

# Additional Online Video & Resource Links

## Edmonton Seniors Coordinating Council (ESCC)

<https://www.seniorscouncil.net/covid-19-information-for-seniors>

This web page lists

- [COVID-19 information and resources](#)
- [seniors organization closures, service limitations, and current programming options](#)
- [delivery services for seniors](#)
- [seniors' shopping hours](#)
- [community response to COVID-19: help for seniors](#)
- [support for caregivers](#)

<https://www.seniorscouncil.net/news-and-events>

This web page lists:

- News regarding free masks for seniors, coordinated pandemic response and PPE supplies
- Transportation options for low income seniors
- Events and activities including current senior center programming; other activities to do from home; online learning opportunities; virtual tours of museums and heritage sites; music/theatre/film/literature/culture; fitness; online religious services; games/puzzles/books/crafts; health and wellness resources and supports for caregivers

| <b>Health &amp; Community Resources</b>                                  | <b>Mental Health Resources</b>   |
|--|--|
| <b>Alberta Health Services</b><br>Call 811 or <a href="#">Click Here</a> | <b>Mental Wellness for Seniors</b><br><a href="#">Click here to see video</a>    |
| <b>Alberta 211</b><br><a href="#">Click here</a>                         | <b>Managing Anxiety &amp; Fear During COVID 19</b><br><a href="#">Click here</a> |
| <b>Canada Public Health</b><br><a href="#">Click Here</a>                | <b>10 percent happier</b><br><a href="#">Click here</a>                          |
| <b>COVID-19 Scam Information</b><br><a href="#">Click here</a>           | <b>AHS Mental Wellness Moment Videos</b><br><a href="#">Click here to watch</a>  |
| <b>Good Neighbor Project</b><br><a href="#">Click here</a>               | <b>Crisis Line</b><br><b>780- 424-2424</b>                                       |

## St. Albert Senior's Association – Video Programs and Online Resources

<https://stalbertseniors.ca/healthy-at-home/>

|  |   |   |
|--|---|---|
| <b>Comedy</b><br>Dry Bar Comedy <a href="#">Click here</a>                   | <b>Crafting &amp; Hobbies</b><br>Learn to Knit <a href="#">Click here</a><br>Photography <a href="#">Click here</a><br>Painting <a href="#">Click here</a><br>E-Learning <a href="#">Click here</a> | <b>Online Games</b><br>Bridge online <a href="#">Click here</a><br>Canasta online <a href="#">Click here</a><br>Bridge online <a href="#">Click here</a><br>Other Online Games <a href="#">Click here</a> |
| <b>Technology</b><br>Free Apple & Android Classes <a href="#">Click here</a> | <b>Leading Edge Physio</b><br>Stretch & Exercise <a href="#">Exercise Video</a>   | <b>Canada's National Ballet School Dance at Home</b><br><a href="#">Seniors Dance Videos</a>  |
| <b>Sing a Longs</b><br>Move and Groove Vol. 1<br>Move and Groove Vol. 2      |   |   |

### Fitness at Home

### Alison Irwin (Yoga)

|                                    |  |                                      |
|------------------------------------|--|--------------------------------------|
| <a href="#">Yin Yoga</a>           | <a href="#">Yoga Flow 1 (Moon Salutations)</a>   | <a href="#">Earth Salutation</a>     |
| <a href="#">Yang Yoga</a>          | <a href="#">Yoga Flow 2 (Dancing Warrior)</a>    | <a href="#">Salute to the Sun</a>    |
| <a href="#">Yin Yoga 3</a>         | <a href="#">Yoga flow 3 (Sun Bird Series)</a>    | <a href="#">Kitchen Yoga</a>         |
| <a href="#">Yin Yoga 4</a>         | <a href="#">Hips and Shoulders Combo</a>         | <a href="#">Zoom Class (June 1)</a>  |
| <a href="#">Gentle Yoga 1</a>      | <a href="#">Tension- Free Neck and Shoulders</a> | <a href="#">Zoom Class (June 8)</a>  |
| <a href="#">Gentle Yoga 2</a>      | <a href="#">Blooming Lotus Sequence</a>          | <a href="#">Zoom Class (June 15)</a> |
| <a href="#">Chair Yoga</a>         | <a href="#">Core Strengthening Series</a>        | <a href="#">Zoom Class (June 22)</a> |
| <a href="#">Savasana</a>           | <a href="#">Heart Opening Series</a>             | <a href="#">Zoom Class (June 29)</a> |
| <a href="#">Healthy Happy Hips</a> | <a href="#">Balance Sequence</a>                 | <a href="#">Zoom Class (July 6)</a>  |
| <a href="#">Twist Series</a>       | <a href="#">Quick Full Body Practice</a>         |                                      |

### Fitness at Home - Ayla (Pilates)

[Gentle Standing and Seated Chair Pilates Flow](#)      [Gentle Seated Chair Pilates Flow](#)

### Fitness at Home - Brad Schultz (Tai Chi & Chi Gong)

[Joint warm up video](#)      [Whole- Body Breathing Document](#)

### Fitness at Home - Tracy Walters (Line Dance/Clogging)

[Beginner Line dancing](#)      [Intermediate Line Dancing](#)  
[Beginner Clogging](#)

### Fitness at Home - West End Seniors Activity Centre

[8 Week Program](#)

### Fitness at Home - COVID 19 Home Based Exercise for Seniors

[Episode 1](#)      [Episode 2](#)

## Edmonton Seniors Centre (ESC) Zoom Programming (membership/registration required)

<https://www.edmontonseniorscentre.ca/courses.html>

For more information, please don't hesitate to call us at (780) 425-8625 and leave a message. The centre is not open but staff are working from home to create an online community with lots of activities, support, and entertainment.

### FREE CHAIR ZUMBA FOR SENIORS

Click below to watch free Chair Zumba classes by our instructor Bella [WATCH NOW](#)

### ESC Eligibility [MEMBERSHIPS](#) - \$30/year

Our online classes are available to everyone, regardless of age. Please refer to the conditions regarding membership status. [MEMBERS](#) Adults 55 years and older with a valid ESC membership are able to register for classes or activities at discounted rates. [ASSOCIATE MEMBERS](#) Anyone under the age of 55, with a valid ESC membership, is able to register at the same rates as regular members. [NON-MEMBERS](#) Must register with ESC with a card from another centre. Only able to register for instructional classes at the regular rate.

Please Note: You must register before the beginning of the course. Each course starts at the first of each month. You can register for more than one month of a course, if available.

Need help registering? Follow along with our simple step-by-step [tutorials](#)!

Zumba Gold  
[BOOK](#)

Chair Zumba  
[BOOK](#)

Chair Yoga  
[BOOK](#)

Line Dancing  
[BOOK](#)

Knitters and Crocheters Unite  
[BOOK](#)

Joyful Chats  
[BOOK](#)

Watercolours  
[BOOK](#)

Journaling for Wellness  
[BOOK](#)

One-on-One Phone Help [BOOK](#)

Staying Internet Connected  
[BOOK](#)

Wellness Wednesdays  
[BOOK](#)

### Zoom Etiquette

- Join early (up to 5 minutes before the meeting start time)
- If you haven't used Zoom before click the link to download Zoom prior to the day of the meeting and familiarize yourself with any features you may need to use on the day – mute/unmute microphone, stop/start video, screenshare etc. & have your video on unless you are experiencing connection issues
- Find a quiet space without interruptions / background noise & good lighting
- Don't do anything on camera you wouldn't do in a class full of people & try to avoid doing other tasks
- Adjust your camera to be at around eye level if possible – especially take note of the angle of your laptop or phone screen if using the built-in camera.
- Mute your microphone when not talking and remember everyone can hear you!

## **Virtual Men's Shed - Men's Sheds Association of Edmonton, Downtown**

- Try to avoid talking over/at the same time as other participants

Men's Sheds Edmonton is a non-profit organization that builds and promotes casual spaces for all men to connect, create and socialize in a positive environment and has moved meetings online. The virtual shed provides an opportunity for Edmonton men to meet for casual coffee chats and socialize over shared interests and hobbies Fridays from 1-3pm.

To learn more and register, email Michael at [michael.hoyt@edmonton.ca](mailto:michael.hoyt@edmonton.ca) or join online using the following link [Men's Shed Edmonton Online Registration](#) also available on their [home Facebook page](#).

## **Well Connected by ElderCare Edmonton and Caregivers Alberta – Virtual Day Program**

Wednesdays, 10 - 11 a.m. Free. This program provides community-based programming in a virtual setting. Stay connected by participating in activities, education, and friendly conversation. Both caregivers and care recipients are welcome to participate! Register through [Eventbrite](#) to receive a Zoom link. <https://www.connectingedmontonseniors.ca/events/>