

## Leisure & Learning - at Home V.2

### Resources and Suggestions for Activities at Home

Leisure & Learning – at Home V.2 aims to bring you more ideas as you continue to spend and plan for days at home. If you missed it, please be sure to see “Leisure & Learning – at Home V1” as well. While some sites were created specifically for individuals with vision loss, others were not but can be adapted by use of description, textured materials, organization and creativity. Together we really can continue to brighten each other’s days!

Cooking – Crafts – Exercise & Yoga – Music  
News & Information – Travel

### Exercise & Yoga

- Go 4 Life / National Institute On Aging  
Exercise routines for older adults with Audio and Video
  - Friendly note: There are advertisements on this site. Please scroll past for the series of exercise videos.  
[https://www.youtube.com/results?search\\_query=go4life+exercises+for+seniors](https://www.youtube.com/results?search_query=go4life+exercises+for+seniors)
- DailyCaring  
10 minute chair exercise routine  
<https://dailycaring.com/video-easy-effective-10-minute-chair-exercises-for-seniors/>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

# Leisure & Learning at Home V.2 (continued)

## Music

- Andrew Lloyd Webber / Musicals  
Audio and Video Recordings of Musicals
  - Streams each Friday at 2:00pm and then available for 48 hours  
<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>
- Bird Sounds with Amazon Alexa  
Audio Recordings of Birds  
<https://www.amazon.com/Thomptronics-Bird-Song/dp/B01GQGW6P8>

## News & Information

- Audio Journal  
Audio: Broadcasting to people who are blind including local news, specialty programming and general interest programming.  
Listen Live: <https://tunein.com/radio/Audio-Journal-s47429/>  
Schedule: <https://audiojournal.org/schedule/>
- National Federation for the Blind (NFB) Newsline  
Audio: News reading service with access to more than 500 publications
  - A quick online application is needed for this service.  
<https://www.nfb.org/programs-services/nfb-newsline>

## Crafts

- Instructables  
Written directions with photos of many craft ideas  
<https://www.instructables.com/craft/>

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# Leisure & Learning at Home V.2 (continued)

## Cooking

- Betty Crocker

Written directions and videos of many recipes

- Friendly note:
  - There are advertisements on this site.
  - This link for “broccoli-bacon salad” is just one of many on the Betty Crocker site. Find many more recipes by searching for your favorites.

<https://www.bettycrocker.com/recipes/broccoli-bacon-salad/5365a0b8-c807-48d7-b998-b6f2764c6c67>

## Travel

- National Geographic

Video and audio of varying length with music clips and description of sites and landmarks from around the world

- Friendly note: There are advertisements on some of the videos.

<https://video.nationalgeographic.com/video/travel>

Developed by: Lisa DiBonaventura, MA, COMS  
Edited by: Kathleen Kenney, M.Ed., COMS

Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/recreation.html>

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