



June Newsletter Activity Links

June 1

- Play Bridge Online with Friends: <https://www.funbridge.com/>
- Watch the animals at the Vancouver Aquarium on their live cams: <https://www.vanaqua.org/live-cams>

June 2

- Virtual Yoga - Warm Up Exercises: <https://www.youtube.com/watch?v=by4ldx-Rf1k>
- Watch the free online performance of O by Cirque du Soleil: https://arteconcert-a.akamaihd.net/am/concert/076000/076600/076634-000-A_SQ_0_V_OA-STA_03416125_MP4-2200_AMM-CONCERT-NEXT_syEh1Kq24F.mp4

June 3

- Virtual Tech Lessons - Creating an Email Account: <https://www.youtube.com/watch?v=2IOIkV9S0k>
- Check out the Vancouver Symphony Orchestra's Virtual Learning Hub: https://www.vancouversymphony.ca/virtual-learning/?utm_source=wordfly&utm_medium=email&utm_campaign=EducationVirtualLaunch2&utm_content=version_A

June 4

- Virtual Tech Lessons - Navigating Your Email (Gmail): <https://www.youtube.com/watch?v=fPWkVhFmtyU&t=4s>
- Try one of Air BnB's virtual experiences: <https://www.airbnb.ca/s/experiences/online>

June 5

- Virtually Visit the Tulip Gardens in Keukenhof, Holland: <https://www.youtube.com/channel/UCqvitLp1vxIcb5QrcUgEA7w/videos>
- Watch a Shakespeare play from the Globe Theatre in London: <https://globeplayer.tv/>

June 8

- Take an interactive, virtual tour of the Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>
- Explore Angkor Wat virtually and learn about it's history: <https://www.virtualangkor.com/>



June 9

- Virtual Yoga - Balance & Standing Poses: <https://www.youtube.com/watch?v=vqD8FDxPdpk>
- Explore Puerto Rico with Discover Puerto Rico through a guided video series: <https://www.discoverpuertorico.com/lin-manuel-miranda>

June 10

- Take an interactive, virtual tour of Machu Picchu: <https://www.youvisit.com/tour/machupicchu>
- Virtual Tai Chi - Breathing: <https://www.youtube.com/watch?v=Jy5B5MyXSFg>

June 11

- Learn and play Chess online: <https://www.chess.com/>
- Start journaling with these 500 journal prompts from the New York Times: <https://learning.blogs.nytimes.com/2014/11/13/500-prompts-for-narrative-and-personal-writing/>

June 12

- Virtual Tech Lessons - Navigating YouTube: <https://www.youtube.com/watch?v=Rz0z07Xdq3Q>
- Virtual tour the Carlsbad Caverns National Park: <https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>

June 15

- Virtual Yoga - Mat Yoga & Somatic Neck Release: <https://www.youtube.com/watch?v=8kQq4K5g0aM>
- Take an interactive, virtual tour of Petra, a famous archeological site: <https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/petra/>

June 16

- Virtual tour famous Poet Edgar Allen Poe's Home: <https://www.poeinbaltimore.org/virtual-tour/>
- Try a low-impact Zumba dance class: <https://www.youtube.com/watch?v=WYdJHpQL8-k>

June 17

- Virtual Tech Lessons - Purchasing Apps in the App Store: <https://www.youtube.com/watch?v=7x2myk6dbuE>
- Explore the Acts of Resistance Exhibit at the Museum of Vancouver: <https://my.matterport.com/show/?m=hcFVLqyDxsf>



SOUTH GRANVILLE SENIORS CENTRE | 55+

Connecting Adults 55+ to Your Community

June 18

- Explore the Art Institute of Chicago's online exhibits: <https://www.artic.edu/collection>
- Watch the live animal cams at the Melbourne Zoo: <https://www.zoo.org.au/animals-at-home/>

June 19

- Relax with this 10 minute Mindfulness Meditation: <https://www.youtube.com/watch?v=ZToicYcHI0U>
- Take a virtual trip to a new city: <https://www.youvisit.com/travel>

June 22

- Watch this Cirque du Soleil 60-minute special: https://www.youtube.com/watch?v=VL0TG_nCqzE
- Download a free e-book from ManyBooks: <https://manybooks.net/>

June 23

- Watch the San Diego Zoo animal live cams: <https://zoo.sandiegozoo.org/live-cams>
- Watch the Metropolitan Opera's live stream performances: <https://www.metopera.org>

June 24

- Virtual Yoga - Standing Poses: <https://www.youtube.com/watch?v=UuQGBRYXqtY>
- Try a free online course from Coursera: <https://www.coursera.org/courses?query=free>

June 25

- Virtual Zoom Meeting with ED and Members: <https://us02web.zoom.us/j/87089462085?pwd=NjRvVDJFM0pPMY9rNUJnL1I6ZVJFU09>
- Watch a famous Broadway show: <https://www.broadwayhd.com/>

June 26

- Virtual Tai Chi - Standing Postures: <https://www.youtube.com/watch?v=U082y7ZclhA&t=1s>
- Try one of the daily quizzes or crosswords from the New York Times: <https://www.nytimes.com/spotlight/learning-quizzes-crosswords>



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June 29

- Listen to the Berlin Philharmoniker digital concerts:
https://www.digitalconcerthall.com/en/live?a=bph_webseite&c=true
- Virtual tour the Sistine Chapel:
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html>

June 30

- Take an virtual, interactive cooking class with Cozymeal:
https://www.cozymeal.com/online-cooking-classes?gclid=Cj0KCQjwka_1BRCPARIsAMlUmEpVSpWVA1InHorH8tu8EpSfibi6jnVemJB1_XpxSyxqW8H1hTcTBE4aArMMEALw_wcB
- Take a virtual tour of the night sky with Stellarium: <https://stellarium-web.org/>