

AGE OF CREATIVITY

On-line activities for older people to enjoy whilst self-isolating

Creative and cultural activities are good for you (the research shows us this!) and now has never been a better time to enjoy creative activities from the safety and comfort of your own home.

There are so many digital arts and cultural ideas to enjoy, and many more popping up daily, but here is a round-up of some of the best. We have done our best to ensure that each link is authentic and accessible however we cannot take liability for any external websites.

Add your creative digital resources to add to our website <http://festival.ageofcreativity.co.uk/>

DANCE & MOVEMENT

Enjoy facilitated exercise- just make sure you have your doctor's approval first.

A 40 min exercise film designed for those aged 50+

<https://www.generationgames.org.uk>

Over 50 cardio Dance Class:

www.youtube.com/watch?v=ENObkDfDMwg

Chair Fitness:

www.youtube.com/watch?v=8CE4ijWlQ18

Chair or Standing exercise:

www.youtube.com/watch?v=rkDlpZ3Musw

Stay at home exercises

https://www.wisherefordshire.org/stayingathome?fbclid=IwAR1xqFVfJChzGlfjynDjO6m7yil7Fz_M-flcYxjIVn8VbhPdIDMB2Q24ohw

Exercise which boosts strength and balance while reducing falls

https://www.dancetohealth.org/Online_Session/Online_Sessions

Low impact medium intensity exercise, is suitable for beginners

<https://www.facebook.com/groups/1092410481094346>

Seated dance class

https://www.youtube.com/watch?v=fArROiNW6fo&feature=emb_logo

How about a bit of line-dancing

<https://www.everythinglinedance.com/linedancewithme>

MUSIC AND SINGING

Enjoy a variety of interactive music ideas.

Join a choir from the comfort of your own home:

<https://www.thesofasingers.net>

www.facebook.com/groups/560884704783731/?ref=share

Singing for Better Breathing supports groups or individuals:

www.youtube.com/playlist?list=PL-liTbuZ7zr1F4jZYocKQ5pALmBH_1FEg

You could try a 'love music workshop':

www.facebook.com/deltaviolin/videos/1558382607674588/

Join an Australian pub choir

<https://www.pubchoir.com.au/watch>

Fancy singing some rock 'n' roll

https://www.youtube.com/watch?v=fntQ3olqSS0&list=PLego2d0tN5qMB8NbDW_h_Z2xWB9ZcLICZA

PERFORMING ARTS

Enjoy a selection of free stage shows and operas:

Free live streaming:

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html?fbclid=IwAR0GPhqDHjaJZDOn02M4AWaTdNkimpihgINP0DnfulF48AH7TDTliGWeoqo

From opera to dance

<https://www.cityam.com/culture-in-quarantine-which-uk-venues-have-gone-virtual-during-the-coronavirus-crisis/>

The Cosmic Shambles Network, proudly present The Stay at Home Festival

<https://cosmicshambles.com/stayathome?fbclid=IwAR1EiXu8D5RvEXa2Ltk91BK9YIEHIJcfy1jv9IihfAL4RPdwk9DBSDCCQ4w>

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