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| **Life-Long Learners—Brain Exercises** |  |
| [Top 25 Brain Teasers*,*Games & Illusions](http://sharpbrains.com/brainteasers/) | Here you can enjoy activities that SharpBrain (an independent marketing and research firm) readers have enjoyed the most. You can learn more about your brains and exercise it too. |
| [Braingle](http://www.braingle.com/) | The site provides Brain Teasers, Trivia, and other brain exercises. There are also free multiplayer games or a message board and chat room for registered users. Registration is free, but there are plenty of options without creating an account. |
| [Brain Metrix](http://www.brainmetrix.com/) | This is an educational website dedicated to brain training programs that are both fun and stimulating. A menu on the left has a full list of the activities. The home page also lists all of the brain in greater detail. |
| **Life-Long Learners—Virtual Tours** |  |
| [Mount Vernon](http://www.mountvernon.org/site/virtual-tour/?gclid=CjwKEAiA2ve0BRDCgqDtmYXlyjkSJACEPmdwS8q-VuJFeJPJdHa2Xl8kMivsdxOpLdTmBcJg66aU_hoCavjw_wcB) | View the mansion, outbuildings, gardens, distillery, gristmill, and library from the comfort of your own home. The site is user friendly and the photography is beautifully done. |
| [Panoramic Tour of the Smithsonian Museum of Natural History](http://www.mnh.si.edu/panoramas/) | This site allows visitors using a desktop computer (Windows, Mac, Linux) or a mobile device (iPhone, iPad, Android) to take a virtual, self-guided, room-by-room walking tour of the whole museum. |
| [The U.S. Botanic Garden](http://www.aoc.gov/virtual-tours/botanicgarden/tourfiles/index.html) | You'll get panoramic views of the Conservatory, National Garden and Bartholdi Park. |
| [GOOGLE Earth—Tour the Moon](http://www.google.com/earth/explore/showcase/moon.html) | Explore the moon, using tools from GOOGLE Earth. A tutorial is included as part of the video. There is also a download button, if you do not have GOOGLE Earth already downloaded. |
| **Life-Long Learners—Reading** |  |
| [Project Gutenberg](http://www.gutenberg.org/wiki/Main_Page) | This site hasover 50,000 free e-books that can be downloaded or read online. The e-books are of high quality and were previously published by *bona fide* publishers. The material is digitized and diligently proofread with the help of thousands of volunteers.  No fee or registration is required, but donations are gladly accepted. |
| [Cozy Mystery List](http://www.cozy-mystery.com/) | A user-friendly list of mysteries to challenge and entertain readers. |
| [Fantastic fiction](http://www.fantasticfiction.co.uk/) | Here you will find a searchable database of 30,000 authors and over 350,000books. Searches can also be limited to hardbacks, paperbacks, audio books or Kindles. |
| **Life-Long Learners—Exercise & Diet** |  |
| [Senior Exercises Online](http://www.seniorexercisesonline.com/members-page.html) | The site gas about 2 dozen basic movements to help people over 60 gain strength and improve balance, coordination, flexibility, and posture. Both written directions and videos are included. (If you are not sure you should do the activities, always check with your doctor.) |
| [Exercises to Do at Home](http://livefreehomehealthcare.com/livefree/wp-content/uploads/Exercise-Activity_Simple-Strength-Balance-Flexibility-Exercises-to-do-at-Home_Live-Free-Home-Health-Care.pdf)  (with a chair) | [Chair Stretches](https://www.youtube.com/watch?v=E0zw0JfWDyk&feature=youtu.be)  [Standing Warm Up](https://www.youtube.com/watch?v=SOQCA3RsHH0)  [Chair Aerobics](https://www.youtube.com/watch?v=c3NDzgqjfyU&feature=youtu.be)  [Chair Abdominal and Core Exercises](https://www.youtube.com/watch?v=SOQCA3RsHH0) |

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| [Nutrition.gov/Seniors](http://www.nutrition.gov/life-stages/seniors) | The site has reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. |
| [Eat Right](http://www.eatright.org/resources/for-seniors) | The Academy of Nutrition and Dietetics is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. This site, chocked full of useful information, is one way the Academy meets that goal. |
| **Life-Long Learners—Misc.** |  |
| [Savvy Senior Resource List](http://savvysenior.org/seniorresources.htm) | Part of a larger site, this webpage lists links to a wide variety of senior resources. At the top of the page, the user can see nearly 2 dozen topics of interest. Under each broad topic is an extensive list of links to help the user gather information and assistance. |
| [Federal Websites](http://www.eldercare.gov/Eldercare.NET/Public/Resources/Federal_Websites.aspx) | This site presents a listing of federal web sites that offer information on a range of issues. |