

<b>ONLINE PROGRAMMING / RESOURCES for SENIORS</b>			
<b>NOTE: ALTHOUGH THE ENTIRE URL MAY NOT APPEAR IN THE COLUMN AT RIGHT, EACH LINK SHOULD BE "CLICKABLE" AND TAKE YOU WHERE YOU WANT TO GO</b>			
<b>Category</b>	<b>Short description</b>	<b>Link</b>	
COVID-19	Coping With Coronavirus: Managing Stress, Fear, and Anxiety	<a href="https://www.nimh.nih.gov/about/director/messages/">https://www.nimh.nih.gov/about/director/messages/</a>	
COVID-19	Flatten the curve	<a href="https://www.vox.com/2020/3/10/21171481/coronavi">https://www.vox.com/2020/3/10/21171481/coronavi</a>	
COVID-19	COVID-coping resources from TRAIL	<a href="https://trailofjohnsoncounty.org/news/covid-coping-r">https://trailofjohnsoncounty.org/news/covid-coping-r</a>	
Lifelong Learning	14 Free Online Courses for Seniors	<a href="https://vocal.media/education/14-free-online-courses">https://vocal.media/education/14-free-online-courses</a>	
Lifelong Learning	Lemon watercolor tutorial	<a href="https://www.youtube.com/watch?v=EL5TdopvHL8">https://www.youtube.com/watch?v=EL5TdopvHL8</a>	
Lifelong Learning	Mo Willems doodle livestream weekly	<a href="https://www.kennedy-center.org/education/mo-willer">https://www.kennedy-center.org/education/mo-willer</a>	
Lifelong Learning	Online museum tours	<a href="https://www.travelandleisure.com/attractions/museu">https://www.travelandleisure.com/attractions/museu</a>	
Lifelong Learning	Let's Make Art - free water color, art journaling, lettering tutorials	<a href="https://www.youtube.com/results?search_query=lets-">https://www.youtube.com/results?search_query=lets-</a>	
Lifelong Learning	Journaling	<a href="https://www.youtube.com/watch?v=Art5gbAFx2c">https://www.youtube.com/watch?v=Art5gbAFx2c</a>	
Lifelong Learning	Online cooking classes - free through 4/30	<a href="https://www.177milkstreet.com/school/classes/online">https://www.177milkstreet.com/school/classes/online</a>	
Lifelong Learning	Instructional sewing and crafting videos (Joanne's Fabrics)	<a href="https://www.youtube.com/channel/UC9duydx1VXTV0">https://www.youtube.com/channel/UC9duydx1VXTV0</a>	
Lifelong Learning	Google Arts & Culture lets you go on virtual tours of lots of famous art galleries:	<a href="https://artsandculture.google.com/story/igKSKBBnEBS">https://artsandculture.google.com/story/igKSKBBnEBS</a>	
Lifelong Learning	Met is streaming operas daily	<a href="https://www.metopera.org/">https://www.metopera.org/</a>	
Lifelong Learning	Interactively see what it's like on the surface of Mars	<a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a>	
Lifelong Learning	Tips for starting a digital bookclub:	<a href="https://www.bustle.com/p/7-tips-for-hosting-a-digital">https://www.bustle.com/p/7-tips-for-hosting-a-digital</a>	
Lifelong Learning	Khan Academy: free, world-class education for anyone, anywhere	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>	
Lifelong Learning	Library of Congress has a neat crowdsourcing project where you can help transcribe	<a href="https://crowd.loc.gov/?fbclid=IwAR3p1us7VFWJsYng5">https://crowd.loc.gov/?fbclid=IwAR3p1us7VFWJsYng5</a>	
Lifelong Learning	Instead of Sports Forum... fun historical Hawkeye article	<a href="https://magazine.foriowa.org/story.php?ed=true&amp;stor">https://magazine.foriowa.org/story.php?ed=true&amp;stor</a>	
Lifelong Learning	Heather Cox Richardson - book discussion about her new book, "How the South Wo	<a href="https://www.facebook.com/heathercoxrichardson/?">https://www.facebook.com/heathercoxrichardson/?</a>	
Lifelong Learning	Ann Arbor Film Festival free streaming	<a href="https://www.aafilmfest.org/live-stream-schedule?fbcl">https://www.aafilmfest.org/live-stream-schedule?fbcl</a>	
Lifelong Learning	NY Public Library - download 300,000 books	<a href="https://www.nypl.org/">https://www.nypl.org/</a>	
Lifelong Learning	The Durham Museum -Interactive Classes	<a href="https://durhammuseum.org/education/digital-learning">https://durhammuseum.org/education/digital-learning</a>	
Lifelong Learning	Art Institute fo Chicago 44,000 works of art	<a href="http://www.openculture.com/2018/10/art-institute-cl">http://www.openculture.com/2018/10/art-institute-cl</a>	
Lifelong Learning	NASA makes entire media library public	<a href="https://www.diyphotography.net/nasa-makes-entire-r">https://www.diyphotography.net/nasa-makes-entire-r</a>	
Lifelong Learning	30 Virtual Field Trips with links	<a href="https://docs.google.com/document/d/1SvldgTx9djKO6">https://docs.google.com/document/d/1SvldgTx9djKO6</a>	

Lifelong Learning	Learn the Dakota Language - Sisseton Wahpeton College Dakota Studies	<a href="https://www.youtube.com/watch?v=sMjxSOHhqpQ&amp;f">https://www.youtube.com/watch?v=sMjxSOHhqpQ&amp;f</a>
Lifelong Learning	Livestream activities calendar	<a href="https://docs.google.com/spreadsheets/u/1/d/1d9vA4">https://docs.google.com/spreadsheets/u/1/d/1d9vA4</a>
Lifelong Learning	Lots of ideas for things to do at home	<a href="https://www.goodnewsnetwork.org/tips-for-making-y">https://www.goodnewsnetwork.org/tips-for-making-y</a>
Lifelong Learning	Downloadable adult coloring pages	<a href="https://www.justcolor.net/">https://www.justcolor.net/</a>
Lifelong Learning	Free Ivy League courses	<a href="https://www.freecodecamp.org/news/here-are-380-iv">https://www.freecodecamp.org/news/here-are-380-iv</a>
Lifelong Learning	Open Culture, free online courses etc.	<a href="http://www.openculture.com/">http://www.openculture.com/</a>
Lifelong Learning	Free Yale U. wellbeing class	<a href="https://www.businessinsider.com/coursera-yale-scienc">https://www.businessinsider.com/coursera-yale-scienc</a>
Lifelong Learning	Stream Broadway musicals. Free 7-day trial, \$8.99/mo after that	<a href="http://www.broadwayhd.com">www.broadwayhd.com</a>
Local resources	Decameron book club (April 2020)	<a href="http://www.iowacityofliterature.org/100-days-of-deca">http://www.iowacityofliterature.org/100-days-of-deca</a>
Local resources	Art at the End of the World: Virtual Book Club (April 2020)	<a href="https://stanleymuseum.uiowa.edu/events/art-at-the-e">https://stanleymuseum.uiowa.edu/events/art-at-the-e</a>
Local resources	Conserving a Masterpiece: UI Stanley Museum of Art lecture (April 18, 2020)	<a href="https://events.uiowa.edu/33301">https://events.uiowa.edu/33301</a>
Local resources	Riverside Theatre 30 Days of Shakespeare (April 2020)	<a href="https://www.riversidetheatre.org/30daysofshakespea">https://www.riversidetheatre.org/30daysofshakespea</a>
Local resources	Chomp Discount code TRAIL2 (free restaurant meal delivery through April 30)	<a href="https://www.chomp.delivery/restaurants?collapsible=">https://www.chomp.delivery/restaurants?collapsible=</a>
Local resources	Tour IC's Downtown Murals	<a href="https://magazine.foriowa.org/story.php?ed=true&amp;stor">https://magazine.foriowa.org/story.php?ed=true&amp;stor</a>
Local resources	ICPL Digital Library	<a href="https://www.icpl.org/books-more/digital-library">https://www.icpl.org/books-more/digital-library</a>
Local resources	Jo Co Digital Library	<a href="https://icpl.overdrive.com/">https://icpl.overdrive.com/</a>
Local resources	Liveable Community At-Home and Digital Library Services	<a href="http://www.livablecommunity.org/Content/Informatio">http://www.livablecommunity.org/Content/Informatio</a>
Local resources	Organizing and downsizing - where to donate in IC	<a href="https://iowacity.momcollective.com/2019/02/21/dona">https://iowacity.momcollective.com/2019/02/21/dona</a>
Local resources	Things to do in and around our community	<a href="https://icaretogether.com/things-to-do/">https://icaretogether.com/things-to-do/</a>
Local resources	Senior Center suggested activities	<a href="https://www.icgov.org/city-government/departments">https://www.icgov.org/city-government/departments</a>
Local resources	Iowan-made podcasts to stream from home	<a href="https://littlevillagemag.com/iowan-made-podcasts-to">https://littlevillagemag.com/iowan-made-podcasts-to</a>
Local resources	Mission Creek Underground online musician performances	<a href="https://events.uiowa.edu/33301">https://events.uiowa.edu/33301</a>
Local resources	FilmScene's "virtual screening room" and weekend party packs	<a href="http://icfilmscene.org/">http://icfilmscene.org/</a>
Nature	Daily Nature Journal Challenge (UI Museum of Natural History)	<a href="https://mnh.uiowa.edu/nature-journal-challenge">https://mnh.uiowa.edu/nature-journal-challenge</a>
Nature	National Audubon Society Sandhill Crane Cam	<a href="https://rowe.audubon.org/birds/crane-cam">https://rowe.audubon.org/birds/crane-cam</a>
Nature	U.S. National Parks 360 degree virtual tour	<a href="https://artsandculture.withgoogle.com/en-us/">https://artsandculture.withgoogle.com/en-us/</a>
Nature	Live watch of Zoo animal each day	<a href="https://facebook.com/events/s/cincinnati-zoo-home-s">https://facebook.com/events/s/cincinnati-zoo-home-s</a>
Nature	Bird Watching	<a href="https://www.fws.gov/birds/bird-enthusiasts/bird-watc">https://www.fws.gov/birds/bird-enthusiasts/bird-watc</a>
Nature	Seed starting?/indoor gardening	<a href="https://pallensmith.com/2015/12/16/starting-seeds/?">https://pallensmith.com/2015/12/16/starting-seeds/?</a>
Nature	24 hours of live stream Penguins!!	<a href="https://fox4kc.com/news/kansas-city-zoo-offering-24-">https://fox4kc.com/news/kansas-city-zoo-offering-24-</a>
Naure	Virtual tours of Iowa natural areas	<a href="https://www.forbes.com/sites/jaredranahan/2020/03">https://www.forbes.com/sites/jaredranahan/2020/03</a>
Wellness	Stress management at home	<a href="https://www.verywellmind.com/stress-management-f">https://www.verywellmind.com/stress-management-f</a>

Wellness	Chair Yoga video - Yoga w/ Adrienne	<a href="https://www.youtube.com/watch?v=-Ts01MC2mlo">https://www.youtube.com/watch?v=-Ts01MC2mlo</a>
Wellness	Slow & Gentle yoga for seniors	<a href="https://www.youtube.com/watch?v=kFhG-ZzLNN4">https://www.youtube.com/watch?v=kFhG-ZzLNN4</a>
Wellness	Yoga Flow (7 min video)	<a href="https://www.youtube.com/watch?v=NDLad2vOHkU">https://www.youtube.com/watch?v=NDLad2vOHkU</a>
Wellness	Silver Sneakers YouTube page - LOTS	<a href="https://www.youtube.com/channel/UCRp-32Yi0KC2YN">https://www.youtube.com/channel/UCRp-32Yi0KC2YN</a>
Wellness	5 minute guided meditation	<a href="https://www.youtube.com/watch?v=MR57rug8NsM">https://www.youtube.com/watch?v=MR57rug8NsM</a>
Wellness	Online AA meetings, speakers, Apps	<a href="https://docs.google.com/document/d/1a71ccw7ihaW/">https://docs.google.com/document/d/1a71ccw7ihaW/</a>
Wellness	Free online brain games	<a href="https://www.mindgames.com/">https://www.mindgames.com/</a>
Wellness	Curable app - free access to Fear Workshop	<a href="https://www.curablehealth.com/clara/groups">https://www.curablehealth.com/clara/groups</a>
Wellness	ReNu Your Life home exercise tips	<a href="https://www.facebook.com/ReNuYourLifeFIT/posts/30">https://www.facebook.com/ReNuYourLifeFIT/posts/30</a>
Wellness	Meditations, Example	<a href="https://www.youtube.com/watch?v=8Xdwr4cRTVA">https://www.youtube.com/watch?v=8Xdwr4cRTVA</a>
Wellness	Pantry staples & easy meals	<a href="https://www.youtube.com/watch?v=DgT-pngACXQ">https://www.youtube.com/watch?v=DgT-pngACXQ</a>
Wellness	Welcome to Medicare online seminar	<a href="https://iidiowa.adobeconnect.com/wtm/">https://iidiowa.adobeconnect.com/wtm/</a>
Wellness	Liveable Community Safety & Wellness Videos	<a href="http://www.livablecommunity.org/Content/News/Vid">http://www.livablecommunity.org/Content/News/Vid</a>
Wellness	FlexTogether Online Fitness Studio for Older Adults	<a href="https://flextogether.com/">https://flextogether.com/</a>



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