live show moments from Cirque de Soleil on their YouTube Channel.
- [Filmed On Stage](#)— *Filmed on Stage* is a musical blog that is updated daily and provides you a list of upcoming musicals, plays, and operas you can stream for free month by month.
- [BroadwayHD](#)—BroadwayHD is a platform where you can stream and watch your favorite Broadway shows. Watch performances like “Cats” and “The Sound of Music.”



FOOD AND COOKING

Looking to explore new recipes, try your hand at new desserts, or even make a meal you have never made before? Take a look at our list below and see what awaits you!



Food Blogs & Recipes



- [Cooking with Joanna Gaines](#) – Cookbook author Joanna Gaines teaches you how to make everyone’s favorite comfort foods such as homemade chocolate chip cookies and chocolate cake.
- [FoodMania](#) – Are you a big foodie? Do you like to cook new meals? Watch these cooking tutorials that you can do straight from your own kitchen!
- [Food52](#)—*Food52* is a food blog that has recipes for every occasion, special consideration, cuisine, and much more. Explore their page and see what you find.
- [ChooseMyPlate](#)—Looking for ways to eat healthy, but not quite sure where to start or what to include in your meal? ChooseMyPlate gives you tips, helps you create your own healthy meal, allows you to set daily food goals and tracks your progress.
- [Minimalist Baker](#)—The food blog *Minimalist Baker* is dedicated to simple cooking by sharing recipes that require 1 bowl, 10 ingredients or less, or 30 minutes to prepare.
- [Next Steps to Better Nutrition](#)—*Next Steps to Better Nutrition* is a program created by the National Council on Aging to inform and educate older adults on how to afford, buy and cook healthier foods.
- [Vegan and Vegetarian Recipes](#)—Try these 26 vegan and vegetarian mouthwatering recipes that are perfect for dinner.



FOOD AND COOKING

- [Stay Healthy and Waste Less](#)—”Stay Healthy and Waste Less” are virtual classes on YouTube that show you how to cook simple, tasty meals while also saving money and reducing food waste. They release new videos from their own kitchen weekly!
- [Healthy Dessert Recipes](#)—Are you a huge sweets lover, but also like to stay healthy? You have come to the right place. Food blog *Desserts with Benefits* has plenty of recipes on creating your very own healthy desserts.
- [Healthy Aging Recipes](#)—Popular magazine *Eating Well* offers delicious and nutritious recipes for breakfast, lunch, and dinner as well as cooking videos to follow along and healthy eating tips.
- [Healthy Smoothie Recipes](#)—In the mood for smoothies or smoothie bowls? Enjoy these 30 yummy and healthy recipes provided by food blog *Food with Feeling*.
- [Baking Recipes](#)—For the bakers and the sweets lovers, take a look at these 100 baking recipes! Bake delicious cakes, cookies, muffins, breads, or even pies.
- [Diabetes Friendly Recipes](#)—Find diabetes friendly recipes on the Food Network’s website. Follow along to their instructional cooking videos and stir up your own dish.
- [Gluten-Free Recipes](#)—Indulge in these savory gluten-free recipes that are fun and easy to make.
- [Pescetarian Kitchen](#)—*Pescetarian Kitchen* is a food blog that offers a variety of pescetarian recipes for main dishes, salads, snacks, soups, and desserts. Enjoy!
- [Food Network](#)—Watch fun cooking tutorials and videos on the Food Network’s YouTube Channel.



HEALTH & WELLNESS

Our physical and mental well-being play a big role throughout our lifespan. It is important we carry out physical activity, take care of our mental health, and eat a healthy diet to live out a healthful life. Explore our fitness, mental health, and brain game sections for ways you can stay healthy and active.



Fitness



- [Silver Sneakers](#)—The Silver Sneakers Program provides free virtual classes and exercise videos to follow along such as: stability exercises, yoga, muscle strength exercises and much more.
- [Silver Sneakers YouTube](#)—The Silver Sneakers are also on YouTube where they provide seniors numerous workout and exercise videos.
- [Older Adult Workouts](#)—The National Institute on Aging provides sample workout videos for older adults on their YouTube Channel as well as stretching, balance, and strength building exercises.
- [Planet Fitness](#)—Get up and get moving! Follow along to a variety of workout videos led by Planet Fitness personal trainers.
- [Tai Chi for Beginners](#)—Interested in learning Tai Chi? Dr. Paul Lam who is a family physician and tai chi expert has created a YouTube Channel dedicated to teaching people tai chi to improve their health and wellness.
- [Zumba Workouts](#)—Try these fun Zumba workouts from the comfort of your own home! Whether you're a beginner or an expert, there is a workout here for everyone.



HEALTH & WELLNESS

- [Exercises for Seniors](#)—Fitness instructor, Curtis Adams, has designed workouts for seniors of all fitness levels. Tune in to his YouTube Channel and follow along to his workout videos.
- [Chair Exercises](#)—California Mobility has put together 21 chair exercises for seniors. This comprehensive visual guide provides step by step instructions on how to perform each exercise along with videos.
- [Fitness for All](#)—Fitness instructor Paul Eugene teaches a variety of workouts to people of all abilities. He provides workout videos such as Chair Fitness, Step Aerobics, Dance Fitness, and Wheelchair Fitness on his YouTube Channel.
- [Dance Workouts](#)—Put on those dancing shoes and move along to these super fun dance workouts created especially for seniors.
- [At Home Exercises](#)—Whether you're looking to do a low impact cardio workout, a seated resistance band workout, or even a low impact salsa dance cardio workout, YouTube *Channel Senior Fitness* has it all. Take a look!
- [More Life Health](#)—YouTube Channel *More Life Health* is dedicated to helping seniors improve their strength, balance, movement, and flexibility.
- [Senior Exercise and Fitness Tips](#)—Read up on the physical and mental health benefits to exercising as well as how to build a balanced exercise plan.
- [Exercise Programs for Senior Fitness](#)—The National Council on Aging has created a list of exercise programs that are dedicated to senior fitness and well-being. Take a look and explore these programs.



HEALTH & WELLNESS



Mental Health



- [Meditation](#)—Looking for some peace and serenity? Try these 8 different meditation techniques.
- [Yoga with Adriene](#)—Yoga has proven to show that it is good not only for your mind, but for your body and health as well. Set some time aside during your day and partake in a yoga session.
- [Relaxation Techniques](#)—Here are 4 simple relaxation techniques to help you de-stress during these challenging times.
- [Breathing Exercises](#)—Try these 6 different breathing exercises designed especially for older adults.
- [Soothing Sounds](#)—Introducing music to your nighttime routine has proven to show that it helps people sleep better. Read the article written by the Institute on Aging for what type of music is good for sleep.
- [Stress Reducing Ideas](#)—Everyone at one point experiences stress in their lives. The important thing is to learn how to control and alleviate it. Here are 5 ways older adults can reduce their stress levels.
- [Improving Cognition and Emotion](#)—This *Senior Mental Health* blog provides tips on ways older adults can improve their cognition and emotion as they age. They suggest journaling, connecting with friends, picking up a new hobby, and much more.
- [Mindfulness Activities](#)—Partake in these mindfulness activities to improve your brain health.



HEALTH & WELLNESS

- [Depression in Older Adults](#)—The National Institute of Mental Health provides highly important information on how one can detect the signs of depression, how to seek treatment, and what type of treatment options are out there.
- [Sleep Tips for Older Adults](#)—Do you have difficulty sleeping? Read this article for tips on how you can overcome insomnia and other sleep-related problems.
- [Behavioral Health Resources](#)—For resources on how to seek behavioral health services and treatment, please click the link provided. Resources include the Veteran’s Crisis Line, Mentalhealth.gov, Suicide Prevention Line, and many more.
- [Older Adults and Mental Health](#)—The National Institute of Mental Health describes the warning signs in someone who may be experiencing a mental health issue and how to seek treatment.
- [Behavioral Health Programs](#)—The National Council on Aging has listed a variety of behavioral health programs for older adults. Please see their website for more information on those programs.
- [Volunteering: Cards for Kids](#) —Volunteering brings fulfillment and a sense of purpose for many. Volunteering for an incredible cause such as “Cards for Hospitalized Kids” not only benefits the children receiving the cards, but as well the seniors writing them too. Explore their website to learn more information on how you can get started and help.
- [Little Lungs](#)—Volunteer for Little Lungs which is an organization dedicated to raising awareness of respiratory syncytial virus that affects newborn babies. Volunteer and knit blankets, booties, hats and more for babies in NICUS all across the states. Visit their website for more information.



HEALTH & WELLNESS



Mind Exercises and Games



- [Online Crossword Puzzles](#)—Enjoy these fun, free, and plentiful online crossword puzzles.
- [AARP Online Games](#)—AARP has a page dedicated on their website just for games! Play solitaire, scramble, anagrams, or even do some word searches.
- [Puzzle Prime](#)—Puzzle Prime is an educational and recreational website that provides fun riddles, puzzles, brain teasers, and puzzle crimes.
- [Virtual Jigsaw Puzzles](#)—Are you a jigsaw puzzle lover? Try out these awesome virtual puzzles for yourself!
- [Mind Games](#)—Play a variety of games such as puzzle, math, word, and memory games.
- [Online Games for Seniors](#)—Access free online games for all seniors.
- [Brain Curls](#)—Enjoy brain building activities such as memory tests, trivia, logic games and much more.
- [Sharp Brains](#)—Brain teasers, puzzles, and games for all.
- [Trivia Plaza](#)—For those who love trivia questions, hop on over to Trivia Plaza for an abundance of trivia quizzes.
- [The Word Search](#)—Indulge in these free and entertaining online word searches.



LIFELONG LEARNING

We are continuously learning something new every day, whether it's learning a new yoga pose or even learning to cook up a new dish. To continue to expand our horizons, we have put together a long list of blogs, articles, audiobooks and more to keep your mind moving.

Take a look and start exploring!



Audiobooks, E-books, & Podcasts



- [Digital Book](#)—Access hundreds of free audiobooks and e-books that are also available in multiple languages too! Listen to some of your favorite romance or even mystery novels.
- [Hoopla](#)—Hoopla is a digital online service that partners up with local libraries to allow you to borrow movies, music, e-books and more for your computer, phone, tablet, and TV.
- [Libby](#)—Libby is another digital online service that allows you to borrow audiobooks and e-books from your local public library for free. Login with your county library account to start borrowing now!
- [Project Gutenberg](#)—Project Gutenberg is an online library with over 60,000 free e-books. E-books can be read online, downloaded, or read from your Kindle. Start reading today.
- [Riverside County Library](#)—Head over to the Riverside County Library's website and explore their collection of audiobooks and e-books that you can borrow.
- [Southern California Digital Library](#)—The Southern California Digital Library provides a wide variety of e-books, audiobooks, and films for people of all ages. Borrow and watch popular films such as *The Arizona Kid* or even borrow books such as *A Christmas Carol*.
- [Tune In](#)—Tune In is an audio streaming service that provides you access to all your favorite podcasts for free!



LIFELONG LEARNING



Wildlife, Nature, & Space



- [Google Earth](#) –Explore the world we live in through Google Earth! See cities, countries, and landscapes you have always dreamed of visiting. Start your virtual journey now.
- [The Environmental Nature Center](#)—Learn about wildlife and the environment through these fun and educational videos.
- [National Oceanic](#)—Learn more about the oceans that make up our Earth and explore the coastal ecosystem.
- [Africam](#)—Watch live footage of wild animals in some of the most remote parts of Africa. See elephants, lions, and even leopards in their natural habitat.
- [All About Birds](#)—Love birdwatching? Birdwatch straight from the comforts of your own home, by tuning in to *All About Birds*. This unique website provides live camera footage of birds from all around the world and the U.S.
- [Boeing Aerospace Tour](#)—Go on a virtual tour of the Johnson Space Center and learn about the incredible employees that are currently writing space history.
- [Solar System Tour](#)—Take a virtual tour of our very own solar system and explore the night sky and space in real time. Start exploring!
- [E.H. Strickland Entomological Museum](#)—Explore the Department of Biological Sciences at the University of Alberta’s unique online entomology collection.



LIFELONG LEARNING

- [International Space Station Tour](#)—Virtually tour Nasa’s International Space Station and learn about the brave astronauts who have been stationed up there.
- [Access Mars](#)—Access Mars is a Web VR Experiment that allows viewers to explore a 3D replica of the surface of Mars.
- [The Virtual Rainforest](#)—The Virtual Rainforest is an interactive tour that includes informative articles, videos, and pictures of life that is found there.



Education



- [AARP Online Learning](#)—Take part in free virtual webinars on topics such as internet fraud prevention, financial management, technology, and much more!
- [American Society on Aging](#)—The American Society on Aging is continuously offering free web seminars for all who are interested in attending. Topics include: Sensory Loss in Aging, Understanding Fall Risk, Dementia Care and many more.
- [Coursera](#)—Coursera is an online learning platform that allows individuals to learn new skills from top universities for free. Learn a new language, learn about art history, or even learn about contemporary philosophy.
- [Senior Planet](#)—Senior Planet is a program that provides an abundance of online resources to seniors. They have articles, webinars, videos, and curriculum for lifelong learning, financial literacy, technology education, and stories. Take a look at their website today!
- [Open Culture](#)—Offers 1500 free classes to anyone who wants to learn! Topics include psychology, art, history, archeology and much more.



SENIOR RESOURCES

Looking for resources on COVID-19, meal distribution sites, legal assistance, and more? Please take a look at the list we have created below. If these resources still do not meet your needs, please call the Senior Center front desk at 951.270.5647 and staff will be happy to assist you in meeting your needs.

Resources

- California's Master Plan for Aging— www.engageca.org
- 2-1-1 Get Connected to Local Community Resources—<https://www.211.org/>
- HICAP (Health Insurance Counseling & Advocacy Program) - https://aging.ca.gov/Programs_and_Services/Medicare_Counseling/
- AARP Foundation—<https://www.aarp.org/aarp-foundation/our-work/>
- AARP Foundation: Connect to Affect—<https://connect2affect.org/?migration=rdrct>
- Inland Counties Legal Services, Inc.—<https://www.inlandlegal.org/>
- Riverside Meals on Wheels—<https://www.riversidemow.org/>
- Feeding America (Riverside & San Bernardino Counties) - <https://www.feedingamericaie.org/>
- Alzheimer's Los Angeles—<https://www.alzheimersla.org/>
- Inland Caregiver Resource Center—<https://www.inlandcaregivers.com/>
- Community Action Partnership (Cool Center Information) - <https://www.capriverside.org/Cool-Centers>
- Local Food Pantries—<http://www.norco.ca.us/civicax/filebank/blobdload.aspx?BlobID=28098>
- Riverside County Office on Aging (Food Programs) - <http://www.norco.ca.us/civicax/filebank/blobdload.aspx?BlobID=28104>
- Riverside County Food Access Sites—<https://countyofriverside.maps.arcgis.com/apps/webappviewer/index.html?id=52ca2b425fd14b2387f3676bf6db294e&extent=-13100249.8739%2C3944965.339%2C-12940037.8626%2C4040817.3725%2C102100>
- United Lift Rental Assistance—<https://www.unitedlift.org/>
- COVID-19 Testing Sites—<https://iehp.org/en/members/covid-19?target=covid-19-testing-sites>
- Inland Empire Health Plan (California COVID-19 Information) - <https://www.iehp.org/about/coronavirus>



SENIOR RESOURCES

Government Aide & Assistance

- Veterans Resource Center—<http://www.rivlib.net/website/690>
- Riverside County Office on Aging (Age and Disability Resource Connection) - <https://www.rcaging.org/>
- U.S. Department of Health and Human Services: Programs for Seniors—<https://www.hhs.gov/programs/social-services/programs-for-seniors/index.html>
- Government Aid Programs for Seniors—<https://www.seniorliving.org/research/government-aid/>
- Social Security Online Services—<https://www.ssa.gov/onlineservices/>
- CDC COVID-19 Information and Resources—<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Council on Aging (COVID-19 Resources for Older Adults & Caregivers) - https://www.ncoa.org/ncoa_acf/covid-19-resources-for-older-adults/
- National Institute on Aging (Information and Aging Resources) - <https://www.nia.nih.gov/>
- Eldercare Locator—<https://eldercare.acl.gov/Public/Index.aspx>
- State of California Department of Aging—<https://aging.ca.gov/>
- CDC Older Adult's Guideline—<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>