

Fitness and Health Links

EXERCISE

- [4 Exercises Older Adults Should Do Every Day](#)
- [Balance Moves for Active Agers](#)
- [Fitness Blender](#)
- [Minnesota Hike & Bike Guide](#)
- [Senior Fitness during COVID-19](#)
- [Tai Chi for Beginners](#)

MENTAL HEALTH

- [Aging Mastery Program](#)
- [Boredom Busters](#)
- [Calming and Meditation apps](#)
- [Meditation Playlist](#)
- [Mental Health support](#)

MUSIC & DANCING

- [Broadway Plays and Musicals](#)
- [Dancing](#)
- [Digital Concert Hall](#)
- [Met Opera](#)
- [Music for Seniors - Free Weekly concerts](#)
- [Seattle Symphony Orchestra:](#)
- [The Current's Live Concerts Collection](#)