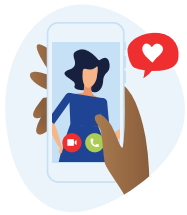


ENGAGE VIRTUALLY



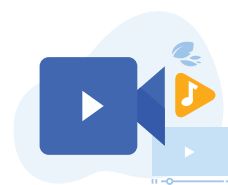
SOCIALIZE

- Stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media platforms like [Facebook](#), [Twitter](#), and [Instagram](#).
- Check out video call platforms such as [Skype](#), [FaceTime](#), and [Google Hangouts](#), so you can see the faces of family and friends while you talk to them.



EXPLORE

- Browse more than 2,500 free courses available on [edX](#). With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone.
- Explore zoos and aquariums across the country, including [Smithsonian's National Zoo](#), through virtual behind the scenes tours and lessons. Many have live webcams so you can watch the animals any time.
- Enjoy artwork from around the world. Thousands of museums and galleries have partnered with [Google Arts & Culture](#) to display their collections through virtual tours.
- Tour one of the many [national parks](#) offering digital tours and experiences that you can access anytime.
- Learn from the pros. [MasterClass Live](#) is currently offering one free streaming class per week.



UNWIND

- Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- Host dinner or a game night with friends over video chat. Good Housekeeping has [10 game ideas](#) to get you started.
- Catch free theater or opera performances online. [The New York Metropolitan Opera](#) is streaming a different encore performance from their Live in HD series every day, and the UK's [National Theatre](#) streams a different play on YouTube every Thursday.



CONNECT

- The [Eldercare Locator](#), a public service of ACL, is a nationwide service that connects older adults and their caregivers with trustworthy local support resources. Whether you are looking for help with services like meals and home care, or you want to learn more about caregiver education and respite, the Eldercare Locator can point you in the right direction. NARCOG serves Cullman, Lawrence and Morgan County.

Want something lower tech?

Watch a TV show or movie while talking to a friend on the phone. Many streaming services are offering free trials or certain shows and movies at no charge.

Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory.

Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.