

FREE online resources and ideas for activities

Based on the survey feedback, here are some creative ways facilities are using online resources for activities residents/tenants can enjoy.

Spiritual Options:

- [Catholic Holy Masses](#) hosts live daily broadcasts of English Mass from various parishes around the world. The Masses are available at a variety of times, every single day.
- [Christian World Media](#) offers a listing of live-streamed services of various denominations. There are also recordings of previous services available to view on demand.
- [Ottawa Church of Christ](#) has live streaming of service and you can watch past sermons archives on their site.
- [Vision TV](#) has a daily live-streamed mass at 8 a.m. Recordings of previous Masses also available at this link.

Virtual Travel Explorations

- From the comfort of your sofa, you can [visit museums](#) around the world. No long lines and free admission!
- [Follow a handful of park rangers](#) through some of America's most stunning and challenging terrains, from the Alaskan Glaciers to Utah's Bryce Canyon.
- Visit the happiest place on earth :) No crowds and no cost to ride [Splash Mountain](#), [Peter Pan's Flight](#), [Kali River Rapids](#) or tour [Cinderella Castle Suite](#). Want to ride a roller coaster from the comfort of your room? Canada's Wonderland has a [virtual roller coaster ride](#).
- Immerse yourself in the ocean and your national marine sanctuaries without getting wet! These [virtual reality voyages](#) use 360-degree images to highlight the amazing habitats, animals, and cultural resources you can find in each national marine sanctuary.
- If you are you curious to know what Er Shun and Da Mao are up to, check out the [Panda Cam](#) at the Calgary Zoo, where you can watch these giant pandas every day from 9 am to 6 pm, MT. If sleepy sea lions are more your thing, you can watch them snoring loudly in real time via [OrcaLab](#), a whale research station on Hanson Island in British Columbia. Check out [10 Awesome Animal Live Streams](#) from around the world.
- While you can't feed them virtually, you can certainly watch them! Visit the animals at the [Cincinnati Zoo](#) or the [San Diego Zoo](#).

Arts & Culture

- Sit back and be entertained. Here are [27 classic novels](#) you can listen to for free from Audible.
- [Broadway HD](#) offers a 7-day free trial and you can enjoy a large collection productions from both New York's famous Broadway theatres and London's West End. The library features approximately 300 shows, ranging from *Cats: The Musical*, to some of Shakespeare's biggest works. The collection is refreshed once a month, so April titles are coming soon.
- Take yourself back a few decades. Full episodes of [The Mary Tyler Moore Show](#) and [The Dick Van Dyke Show](#) are available to view on YouTube.
- Take yourself to the theatre without leaving your room or buying a ticket! A number of Stratford Festival productions are available on [CBC Gem](#). The National Arts Centre is offering [free online shows](#) for everyone to enjoy while their performing arts hall is closed. London's Royal Opera House has launched a program of [free online content](#) for the culturally curious at home. The National Film Board of Canada has a number of [free offerings on its website](#).
- Bring the joy of song to your world with the Toronto's Choir! Choir! Choir! They are hosting regular live [Epic Social Distance-Sing-Alongs](#) where people from around the world join in the fun.
- You can get a free Spotify account (*there will be ads on occasion*) and enjoy playlists from the [1930s and 40s](#), [1950s and 60s](#), or [1970s](#).
- The Dementia Society of Ottawa and Renfrew County has an [Arts and Mind online art tutorial](#). The instructor walks participants through how to create "three sheep" with pencil crayons.

Emotional

- The Pioneer Network has information about the ABC's of Combating Isolation: <https://www.pioneernetwork.net/resource-library/>.

Cognitive

- Engage the brain: there are over 3300 [Ted talks](#) to stir your curiosity.
- Fancy taking a free class from Yale University? [This one](#) is on how to be happier in your everyday life. First taught in 2018, it became the most popular class in Yale's history and garnered national and international media attention.

Physical

- Time to get physical! The [YMCA](#) is offering some free online classes, or you could offer senior-specific [on-line yoga](#).