

Our Place at The Center

A Dementia-Friendly Engagement and Recreation Program at the Lake Oswego Adult Activity Center

Programs and Information in the time of COVID-19

Enjoy local museums, arts and recreation from the comfort of your own home.

- [Lake Oswego Parks and Recreation](#) offers free fitness classes
- Keep tabs on sea otters, elephants and giraffes, grizzly bears, via live web cams from the [Oregon Zoo](#)
- Explore the natural world. These [5 National Parks](#) are open virtually
- View at the [Monterey Bay Aquarium](#) and the [Georgia Aquarium](#), the largest in North America
- Travel the world! [South America](#), [Europe](#), [Asia](#) , [Africa](#)
- Because this website is so amazing - [Goggle Arts and Culture](#)
- [Classic fm](#) offers links to the best live stream classical music
- [Lake Oswego Public Library](#) offers on line programming

Opportunities for singing, dancing, drumming and more:

- [“Drumming to Flatten the Curve”](#) and other wonderful videos by various artists from Alzheimer’s Family Support Center of Cape Cod
- [On A Positive Note](#) - several videos of American songbook songs, sung in costume and with lyrics provided

Resources for staying active, connected and calm while at home:

- Podcasts you may enjoy -
 - ✓ Nature lovers - [BBC Earth Podcast](#)
 - ✓ Bird lovers- [BirdNote](#);
 - ✓ Radio nostalgia - [The Lux Radio Theater](#);
 - ✓ Interesting and enjoyable stories - [This American Life](#)-
 - ✓ Food lovers -[Alton Browncast](#)
- [TimeSlips Creativity Center](#) offers at-home arts activities for persons with dementia
- [Alzheimer’s Poetry Project](#) offers a poem a day, piece of art plus discussion prompt
- Museum of Modern Art- [Online MOMA](#)

- [Relaxation video series](#) from Family Caregiver Alliance

General information on COVID-19 and keeping yourself healthy

- [CDC Website](#)

Resources for persons with dementia

- [Our Place at The Center](#) Lake Oswego Adult Community Center's Dementia friendly social engagement- We've gone Virtual! Monday, Wednesday Friday's call for more information 503-675-6218
- [Dementia International Alliance](#) offers online peer-to-peer support groups
- Just because it is wonderful to listen to- [Story Corp.](#) Created to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world.

Resources for Caregivers

- Alzheimer's Association 24/7 Helpline is free and answered by Master's level social workers: 1-800-272-3900
- [Alzheimer's Association COVID-19](#) tips for dementia caregivers
- [Oregon Care Partners](#)
- Lake Oswego Adult Community Center [Caregiver Support Group](#)

