

# Stay Connected During COVID-19

## Standing Meetings

Schedule regular check-ins with friends and family.

## Topic Threads

Start a text, email, or Google Docs thread to exchange recipes, family updates, or jokes.

## Virtual Book Club

Stay connected while keeping your mind active.

## Virtual Field Trips

Take advantage of free virtual tours of museums and national parks.

## Play Online Games

Enjoy Words with Friends, Scattergories, or Monopoly.

## Stay Engaged

Attend virtual religious services, lectures, or community meetings.

## Move Together

Plan walk-and-talk calls, attend online workouts, or compete on a wellness app.

## Check on Neighbors

From a safe distance, regularly chat with your neighbors.

## Video Chats

Use FaceTime, Zoom, WhatsApp, Google Meet, or Skype.

## Volunteer

Host a virtual support group or make outreach calls.

## Watch Parties

Use Netflix Teleparty or Amazon Watch Party to view movies and TV shows online together.

