

**Camden County**  
**Center for Active Adults**

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Coordinator

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**CAMDEN COUNTY**  
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*Boundless Opportunities.*

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Hello Friends,

So many things have changed within the last few weeks. The Camden Center for Active Adults has had to temporarily suspend all of our participant activities until further notice pending local, state and national advisories. But, we are still strong in our dedication to our mission: helping older adults to remain active, independent, intellectually engaged and social connected.

We have shared several online sources provided by the Shephard Center in Winston Salem. We hope these help keep you active and engaged from the comforts and safety of your home.

To stay up to date with us please visit our website at <http://www.camdencountync.gov> or follow us and like us on our Facebook page, Camden County Senior Center.

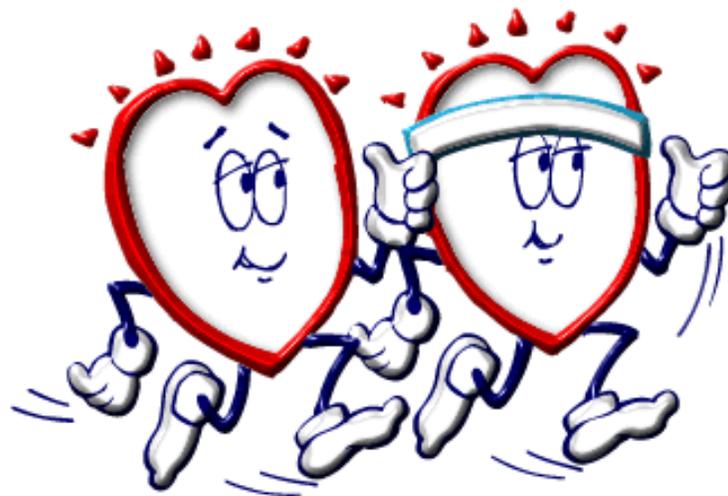
Take care and stay safe,

Laura Jolley, Camden Center for Active Adults Coordinator

Tiffanie Spruill, Camden Center for Active Adults Assistant

# Online Exercises

- Make sure you stay safe during exercise and physical activity
  - ♥ <https://go4life.nia.nih.gov/how-to-stay-safe-during-exercise-and-physical-activity/>
- Endurance Exercise
  - ♥ <https://go4life.nia.nih.gov/exercise-type/endurance/>
- Strength Exercise
  - ♥ <https://go4life.nia.nih.gov/exercise-type/strength/>
- Balance Exercise
  - ♥ <https://go4life.nia.nih.gov/exercise-type/balance/>
- Flexibility Exercise
  - ♥ <https://go4life.nia.nih.gov/exercise-type/flexibility/>
- Henry Zhang Tai Chi for Arthritis
  - ♥ [https://www.youtube.com/watch?v=tN\\_7bWyIWDU](https://www.youtube.com/watch?v=tN_7bWyIWDU)
- Tai Chi for Beginners with Dr. Paul Lam
  - ♥ <https://www.youtube.com/watch?v=hIOHGrYCEJ4>
- Improve your Balance in 5 Minutes
  - ♥ <https://www.youtube.com/watch?v=ujoD1l4fnP4>
- 15 Minute Workout
  - ♥ [https://www.youtube.com/watch?v=2fplva72q\\_k](https://www.youtube.com/watch?v=2fplva72q_k)
- Line Dancing
  - ♥ <https://www.youtube.com/watch?v=uZXQuqPnp8g>
- Zumba
  - ♥ [https://www.youtube.com/watch?v=9\\_MxwQw10RI](https://www.youtube.com/watch?v=9_MxwQw10RI)
- Chair Yoga
  - ♥ <https://www.youtube.com/watch?v=1DYH5ud3zHo>
- One Mile Happy Walk
  - ♥ <https://www.youtube.com/watch?v=X3q5e1pV4pc>
- Strength Exercises
  - ♥ [https://www.youtube.com/watch?v=mndel\\_NnU7E](https://www.youtube.com/watch?v=mndel_NnU7E)



# Online Entertainment

- AARP GAMES (some are free and some you must be an AARP member)
  - ♥ <https://games.aarp.org/>
- Jigsaw Puzzles
  - ♥ [www.jigzone.com/](http://www.jigzone.com/)
- Printable Sudoku
  - ♥ [www.puzzlechoice.com/pc/Sudoku\\_Puzzlex.htm](http://www.puzzlechoice.com/pc/Sudoku_Puzzlex.htm)
- Puzzle Express (word searches, crosswords, etc.)
  - ♥ <http://www.puzzlexpress.com/index.html>
- Online Chess
  - ♥ <https://lichess.org/>
- Online Scrabble
  - ♥ <https://www.memory-improvement-tips.com/scrabble-online-free.html>
- Online Bridge
  - ♥ <https://games.aarp.org/games/bridge>
- Crafts
  - ♥ <https://craftsbyamanda.com/category/craft-tutorials/adult-crafts/>
- Printable Adult Coloring Sheets
  - ♥ <http://www.supercoloring.com/collections/coloring-pages-for-adults>
- Virtual Field Trips
  - ♥ <https://www.weareteachers.com/best-virtual-field-trips/>
- List of Museums, Zoos and Theme Parks Virtual Tours
  - ♥ <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- Virtual Museum Tours
  - ♥ <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Free movies, shows and audiobooks
  - ♥ <https://www.heraldtribune.com/zz/entertainment/20200320/coronavirus-free-movies-shows-and-audiobooks-to-stream-while-youre-self-quarantining>



# Senior Hours

Please only visit these stores unless **ABSOLUTELY NECESSARY** and buy two months' worth of groceries at a time if you are able to.

**DO NOT GO OUT IF YOU DO NOT NEED TO!**

**Aldi:** Dedicating every Tuesday and Thursday from 8:30 am – 9:30 am to seniors.

**Big Lots:** Dedicating every day from 9:00 am – 10:00 am to seniors.

**Dollar General:** Dedicating every day from 8:00 am – 9:00 am to seniors. Stores will close one hour early to clean and restock shelves.

**Food Lion:** Dedicating every Monday and Wednesday from 7:00 am – 8:00 am to seniors.

**Ollie's Bargain Outlet:** Dedicating every Monday – Saturday from 9:00 am – 10:00 am and Sunday from 10:00 am – 11:00 am to seniors.

**Roses:** Dedicating every day from 9:00 am – 10:00 am to seniors.

**Walgreens:** Dedicating every Tuesday from 8:00 am – 9:00 am to seniors.

**Walmart:** Dedicating every Tuesday from 6:00 am – 7:00 am. Operating hours have changed from 7:00 am to 8:30 pm in order to sanitize stores and shelves.

