

## Leisure & Learning - at Home V.1

### Resources and Suggestions for Activities at Home

Your efforts and creativity are cheered and applauded as you continue to spend time and plan for days at home. Knowing that it is so important to keep a daily schedule, while understanding the limits of being home, the following were gathered to put resources for leisure and learning at your fingertips. While some sites were created specifically for individuals with vision loss, others were not but can be adapted by use of description, textured materials, organization and creativity. Together we can brighten each other's days!

Cooking – Crafts – Exercise & Yoga – Music  
News & Information – Travel

### Exercise & Yoga

- Eyes-Free Fitness® Free Accessible Fitness  
Audio described exercises  
<https://www.blindalive.com/>
- PBS / Comeback Yoga  
Chair Yoga Routine with Audio and Video
  - Friendly note: This link for a yoga session is just one of many on the PBS site. Find many more by typing “yoga” or “chair yoga” in the search box.  
<https://www.pbs.org/video/neuroplasticity-exercises-jedqvp/>
- YMCA / Your Y at Home for Active Older Adults  
Exercise routines with Audio and Video  
<https://www.ymca.net/your-y-at-home-for-active-older-adults>

Please note: These Web links are being offered only as informational resources.  
It is not our intention to endorse or recommend the sites.

# Leisure & Learning at Home V.1 (continued)

## Music

- Boston Philharmonic  
Audio and Video Recordings of Concerts  
<https://www.youtube.com/channel/UCu2PSDIFJWWXYIfyyiWu5hw>
- Boston Pops  
Audio and Video Recordings of Concerts  
<https://www.youtube.com/channel/UCSjG6xaXwCcsO6s13UqRL9Q>

## News & Information

- Audible Local Leger  
Audio: Radio Reading Service for the Blind and Print Impaired  
Listen Live: <http://www.audiblelocalledger.org/>  
Schedule: <http://www.audiblelocalledger.org/schedule.html>
- Talking Information Center Network (TIC)  
Audio: Provides broadcasts of local news, articles, and items of interest to Individuals with Vision Impairment  
Listen Live: <https://ticnetwork.org/>  
Schedule: <https://ticnetwork.org/programs/schedule/>

## Crafts

- The Spruce Crafts  
Written directions with photos of many craft ideas
  - Friendly note: There are advertisements on this site.<https://www.thesprucecrafts.com>
- Martha Stewart Crafts  
Written directions with photos of many craft ideas
  - Friendly note: There are advertisements on this site.<https://www.marthastewart.com/1502461/diy-projects-crafts>

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## Cooking

- Food Network

Written directions and videos of many recipes

- Friendly notes:
  - There are advertisements on this site.
  - This link for “no bake cookies” is just one of many on the Food Network site. Find many more recipes by typing your favorites in the search box.

<https://www.foodnetwork.com/search/no-bake-cookies->

## Travel

- Rick Steves’ Europe Audio Tours

Audio tours of varying length with music clips and description of sites and landmarks

- Friendly notes:
  - The first 3-6 minutes (depending on the tour) give directions for how to use the podcast for visitors at each site.
  - To listen from your computer:
    - ◆ Click on the city you would like to visit.
    - ◆ On the next page, scroll right past the #1-3 instructions.
    - ◆ Find the city and tour of your choice and click “Listen or Download” (blue type) beside it.
    - ◆ On the next page, click the play button. Enjoy!

<https://www.ricksteves.com/watch-read-listen/audio/audio-tours>

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Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/recreation.html>

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