



## **July 2020 Newsletter Activity Links**

### **July 1**

- Take part in a virtual Canada Day celebration:  
<https://www.canada.ca/en/canadian-heritage/campaigns/canada-day/online-celebrations.html>
- Explore the Museum of Anthropology's online exhibits:  
<https://moa.ubc.ca/2020/04/maofromhome-stay-connected-online/>

### **July 2**

- Use your Vancouver Public Library card to access free eBooks and audiobooks: <https://www.overdrive.com/>
- Virtual Yoga - Modified Sun Salutations: <https://www.youtube.com/watch?v=TidRDLYpCQg>

### **July 3**

- View the Vancouver International Film Festival at Home: <https://www.viff.org/Online/default.asp>
- Try one of Air BnB's online experiences: <https://www.airbnb.ca/s/experiences>

### **July 6**

- Virtual Tech Lessons - Creating a Facebook Account: [https://www.youtube.com/watch?v=PfTxo3\\_Fa1E](https://www.youtube.com/watch?v=PfTxo3_Fa1E)
- Virtual tour 5 National Parks with Google Arts & Culture:  
<https://artsandculture.withgoogle.com/en-us/national-parks-service/>

### **July 7**

- 50 Journal Prompts to begin writing:  
<https://thoughtcatalog.com/jeremy-goldberg/2018/02/here-are-the-50-best-journaling-prompts-you-will-ever-read-or-need/>
- Watch the penguins at the Vancouver Aquarium: <https://www.vanaqua.org/visit/live-cams-penguin>

### **July 8**

- Take a virtual art class with the Montclair Art Museum:  
[https://www.montclairartmuseum.org/events?f%5B0%5D=ages%3A43&gclid=EAlaIqobChMlur67iKuW6glVAz2tBh0yjAHuEAAYBCAAEglaJfD\\_BwE](https://www.montclairartmuseum.org/events?f%5B0%5D=ages%3A43&gclid=EAlaIqobChMlur67iKuW6glVAz2tBh0yjAHuEAAYBCAAEglaJfD_BwE)
- Try YMCA at Home activities:  
<https://www.ymcahome.ca/?fbclid=IwAR04ptQdaapavegcWyxg1LVt-HV67oX0a7gVMhQTddFLEYxF5UaMVtDuU4s>

### **July 9**

- Virtual Tech Lessons - Uploading Pictures and Adding Friends on Facebook:  
<https://www.youtube.com/watch?v=2I9Nz7EhS48>
- Try an online choir, The Sofa Singers: <https://www.thesofasingers.com/>

### **July 10**

- Learn a new language with Duolingo: <https://www.duolingo.com/>
- Learn to cook real Italian pasta with Nonna Live: <https://nonnalive.com/>

### **July 13**

- Watch a Ted Talk and learn something new: <https://www.ted.com/talks>
- View the online learning modules from the Arthritis Society on healthy living:  
<https://arthritis.ca/support-education/online-learning>

### **July 14**

- Virtual Yoga - Breath & Sun Salutation Flow: [https://www.youtube.com/watch?v=kt\\_C4VsN3QQ](https://www.youtube.com/watch?v=kt_C4VsN3QQ)
- Relax with this 30-minute body scan meditation: <https://www.youtube.com/watch?v=TPwHmaaaxLc>

### **July 15**

- Virtual Yoga - Yoga Nidra Commentary & Instruction: <https://www.youtube.com/watch?v=GslQUqlQFcA>
- Take a virtual drawing class: <https://thevirtualinstructor.com/members/drawing-bootcamp-part-1/>



# SOUTH GRANVILLE SENIORS CENTRE | 55+

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## July 16

- Virtual Yoga - Yoga Nidra: <https://www.youtube.com/watch?v=UWe6bibVXbl>
- Virtual tour the National Gallery in London: <https://www.nationalgallery.org.uk/visiting/virtual-tours>

## July 17

- Virtual Tai Chi - Tai Chi Foundation Moves:  
<https://www.youtube.com/watch?v=-qYbPf7uOxM&feature=youtu.be>
- Explore the Great Barrier Reef with David Attenborough: <https://attenboroughsreef.com/>

## July 20

- Watch the sea otter live cam at the Vancouver Aquarium:  
<https://www.vanaqua.org/visit/live-cams-sea-otter-cam>
- Explore the online medical related exhibits from the Mutter Museum: <http://muttermuseum.org/>

## July 21

- View the online exhibits from the National Museum of Modern and Contemporary Art in Korea:  
<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>
- Take a virtual art class on colour theory and mixing:  
<https://thevirtualinstructor.com/members/color-theory-and-mixing/>

## July 22

- Take a free, online Ivy League course: <https://www.classcentral.com/collection/ivy-league-moocs>
- Watch a PBS Frontline documentary: <https://www.pbs.org/wgbh/frontline/films/>

## July 23

- Try Qi Gong Flow for deep relaxation: <https://www.youtube.com/watch?v=ISo-x-6grps&app=desktop>
- Virtual Tea & Chat with the ED and Members:  
<https://us02web.zoom.us/j/86900790184?pwd=SWRKA0dYa1FPcE96eTVSZmYvRHVpUT09>

## July 24

- Check out the Vancouver Symphony Orchestra At Home digital performances:  
<https://www.vancouversymphony.ca/vso-digital-performances/>
- Learn how to make floral arrangements: <https://www.youtube.com/watch?v=sn6ZQHWwPm4>

## July 27

- Virtual Yoga - Calm & Quiet, Seated Yoga: <https://www.youtube.com/watch?v=zEXqNzHbBns>
- Check out Simon Fraser University's COVID-19 resource guide for seniors:  
<http://www.sfu.ca/starinstitute/covid-19.html>

## July 28

- Listen to this 10-minute meditation from Calm: [https://www.youtube.com/watch?v=9QZFU\\_9dG-I](https://www.youtube.com/watch?v=9QZFU_9dG-I)
- Watch the different live animal cams with EarthCam: <https://www.earthcam.com/events/animalcams/>

## July 29

- Virtual Tech Lessons - Telehealth/ Virtual Health Services:  
[https://www.youtube.com/watch?v=D6be4DTbF\\_Y](https://www.youtube.com/watch?v=D6be4DTbF_Y)
- Take part in a virtual Live Safari: <https://wildearth.tv/safarilive/>

## July 30

- Explore the online exhibits from the Tate Museum in London:  
<https://artsandculture.google.com/partner/tate-britain?hl=en>
- Check out the West End Seniors' Network Activity Book:  
[http://wesn.ca/files/2020/05/WESN-Activity-Book\\_June-2020\\_compressed.pdf](http://wesn.ca/files/2020/05/WESN-Activity-Book_June-2020_compressed.pdf)

## July 31

- Virtual Yoga - Gentle Somatic Movements: <https://www.youtube.com/watch?v=NMqkRBPfjRM>
- Watch a free documentary or film on British Columbia's Knowledge Network: <https://www.knowledge.ca/>