

At-Home Activities  
Curated by Staff of the Seymour and Passmore Centers



For live programming options, please visit:  
<http://www.orangecountync.gov/236/Senior-Center-Programs>

## Art & Craft Tutorials

*\*\*Please Note: We recommend adhering to social distancing guidelines. Please utilize craft supplies you already have at home. If needed, try a shopping or pick-up service over spending time in a store.*

\*ArtSpace Online Resources: <http://artspacenc.org/online-resources/>

Container Gardening: <https://www.youtube.com/watch?v=gSbh03sSphU>

Crafts that make you say WOW: <https://www.youtube.com/watch?v=39iVoUljIXQ>

Easy and Cheap DIY Garden Pots: <https://www.youtube.com/watch?v=fih1WPxmFL8>

Easy Ideas for Paper Flowers: <https://www.youtube.com/watch?v=vJDyrSHxmhA>

\*Intarsia Woodcarving: <https://www.youtube.com/watch?v=7tVt8PgOj6A&t=51s>

\*Learn at Home with Artist Mimi Herman: <https://www.mimiherman.com/learn-at-home>

Organizing Hacks for your Space: <https://www.youtube.com/watch?v=AEfELh1gWPs>

Plastic Bottle Craft Ideas: <https://www.youtube.com/watch?v=UdCRGe-AXiY>

\*Pressed Flowers Canvas: [https://www.youtube.com/watch?v=L\\_f8EiLo\\_f4](https://www.youtube.com/watch?v=L_f8EiLo_f4)

Smart Ideas for Repurposing Items: <https://www.youtube.com/watch?v=EWk9OgDF22U>

## Cultural Sites & Museums

\*Ackland Art Museum at Home: <https://ackland.org/ackland-at-home/>

Arts & Culture from Google: <https://artsandculture.google.com/>

\*Nasher Museum of Art – Virtual Galleries: <https://nasher.duke.edu/the-collection-galleries/>

Virtual Events: <https://nasher.duke.edu/events/category/workshops/>

\*Wholmmovies Video Series, including Cycling Country Roads & the Story of Efland and Cedar Grove:

<https://www.youtube.com/channel/UCbVeZOv6jNNoHNCSlqwhn9g>

*\*Denotes local connection*

## Virtual Reading, Writing, & Discussion

\*Chapel Hill Public Library: <https://chapelhillpubliclibrary.org/reading/downloadable-materials/>

Open Library: <https://openlibrary.org/>

\*Orange County Public Library Virtual Branch: <https://www.orangecountync.gov/2377/Virtual-Branch>

\*Wednesdays@One Poetry Reading: <https://www.youtube.com/watch?v=HvOmWPY2u7w>

## Gardening

*\*\*Please Note: We recommend adhering to social distancing guidelines. Please utilize gardening supplies you already have at home. If needed, try a shopping or pick-up service over spending time in a store.*

10 Container Gardening Tips for Beginners: <https://www.thespruce.com/ten-container-garden-tips-for-beginners-847854>

\*Container Gardening for Beginners: <https://www.youtube.com/watch?v=vfmvg0b4oX4>

Gardening for Beginnings: Container Gardening: <https://www.gardenersworld.com/how-to/grow-plants/gardening-for-beginners-container-gardening/>

\*Home Gardening with Sarah P. Duke Gardens: <https://gardens.duke.edu/videos>

Vegetable Gardening for Beginners: <https://www.thespruce.com/vegetable-container-gardening-for-beginners-848161>

Vegetable Gardening for Beginners: The Basics of Planting and Growing a Vegetable Garden: <https://www.almanac.com/vegetable-gardening-for-beginners>

## Hair Care

11 Colorist-Approved Tips and Tricks to Dyeing your Hair at Home: <https://www.allure.com/story/hair-color-hacks>

Basic Men's Haircut at Home: [https://www.youtube.com/watch?v=zKGr\\_dDla-0](https://www.youtube.com/watch?v=zKGr_dDla-0)

How to Color and Touch-up your Roots at Home: <https://www.youtube.com/watch?v=xxHLikluHas>

How to Trim your Own Bangs During COVID-19 Salon Closures: <https://www.youtube.com/watch?v=Z-ReHhiHCvk>

How to Trim your own Hair for Men During Coronavirus: <https://www.youtube.com/watch?v=oaRTOjlyGn8>

The Short Back & Sides – Quarantine Edition: <https://www.youtube.com/watch?v=iaLKHMgbfGg>

## Learning Opportunities

Class Central Online Learning: <https://www.classcentral.com/>

*\*Denotes local connection*

Coursera Online Learning: <https://blog.coursera.org/coursera-together-free-online-learning-during-covid-19/>

\*Seymour Tech Remote Learning Classes: <https://www.seymourtechcenter.org/>

## **Music & Theater**

Drumming to Flatten the Curve: <https://www.alzheimerscapecod.org/music-conducting-and-more.html>

Found Sound: <https://www.youtube.com/watch?v=DsflA15l6PA>

List of Live, Virtual Concerts: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

On a Positive Note: <https://www.foxvalleymemoryproject.org/blog/category/events/>

\*Program 4 Jazz: <https://www.program4jazz.com/pics>

Singing Healing Chants through the Coronavirus and Other Hard Times:

<https://www.youtube.com/watch?v=IC0oYHOX4l4&>

\*Tune In Tuesdays (now daily): offered 1-3pm, call 919-245-2015 to register

## **Online Puzzles and Games**

Cards Games: <https://cardgames.io/spades/>

Coloring, Puzzles, & Activities: <https://www.mombooks.com/mom/online-activities/>

Crossword Puzzles: <https://www.arkadium.com/free-online-games/crosswords/>

Jigsaw Puzzle: <https://www.jigsawexplorer.com/>

Table Tennis: <https://www.agame.com/game/table-tennis-pro>

## **Physical Activities**

Alzheimer's Foundation of America Virtual Programs:

<https://www.facebook.com/AlzheimersFoundationofAmerica/>

Fit Seniors: <http://www.orangecountync.gov/2371/Fit-Seniors>

Silver Sneakers: <https://www.silversneakers.com/learn/ondemand/>

Silver & Fit: <https://www.facebook.com/SilverandFit/>

*\*Denotes local connection*