

## Leisure & Learning - at Home V.3

### Resources and Suggestions for Activities at Home

Leisure & Learning – at Home V.3 aims to bring you more ideas as you continue to spend and plan for days at home. If you missed them, please be sure to see “Leisure & Learning – at Home V1 and V2” 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

- Standing and Seated Exercises for Older Adults / Dartmouth-Hitchcock  
Exercise routines for older adults with Audio and Video
  - Friendly note: Seated is a 10 minute session & standing is 16 minutes.  
Seated Exercises <https://www.youtube.com/watch?v=8BcPHWGQO44>  
Standing Exercises <https://www.youtube.com/watch?v=mQLzNf8VOIc>
- 7 Minute Yoga Routine for Older Adults / SilverSneakers  
Exercise routine for older adults with Audio and Video
  - Friendly note: This is a described, quick paced routine.  
<https://www.youtube.com/watch?v=NDLad2vOHkU>

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.3 (continued)

### Music

- Boston Children's Chorus/ Virtual Choir  
Audio and Video Recordings
  - Click, Listen, and be Inspired  
<https://www.bostonchildrenschorus.org/our-programs/bcc-online/virtual-choir>
- Relaxing Nature Sounds / River and Birdsong  
Audio and Video Recording
  - Friendly note: There are advertisements to click through.  
[https://www.youtube.com/watch?v=tfTJoqX5vzY&list=RDtfTJoqX5vzY&start\\_radio=1&t=28856](https://www.youtube.com/watch?v=tfTJoqX5vzY&list=RDtfTJoqX5vzY&start_radio=1&t=28856)

### News & Information

- IN-SIGHT Radio  
Audio: Broadcasting from Rhode Island and offering daily reading of local and national newspapers, magazines, books, and other printed materials.  
Listen Live: <https://in-sight.org/our-solutions/radio/>

### Crafts

- Paths to Literacy / Arts and Crafts  
Written directions with photos of craft ideas  
<https://www.pathstoliteracy.org/topic/arts-and-crafts>

### Cooking

- PBS Food / Recipes  
Written directions for many recipes by course, cuisine, occasion or theme
  - Friendly note:
    - There are advertisements on this site.  
<https://www.pbs.org/food/recipes/>

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## Leisure & Learning at Home V.3 (continued)

### Stories

- Storyline Online  
Famous actors reading stories of varying length (5-20 minutes), some with music clips sound effects, and illustrations.
  - Friendly notes: Everyone loves a story – for the young at heart!  
<https://www.storylineonline.net/>

### Travel

- NPR Postcards from the Road  
Audio podcasts of varying length (10–30 minutes), of stories from all walks of life and around the world...
  - Friendly note: There is an introductory advertisement before the podcast(s) begin.  
<https://www.npr.org/podcasts/548609794/postcards-from-the-road>

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

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

<https://www.focusonvisionandvisionloss.org/leisure-and-learning-at-home.html>

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