



May Calendar Activity Links

Friday, May 1: All about Zoom!

- How to Sign up to Zoom and Download Meeting Client:
https://www.youtube.com/watch?v=qsy2Ph6kSf8&list=PLKpRxBfeD1kEM_I1Ild3N_XI77fKDzSXe
- Learn how to Join a Meeting on Zoom: <https://youtu.be/hlKcmbvAHQQ>

May 4

- Virtual Yoga with Bonnie: Breathing & Meditation: <https://youtu.be/H7RyKJPS8WQ>
- Tour the Contemporary Art Gallery at Home:
<https://www.contemporaryartgallery.ca/cag-at-home/>

May 5

- Watch the live camera of African animals at a watering hole:
<https://explore.org/livecams/african-wildlife/african-watering-hole-animal-camera>
- Try Shoppers Drug Mart's free online stress management program, use code SHOPPERS : https://shoppers.silvercloudhealth.com/onboard/shoppers_offer/stress/

May 6

- Virtual Tai Chi with Wayne: Breathing: <https://youtu.be/Jy5B5MyXSFg>
- Watch the virtual Vancouver Symphony Orchestra (VSO) live performances:
<https://www.vancouversymphony.ca/vso-digital-performances/>

May 7

- View the BC Psychological Associations Support Services:
https://www.psychologists.bc.ca/covid-19-resources?fbclid=IwAR3QQt557XrGFwP_XNq0ogZQ8v8rAPbpJ87RRsmOUPoE5rOizctIGbtkmdU
- Virtual Tour planet Mars through the eyes of NASA's curiosity rover:
<https://accessmars.withgoogle.com/>

May 8

- Watch the Live Cam of the Brown Bears in Alaska:
<https://explore.org/livecams/brown-bears/brown-bear-salmon-cam-brooks-falls>
- View the interactive virtual tour of the Namib Desert:
<https://www.airpano.com/360photo/Namibia/>

May 11

- Watch the Live Cam of the Beach in the British Virgin Islands:
https://www.youtube.com/watch?list=PL4DcM5yjJVpvITCY_DQTDeM8Vc5MrVpua&v=LXWVYoBluT4&feature=emb_logo
- Watch the Global Citizen: Together at Home Concert Series Recording that supports the World Health Organization and Frontline Workers:
<https://www.globalcitizen.org/en/connect/togetherathome/>



May 12

- Virtual Yoga with Bonnie: Sun Salutations:
<https://www.youtube.com/watch?v=E0UP2mj4ALE>
- Relax watching this Live underwater cam of the reef in Grand Cayman:
<https://explore.org/livecams/oceans/cayman-reef-cam>

May 13

- View the interactive Timeline of the World from The British Museum:
<https://britishmuseum.withgoogle.com/>
- Take a virtual tour of a 5000 year old Egyptian Tomb, created by the Giza Project at Harvard University: <https://my.matterport.com/show/?m=d42fuVA21To>

May 14

- Listen and watch this relaxing Motivation Boost Meditation:
<https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/covid-19-mental-health/motivation-boost-meditation>
- Read these 15 Tips for Self-Care from the Arthritis Society:
https://arthritis.ca/living-well/stronger-together/mental-health/15-tips-for-self-care?utm_source=newsletter&utm_medium=email&utm_campaign=flourishThisWeek_April13_2020

May 15

- Try an online course from the Museum of Modern Art (MOMA):
<https://www.moma.org/research-and-learning/classes>
- An Immersive 3D Tour of The Dali Theatre Museum:
<https://my.matterport.com/show/?m=K5MKrKcfyRW>

May 18

- Try adult-friendly colouring with the #colorourcollections project. Download colouring pages from various museums and libraries to learn more about their collections:
<http://library.nyam.org/colorourcollections/category/institutions/>
- View the many virtual tours available at The Vatican Museum:
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

May 19

- Virtual Tai Chi with Wayne: Standing Postures: <https://youtu.be/U082y7ZclhA>
- View the Canadian Museum of History's Online Exhibitions:
<https://www.historymuseum.ca/exhibitions/online-exhibitions/>

May 20



SOUTH GRANVILLE SENIORS CENTRE | 55+

Connecting Adults 55+ to Your Community

- Watch the Live Cam of the incredible Gorillas in the Democratic Republic of Congo: <https://explore.org/livecams/african-wildlife/gorilla-forest-corridor>
- Follow these exercises for the Knee from the Arthritis Society: https://arthritis.ca/living-well/optimized-self/exercise-motion/arthritis-advice-%E2%80%A0Fknee-exercises?utm_source=newsletter&utm_medium=email&utm_campaign=flourishThisWeek_April6_2020

May 21

- Virtual Tea & Chat with Douglas Dunn, Executive Director: <https://us02web.zoom.us/j/86717749710?pwd=Q1Z0aTFBN1IXOVNiTmd5MVd5NkhrZz09>
- Take part in a free online NIDUS workshop about the legal side of planning for the future: <https://www.nidus.ca/training-2/>

May 22

- Follow along with this low-impact 20 minute exercise video: <https://www.youtube.com/watch?v=7aHK2sgjBCM>
- Check out Simon Fraser University's COVID-19 Resource Guides for Seniors: <http://www.sfu.ca/starinstitute/covid-19.html>

May 25

- Watch for Orca's in the this live cam off Hanson Island, BC: <https://explore.org/livecams/orcas/orcalab-base>
- Try one of these easy baking recipes from the New York Times: <https://cooking.nytimes.com/68861692-nyt-cooking/20651790-easy-baking-recipes>

May 26

- Virtual Tech Lessons with Hui: Navigating the App Store: <https://youtu.be/JJI45iEKzJA>
- Tour famous monuments from around the world using Google Maps Street view: <https://www.google.com/streetview/gallery/#>

May 27

- Take an interactive virtual tour of the world's largest cave, Hang Son Doong, in Vietnam: <https://www.nationalgeographic.com/news-features/son-doong-cave/2/#s=pano37>
- Listen to this 15 minute Guided Meditation: <https://www.youtube.com/watch?v=W19PdsIW7iw>

May 28

- View the Virtual Tour of the National Geographic Exhibition "Becoming Jane: The Evolution of Dr. Jane Goodall:" <https://blog.nationalgeographic.org/2020/04/03/the-national-geographic-museum-release-s-a-virtual-tour-of-its-current-exhibition-becoming-jane-the-evolution-of-dr-jane-goodall/>



SOUTH GRANVILLE SENIORS CENTRE | 55+

Connecting Adults 55+ to Your Community

- Try a Virtual Dive with the National Marine Sanctuary: <https://sanctuaries.noaa.gov/vr/>

May 29

- Virtual Yoga with Bonnie: Shavasana: <https://www.youtube.com/watch?v=OX1EfBjGJ7w>
- View the interactive virtual tour of Zhangjiajie National Forest Park (Avatar Mountain) in China: <https://www.airpano.com/360photo/China-Avatar-Mountains/>