



# Pacifica Virtual Senior Center



Due to the Shelter in Place Order, the Pacifica Senior and Community Center will remain closed until further notice. But we are still thinking of you! We hope this Virtual Senior Center will be a nice way to get a break from your routine at home and keep you entertained. The URL links listed below are also posted online at [www.cityofpacifica.org/seniorservices](http://www.cityofpacifica.org/seniorservices). We are not endorsing or receiving funds for advertising any of the third party sites or services listed or referenced on this page. Effort has been made to check accuracy; if you notice something is not working or if you have any other resources you would like to share, please contact the Pacifica Senior Center at 650 738-7384.

## FITNESS

### **Aerobics with instructor, Susan Watson-Acero**

**VIRTUAL AEROBICS ON ZOOM!** Please email Aerobics instructor, Susan at [sueogg44@gmail.com](mailto:sueogg44@gmail.com) for an access code to participate.

<https://www.youtube.com/playlist?list=PLQJ8B33C5sfe1G7UfZwYGBJgLyL25s1M>

### **American Line Dancing with instructor, Allen Isidro**

<https://www.youtube.com/user/LDVALI>

### **Mat/Chair Yoga with instructor, Judy Orloff**

**VIRTUAL YOGA ON ZOOM!** Please email Yoga instructor, Judy at [judyorloff1@gmail.com](mailto:judyorloff1@gmail.com) for an access code to participate.

<https://www.cityofpacifica.org/civicax/filebank/blobdload.aspx?t=71205.23&BlobID=16745>



### **Rosen Method Movement with instructor, Jane Pittsinger**

**VIRTUAL ROSEN ON ZOOM!** Please email Rosen Method Movement instructor, Jane at [rjanepittsinger@icloud.com](mailto:rjanepittsinger@icloud.com) for an access code to participate.

### **Yoga**

<https://www.doyogawithme.com/>

[https://www.unfoldyogawellness.com/unfold-digital?](https://www.unfoldyogawellness.com/unfold-digital?fbclid=IwAR1HddFwDxxq0Wf5qtLuZCOOdORPeXjfeJh-PoqKMB5mNYLJLPap3_58kgI)

[fbclid=IwAR1HddFwDxxq0Wf5qtLuZCOOdORPeXjfeJh-PoqKMB5mNYLJLPap3\\_58kgI](https://www.unfoldyogawellness.com/unfold-digital?fbclid=IwAR1HddFwDxxq0Wf5qtLuZCOOdORPeXjfeJh-PoqKMB5mNYLJLPap3_58kgI)

### **Feldenkrais with Tracey Godek and Falk Federson**

<http://openatm.org/>

### **Zumba Gold with instructor, Nora Napier**

**VIRTUAL ZUMBA ON ZOOM!** Please email Zumba Gold instructor, Nora at [noranap1@gmail.com](mailto:noranap1@gmail.com) for an access code to participate.

<https://www.youtube.com/watch?v=WYdJHpQL8-k>

<https://www.youtube.com/watch?v=9AQKQBqOL1c>



### **Fitness Blender**

<https://www.fitnessblender.com/videos>



# Pacifica Virtual Senior Center *continued...*



## MISCELLANEOUS

### Crafting

<https://www.seniorliving.org/life/activities/crafting/>  
<https://www.greatseniorliving.com/articles/crafts-for-seniors>



### Online Games

<https://games.sixtyandme.com/>

### Daily Word Search

<https://www.yourlifechoices.com.au/fun/games/word-search>

### Daily Crossword Puzzle

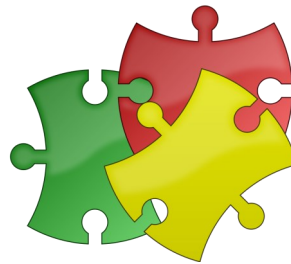
<https://www.yourlifechoices.com.au/fun/games/daily-crossword-puzzles>

### Sudoku

<https://sudoku.com/>

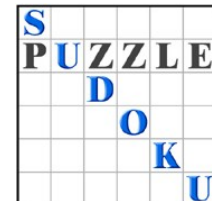
### Jigsaw Puzzles

<https://thejigsawpuzzles.com/>



### Mah Jong

<https://freeonlinemahjonggames.net/>



### Chess

<https://www.chess.com/>

### Chatter Pack

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2ShDhDeoFhllQOj47-HTeDj0pPc-RRWVfnzvUAFcfXKjccqOJqdelj7kOA>

### Virtual Drop-in Grief Support Groups

Please email Mission Hospice Bereavement Counselor, Christina Kovach, LCSW at [ckovach@missionhospice.org](mailto:ckovach@missionhospice.org) for an access code. Sessions are held: Tuesday 6 to 7:30pm, Thurs. 4 to 5:30pm and Friday 10 to 11:30am

Download the free app Libby where you can borrow and read e books from your local public library for free (no library card needed)

<https://www.overdrive.com/apps/libby/>

### Virtual STAGES Peer Counseling

Please email Senior Peer Counseling Coordinator, Michelle at [mepstein@peninsulafamilyservice.org](mailto:mepstein@peninsulafamilyservice.org) for the access code.

