

Activity Resource Booklet



“... a mind needs books as a sword needs a whetstone, if it is to keep its edge.”

— George R.R. Marti

Created March 2020 in response to the need to socially distance and self-isolate.

This resource is intended to be a “Grab and Go” link to several printable resources that you can use. **Utilize this booklet with your clients.**

Print in whole or in part, however, to ensure use of the additional resources within this document (most of which are printable PDFs), share digitally when able in order to utilize the embedded links.

Contributions and ideas from my fellow professionals greatly influenced this document and I would like to thank them for their hard work in these uncertain times.

Feel free to share with anyone you feel appropriate.

by Jennifer Jorgensen
Recreation Therapist, CTRS

Comments, suggestions, or questions can be sent to jennifer.jorgensen@ahs.ca.

Covid-19 Information

- [COVID-19 and Your Mental Health](#) (AHS)
- [COVID-19 Mental Health Podcasts](#) (AHS)
- [Help in Tough Times](#) (AHS)
- [Manage Anxiety & Stress](#) (CDC)

Goals for Activity Resource Booklet

- Reducing anxiety, stress, and depression
- Providing opportunities to acquire and develop varying knowledge and skills
- Preventing decline in mental and physical health status
- Improving or maintaining physical and cognitive fitness
- Increasing independence
- Decreasing social isolation
- Decreasing focus on pain and increasing focus on control
- Providing opportunities for fun and social inclusion

Things for Everyone

1. **Film a “Newscast”** - The technology that exists today is awesome. Smartphones come equipped to make videos. *If you can't beat 'em; join 'em!* We can't escape the news, but we can create our own! Set up and make a newscast of events that are going on locally or events that are taking place.

- [How to Make a News-Style Video](#) (YouTube)
- To create an entire program with this activity in mind, check out this PDF lesson plan on [Video Production of a Newscast!](#)

2. **Have an Indoor/Outdoor Scavenger Hunt** - Everyone loves hunting for hidden things. Type up a list of things that need to be found and give everyone a list. The things can be inside your home or even outdoors around the yard. Put a time limit on how long they have to locate the articles.

Using technology? Check out [Goose Chase](#).

Using paper? Check out these printable hunts! [Indoor Treasure Hunt](#) and [Printable Treasure Hunts, Riddles, Clues, and Party Games](#).

3. **Plant Seedlings** - Planting seedlings and watching their growth is rewarding, as well as educational. You would need to do a bit of research as to what would be the best time to plant. The time frame fluctuates between various types of plants. Most plants take 3-15 weeks to mature to a level to be transplanted

into a garden. You would want to know what type of plants you are planting and the time needed. It brings great joy to watch them develop and bloom once they are transplanted into a garden.

[Guidelines for Starting Healthy Seedlings: Tips & Troubleshooting Advice](#)

4. **Host a Movie Night** - There are many movies that have sequels. Pick a genre that everyone would enjoy. Plan for a whole evening of back-to-back viewing of the movies. Make sure you have plenty of popcorn and snacks on hand! If you want to be really creative, find props that go with the movie and set them out. You can even make a dessert that matches the movie theme.

1. Put it on the big screen!
2. Make it cozy!
3. Get snacks!
4. Encourage Voting!

Popcorn Recipes:

Sushi Popcorn: Whisk 1 1/2 tablespoons each vegetable oil and soy sauce with 2 teaspoons each toasted sesame oil and rice vinegar; drizzle over 16 cups hot popcorn. Toss with 2 cups torn roasted seaweed snacks and 1 cup wasabi peas.

Maple Pecan Popcorn: Heat 2 cups sugar, 1 cup maple syrup and 1/2 cup light corn syrup in a large pot until it reaches 260 degrees F on a candy thermometer, about 12 minutes. Add 3 cups pecans and cook 2 minutes. Stir in 3 tablespoons butter until melted, then pour over 16 cups hot popcorn; toss to coat. Spread on baking sheets and let cool.

Cinnamon Sugar Popcorn: Drizzle 6 tablespoons melted butter over 12 cups hot popcorn; toss with 4 cups cinnamon cereal (such as Cinnamon Toast Crunch), 1/3 cup sugar, 2 teaspoons cinnamon and 1 teaspoon kosher salt.

5. **Play Games** - Board games are an excellent way to have fun at home. There are so many options to choose from.
6. **Have a Karaoke Night** - Plan an evening of karaoke! This is a great way to spend time together. From experience, this is an evening of lots of laughter and joy! Everyone loves to sing... even those who might not have a singing voice like to bust out at karaoke.
 - [How to setup Karaoke at Home using YouTube](#)
 - [Karaoke Catalog of Songs](#)
 - [Large Print Version of 1000 Songs](#)
7. **30 Second Dance Parties** - Dancing improves one's lung and heart condition, while improving one's self confidence and overall psychological well-being, even if for just 30 seconds. Put on some music and engage others and invite them to dance with you!
8. **Do a Puzzle** - Puzzle-making is a calming way to spend time at home. Hours can be spent finding just the right pieces to add to the puzzle. The best part is when you see the finished product.

9. **Host a Tea Party** - Host an English Tea Party. There are guidelines, recipes, and even games to play on the internet. Do a bit of exploring and planning, then host the perfect tea party at home for your family.

10. **Learn Yoga** - Yoga is so beneficial for every age group.

- [Gentle Yoga in the Chair](#) (YouTube)
- [Chair Yoga Routine](#)
- [Chair Yoga for Your Mind, Body and Spirit](#)

11. **Fitness & Exercise** – 150mins per week; are we getting enough?

- [YouTube](#) – Endless amounts of videos
- [Darebee.com](#) – a non-profit free global fitness resource, printable PDF workouts.

15 FREE FUN VIRTUAL WORKOUTS TO GET YOUR EXERCISE IN

Good Morning Workout Get you up and moving first thing in the morning

Sun Salutation Wake up with this quick Yoga workout.

Dance Workouts

Fitness Marshall Caleb Marshall takes the cardio dance workout to the NEXT LEVEL.

Move With Colour These are short 10-minute dances, but you will learn how to dance like Britney Spears, Justin Bieber, Disco Funk, and more. You will love it!

305 Fitness This hip hop dance routine workout promises to be “lit” Ha!

Fun For Everyone

Sweatin’ to the Oldies So cheesy, it’s fun! Gather a group and get to sweatin’ together. Sing the songs out LOUD as you workout!

Country Music Hoedown

Dance Off The Inches – An easy, lower intensity workout to fun country music.

Country – Line Dance
Party

Zumba Country For all my country babies out there. This is a fast paced, country dance Zumba style workout.

Disney Workout

Disney’s Mousercise TV episode pt 1 of 3

It’s really retro, really Disney, and really fun.

Bethany Foutz Disney Inspired Workout

This one isn’t cardio, but it’s still Disney, and fun!

Zumba

Zumba with Dovydas

He makes Zumba feel like a party! There are both adult and kid videos on this site! So Fun.

JECA – Zumba Pilates Aerobics

These are super fun Zumba style workouts for adults and kids alike!

KPop Workouts

KPop Fitness

Where my KPop lovers at? This one’s for you. These 15-minute workouts make you feel like you’re a KPop backup dancer.

Guardian of the Universe

This is more intense version of a KPop Workout. You can do it!

Emi Wong, KPop Workout

This is an easy KPop workout that anyone should be able to do.

12. Meditation:

- [YouTube](#) – Endless amounts of videos
- [Everything you need to start meditating](#)
- [How to Meditate: A Primer for Beginners](#)

13. Breathing Exercises - Paying attention to how we breathe can often be overlooked because it’s completely automatic. However, becoming aware of and incorporating breathing exercises into our daily routine has many benefits, including promoting calmness, increasing focus, and performing your best; [Printable PDF](#).

14. Have a Spa/Self-Care Day - Plan an at-home spa or self-care day. Put on relaxing music and make your atmosphere resemble a spa. You can do facials, manicures, and pedicures. You also can have bubble baths. Schedule it so that each person is doing a different thing and rotate the process. You will enjoy this time of pampering and relaxing.

[Treat Yo’ Self... for Pennies: 24 Spa Treatments You Can Do at Home](#)

15. **Play Charades** - This game has existed for such a long time and yet it never grows old.

- [Charades Rules](#)
- [Reverse Charades Rules](#)
- [Word List for Charades or Reverse Charades](#)
- [Online Word Generator for Games](#)

16. **Tell Jokes** – We could all use some positivity and humour!

- [The World's Greatest Collection of Clean Jokes](#)
- [1001 Jokes](#)
- [Dad Jokes](#)
- [101 Humorous One-liners](#)

17. Play a game of **Would You Rather!** If you have a Smart TV, put this on the big screen!

18. Play **Minute to Win It** Games!

- [Printable Minute to Win It – 1](#)
- [Printable Minute to Win It - 2](#)

19. **Learn to Knit or Crochet** – It's not just for old ladies anymore! Find some yarn and needles/hook and get started!

- Crocheting: [The 4H Crocheting Handbook](#), [How to Crochet](#)
- Popular Websites for Crocheting: [Crochet Guild of America](#), [Crochet 'n' More](#)
- Knitting: [Essential Guide to Crochet](#), [How to Knit for Beginners](#), [Knitting 101 for Beginners](#), [How to Cast On](#)
- Popular Websites for Knitting: [Interweave Knits Magazine](#), [Knit 'n' Style Magazine Online](#), [Vogue Knitting International](#), [Knitting Now](#), [ChicKnits](#), [The Knit List](#), [Baa Baa Knits & Needleworks](#)
- Popular Websites for Both: [Craft Yarn Council of America](#), [The National Needle Arts Association](#), [Needle Pointers](#).

20. **Journaling, Poetry, and Creative Writing**

- Journaling: [Therapeutic Journaling - Clinical Tool](#), [Calm Mindfulness Journal](#), [The 5 Minute Journal](#)
- Poetry: [Poem in Your Pocket](#), [An Introduction to Poetry](#), [Poetry Activities](#)
- Creative Writing: [500 Prompts for Narrative and Personal Writing](#)

21. **Learn a New Language** - Download [Duolingo](#), or a similar app, and teach yourself a foreign language.

22. Use [Skype](#), FaceTime, [Google Hangouts](#), or Marco Polo to **video chat** with your long-distance friends.

23. **Write to Someone** - Homemade cards are unique and special. Use your creative skills and have an evening where you all come together and make cards to send to your loved ones or thank you cards to those that have gone out of their way for you.

24. **Planning Your Day** – When there is a *New Normal*, sometimes we need assistance with creating that, here is a great [day planner](#) for AMH clients. You do have to enter your details to ‘order’ the printables from this website. The items listed as free are in fact free, simply complete their order form and the downloadable content will be emailed to you.

25. **Fortune Tellers** – Not just for kids! [Printable template](#).

26. Make and fly **Paper Airplanes!**

- [Guinness World Record Paper Airplanes](#)
- [Printable Paper Airplane instructions and templates](#)
- [Paper Airplane Instructions](#)
- [Best Ever Paper Airplanes that Really Fly](#)

27. **Learn Origami:**

- [Printable Origami Instructions](#)
- [Easy Origami Instructions](#)

28. **Take a Free Course or Class:**

- [University of the People](#) - the first non-profit, American-accredited, tuition-free online university dedicated to opening access to higher education globally
- [edX](#) – Access 2500+ Online Courses from 140 Top Institutions. Start Today!
- [Harvard University](#) – Browse the latest free online courses from Harvard University
- [Open Culture](#) – Get 1,500 free online courses from the world's leading universities -- Stanford, Yale, MIT, Harvard, Berkeley, Oxford and more.

29. **Arts & Crafts:**

- [100 Art Therapy Exercises](#)
- [15 Art Therapy Activities, Exercises & Ideas](#)
- [Cheap & Easy Crafts](#)
- [The Guided Sketchbook](#)

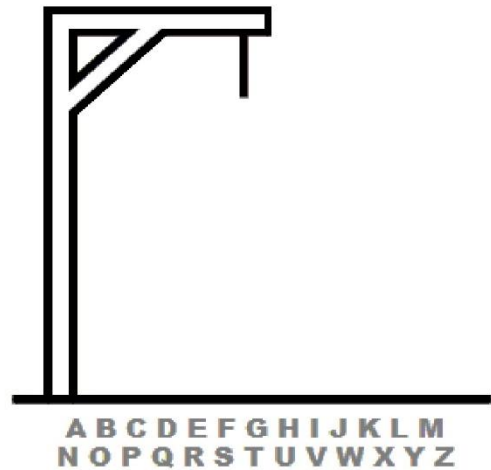
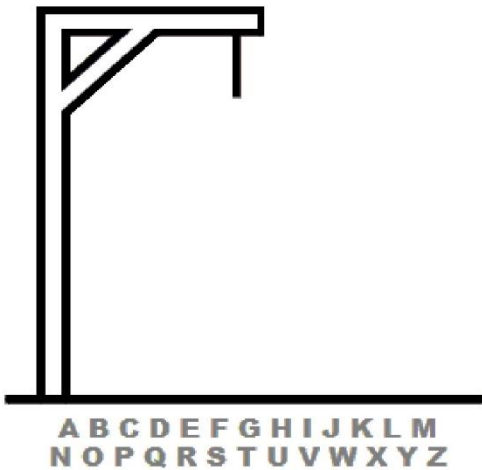
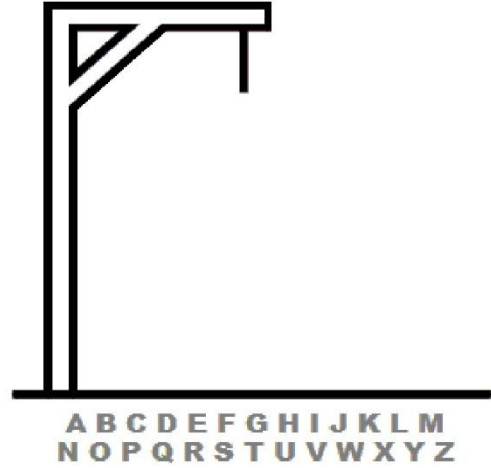
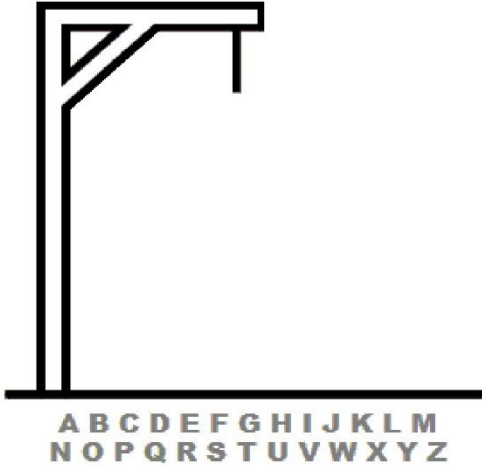
30. **Sleep**, encourage sleep in those that would benefit from it.

- [Sleep Needs](#)
- [Sleep Hygiene](#)

Brain Teasers and Puzzles

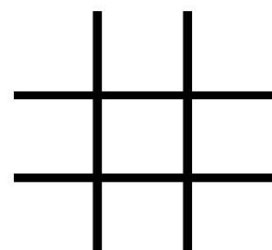
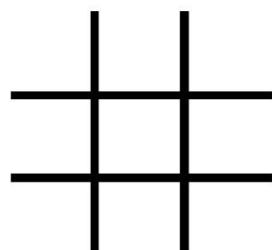
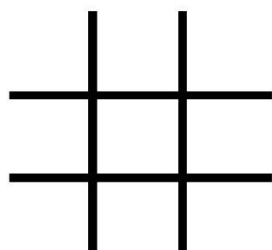
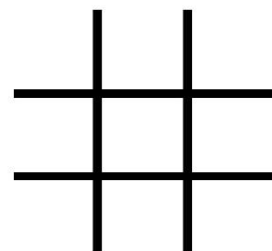
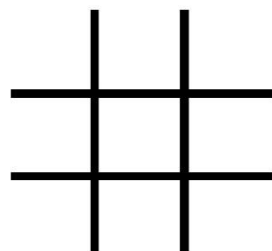
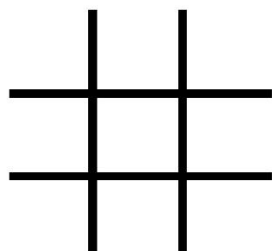
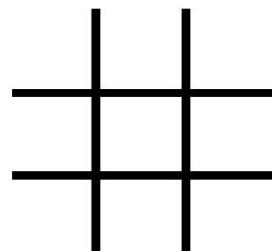
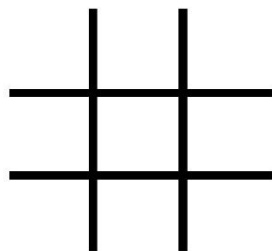
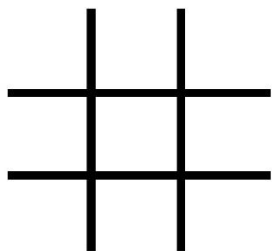
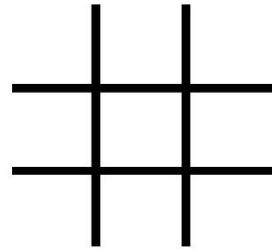
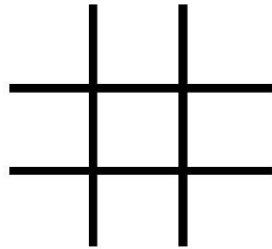
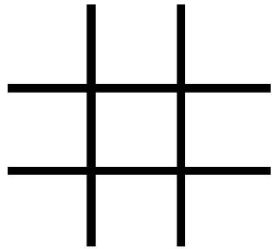
- More printable [Brain Teasers and Puzzles](#)
- [Critical Thinking Worksheets](#)
- Printable [Maze](#) booklet 1
- Printable [Maze](#) booklet 2
- More printable [puzzles, mazes, and more!](#)
- [Kingdom of Mazes](#)
- More printable [paper games](#)
- More printable [!Spy](#) games

HANGMAN

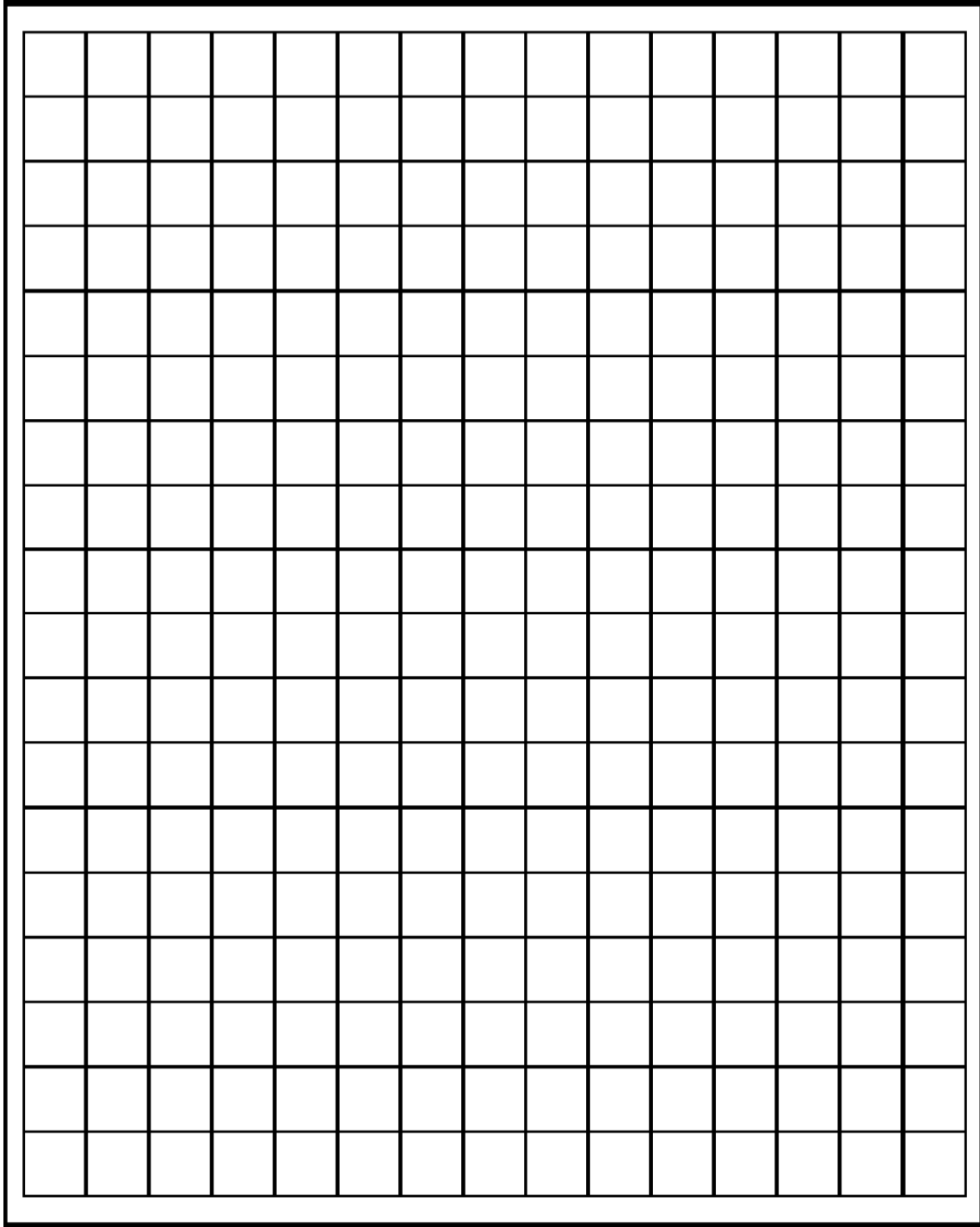


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How to play S.O.S.

1. S.O.S. is a two-player game played in a grid.
2. The players have the option to put either S or O at an empty square.
3. Each turn plays one player.
4. If a player makes an SOS sequence (horizontal, vertical or diagonal) that player plays another turn.

I SPY

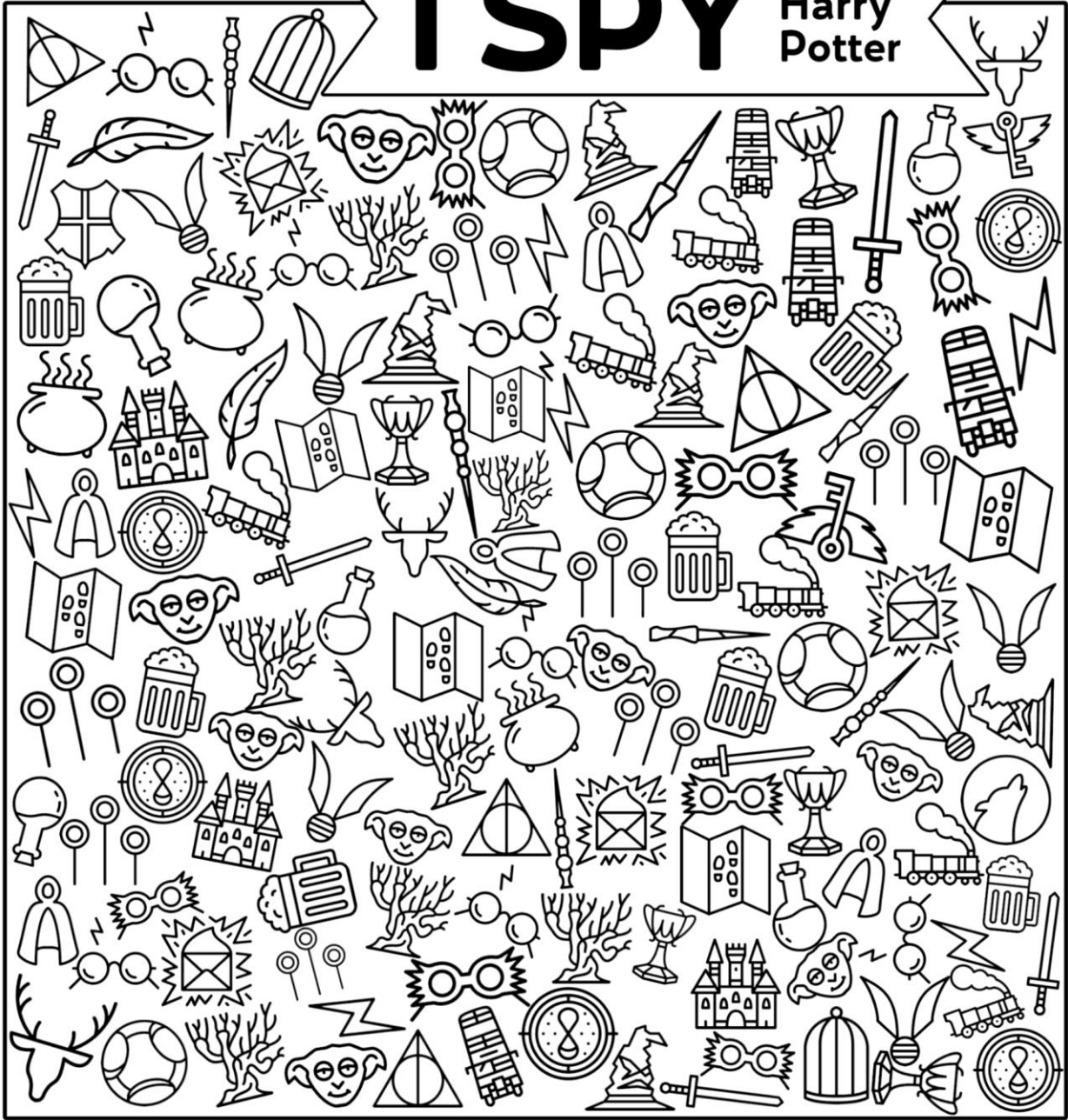
coronavirus
COVID-19



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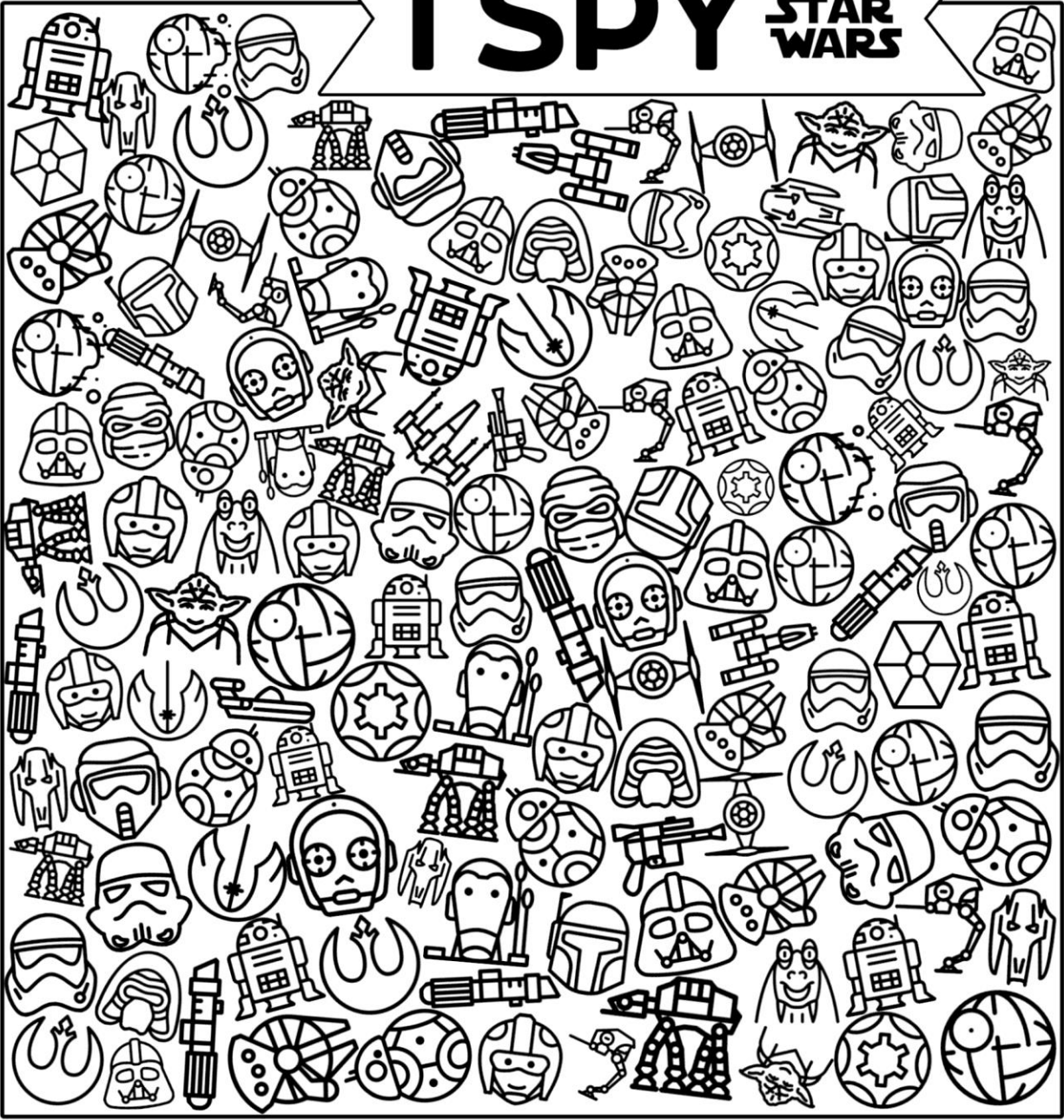
I SPY

Harry Potter



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I SPY **STAR WARS**



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papertraildesign.com

Adult
MAD LIBS™ AN AWKWARD ENCOUNTER
 The world's greatest *party* game

After _____
VERB ENDING IN "ING" shotguns at the range, drinking _____
TYPE OF LIQUID
 by the pool, and a big _____
TYPE OF FOOD dinner, this is turning
 out to be a/an _____
ADJECTIVE night. I'm at some bar called the

NOUN Lounge, and I am _____
ADVERB smashed right now.
 We have _____
NOUN service in a/an _____
ADJECTIVE VIP area,
 but there are no girls here. Well, I'm the groom, so I think I'll go

VERB some up. I can't _____
ADVERB see anything with all
 the flashing _____
PLURAL NOUN in this club, but I think there's a group
 of _____
PLURAL NOUN in that corner. Hmmm . . . there's a brunette
 over there . . . I can't see her face, but boy does she have a great

PART OF THE BODY. I'll ask her if she and her friends want to join us for
 a round of _____
PLURAL NOUN. "Excuse me, but we have _____
ADJECTIVE
 booze and no one to share it with. Want to join us?" I say. She turns
 around and smiles at me. "Yes, _____
PERSON IN ROOM (MALE), we'd love to join
 you," she says. _____
EXCLAMATION! I must be the only groom in (the)

A PLACE to hit on his own fiancée during his bachelor party.

More Brain Teasers

By [SharpBrains](#)

Fun teasers on how our brains and minds work:

1. You think you know the colors? Try [the Stroop Test](#)
2. You say you can count? Check out this brief [attention experiment](#)
3. [Test your stress level](#)
4. Guess: Are there more [connections in one human brain or leaves in the whole Amazon?](#)

Challenge your cognitive abilities with these brain teaser games:

5. [Quick brain teasers to flex two key mental muscles](#)
6. Count the Fs [in this sentence](#)
7. [Can you identify Apple's logo?](#)

Visual illusions:

8. [Ten classic optical illusions to trick your mind](#)
9. [What do you see?](#)
10. Fun [Mental Rotation](#) challenge
11. [What is going on with these pictures?](#)

Language and logic mind teasers:

12. Which way is the [bus heading?](#)
13. [Where do words go?](#)
14. Join this [party for polyglots](#)
15. [Fun & Brainy Haikus](#). Yours?

A few visual workouts to challenge your mind:

16. [Is a circle a circle?](#)
17. Less obvious than it may [appear](#)
18. [How many...](#)

How's your pattern recognition?

19. Proverbs to [exercise your memory and reasoning](#)
20. Find the missing number in [The Empty Triangle](#)
21. Good puzzle for the whole brain: [The Blind Beggar](#)
22. Find the [the Really, Really, Really Big Number](#)

Fun brain teasers for the workplace:

23. Please [consider Linda's job prospects](#)
24. A few [guesstimations](#) often used in consulting and tech interviews
25. [How many golf balls can fit in a school bus?](#)

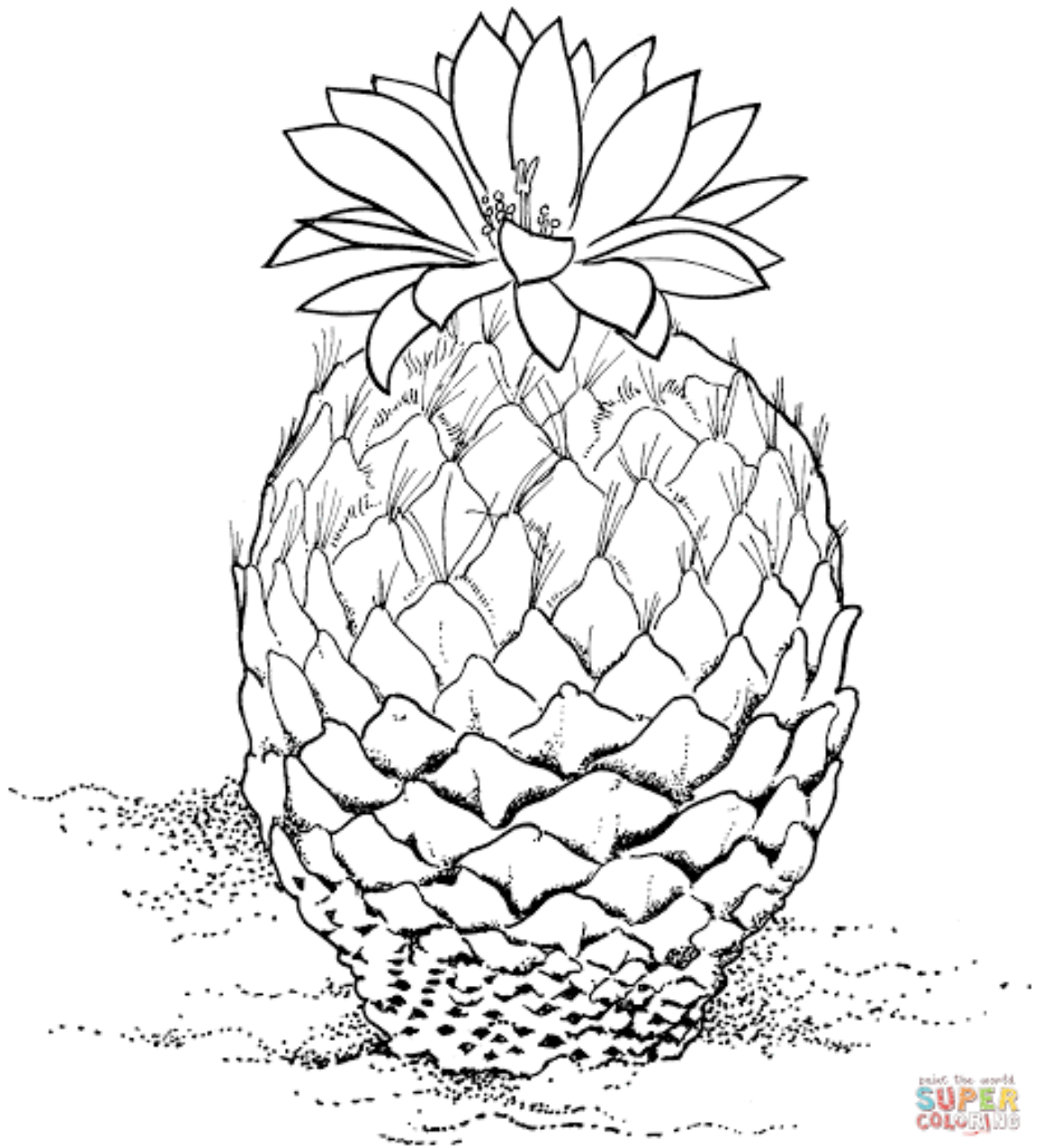
Colouring Activities

- Colouring bookmarks within this resource (below) were created using built-in Microsoft Word templates; you can also create colouring books using Word templates: [Shapes](#) and [Mandalas!](#)
- [Super Coloring](#) – Thousands of colouring pages for all ages to download in PDF to print or colour online!
- [Just Color](#) - Discover our 1,500+ Free Adult Coloring pages to download in PDF or to print: various themes, artists, difficulty levels and styles.
- New York Academy of Medicine Library [Coloring Book](#) 2020
- Getty Research Institute [Coloring Book](#) 2020
- Printable [Mandala Colouring Book](#)
- Printable [Mindful Coloring](#)

Colouring Pages



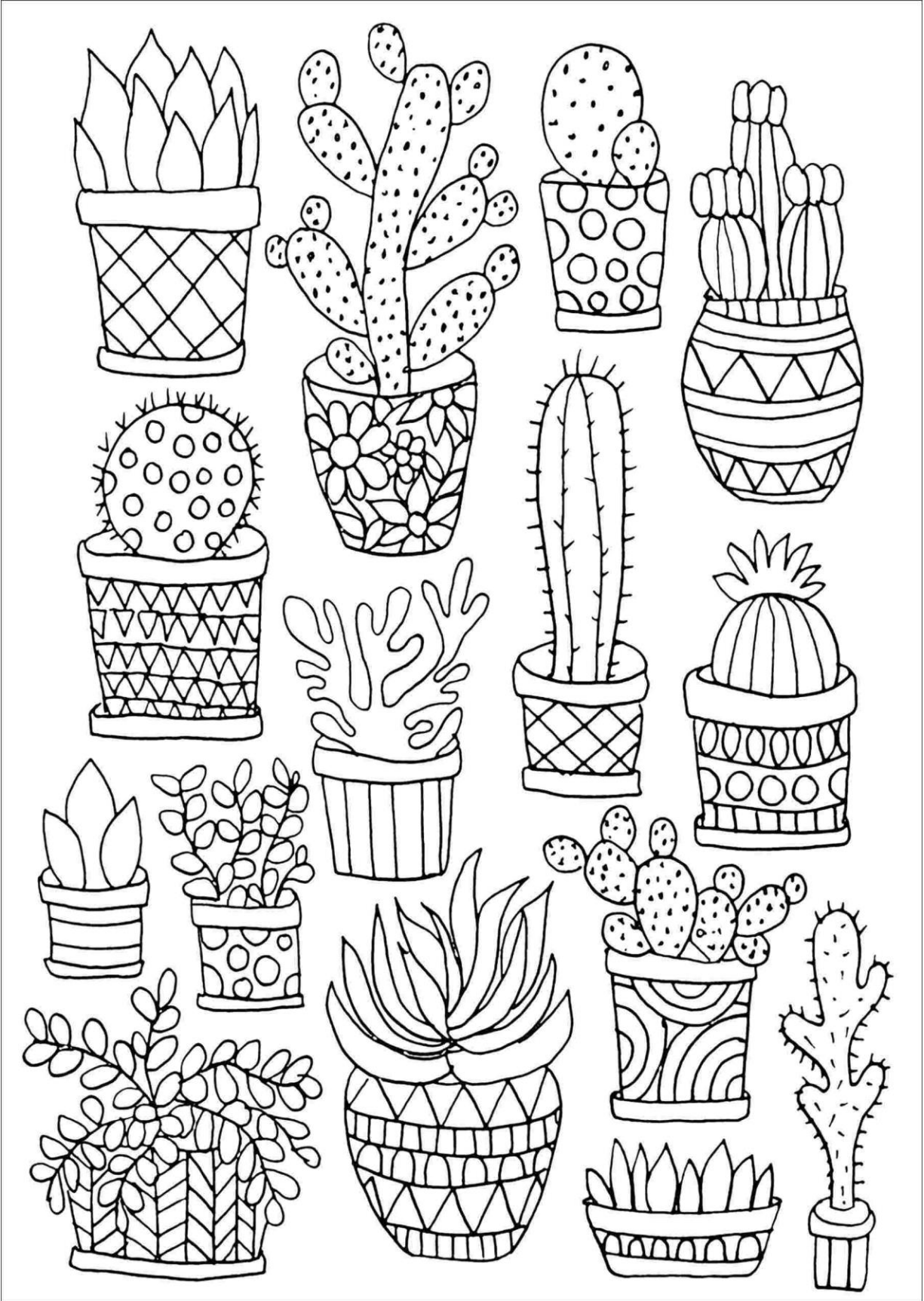




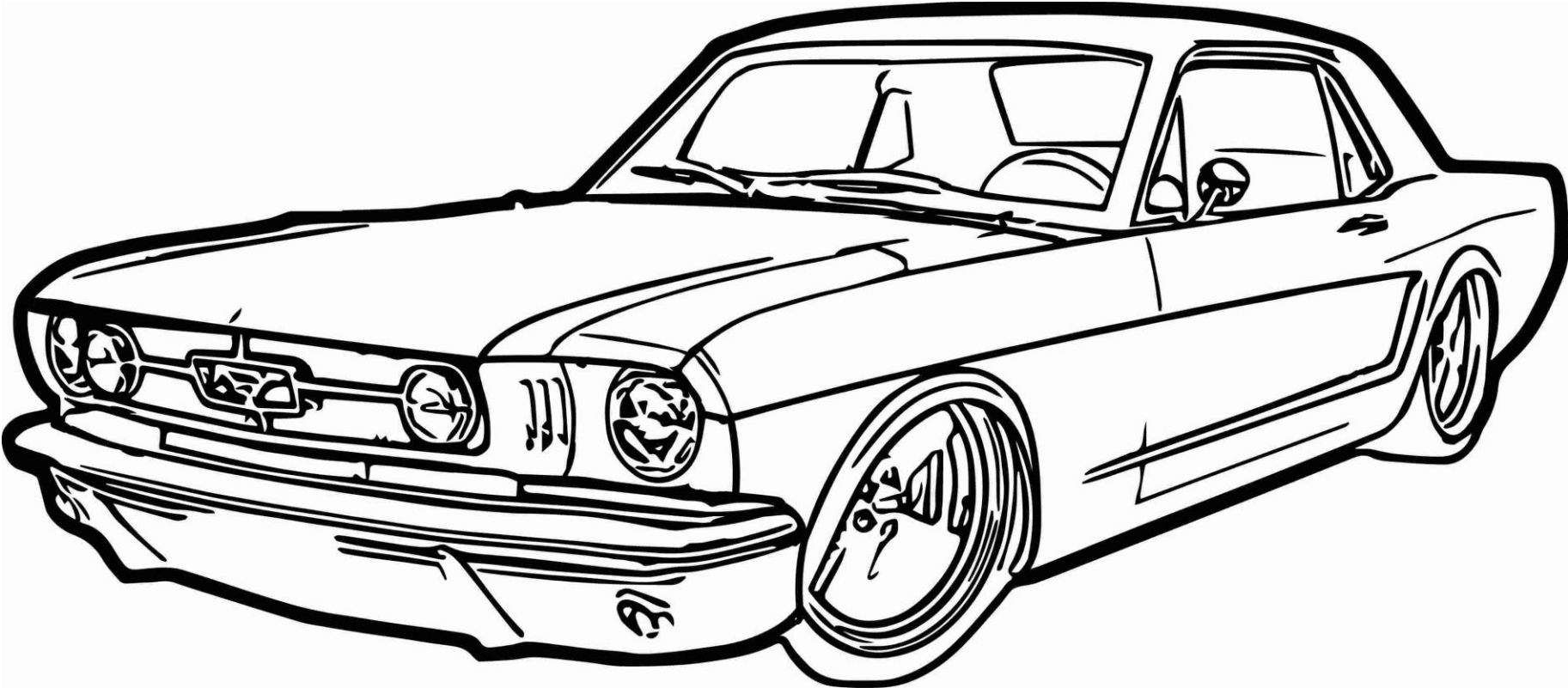
paint the world
SUPER
COLORING





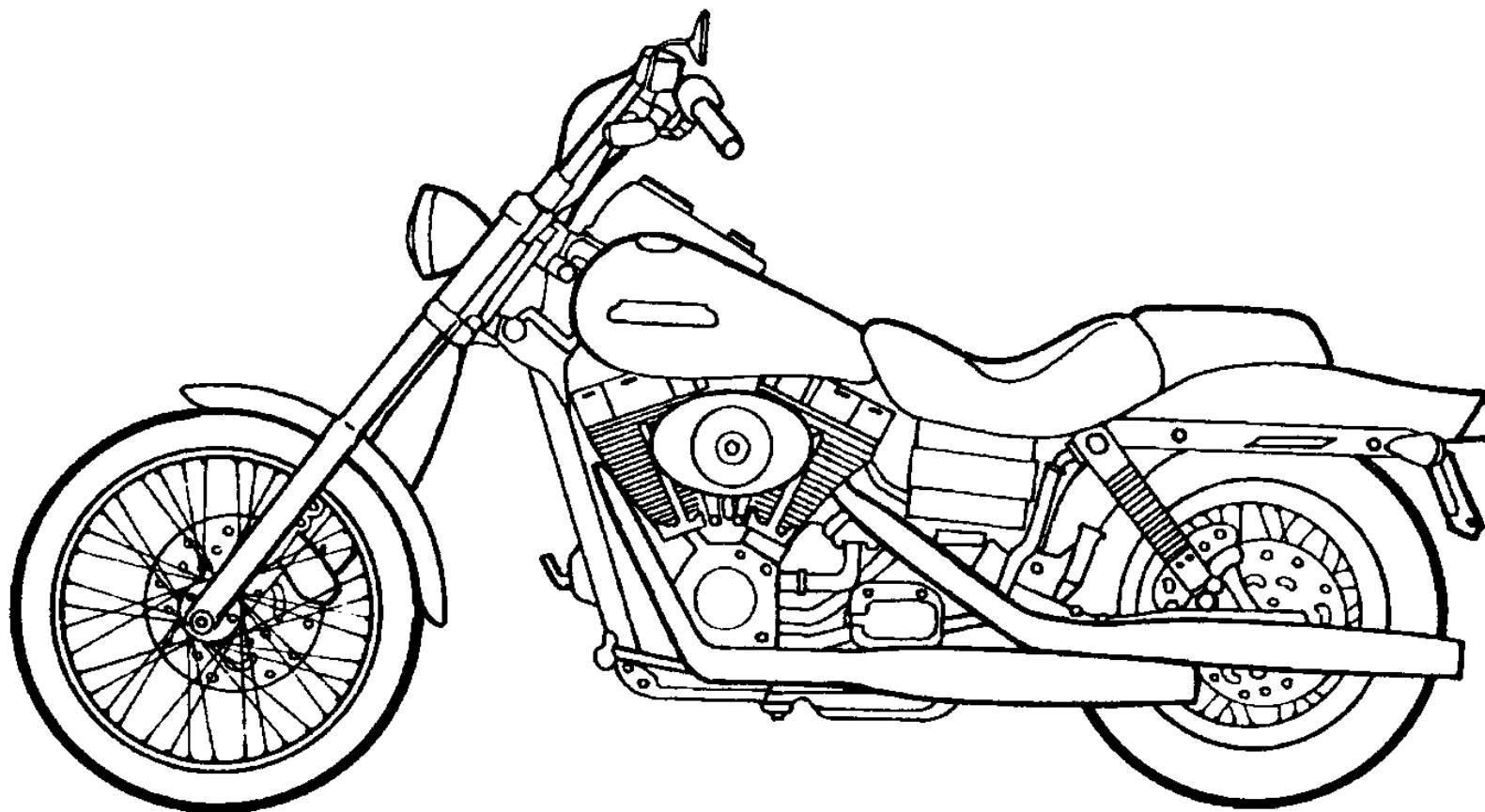


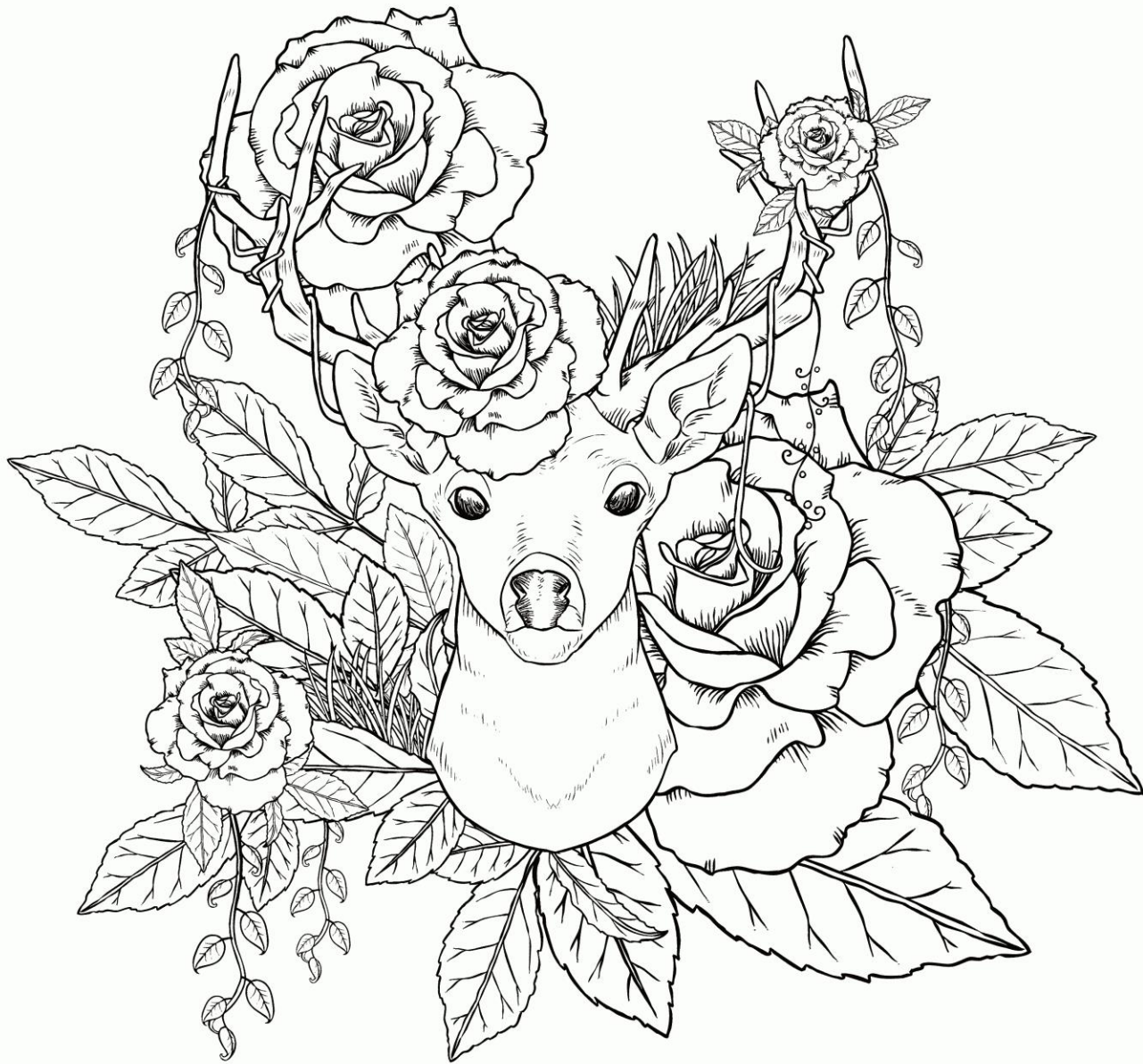




Harley-Davidson Dyna Wide Glide

180 км/ч 67 л. с.









**TEA & BOOKS
MAKE THE WORLD
BRIGHTER**



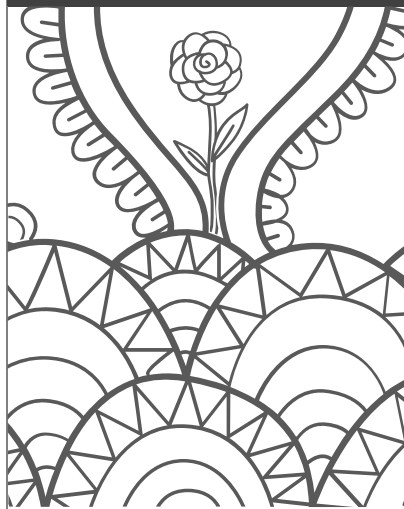
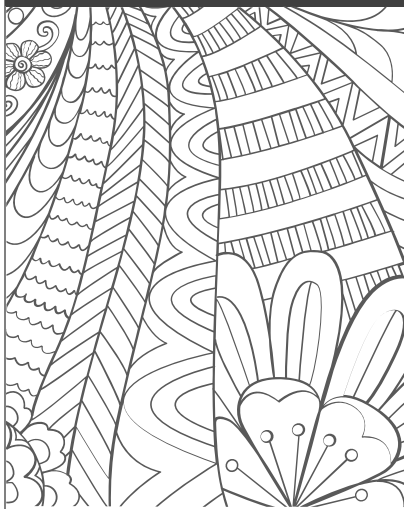
**LOEAD
FESTIVTY**



**I THINK
THEREFORE
I READ**



**KEEP CALM
& READ ON**



Arts & Culture

These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video):

- Experience the best museums from London to Seoul in the comfort of your own home. According to *Fast Company*, Google Arts & Culture teamed up with over 2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.
- **British Museum, London** - This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's virtual tour.
- **Guggenheim Museum, New York** - Google's Street View feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.
- **National Gallery of Art, Washington, D.C.** - This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.
- **Musée d'Orsay, Paris** - You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.
- **National Museum of Modern and Contemporary Art, Seoul** - One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.
- **Pergamon Museum, Berlin** - As one of Germany's largest museums, Pergamon has a lot to offer – even if you can't physically be there. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.
- **Rijksmuseum, Amsterdam** - Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a Street View tour of this iconic museum, so you can feel as if you're actually wandering its halls.
- **Van Gogh Museum, Amsterdam** - Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.
- **The J. Paul Getty Museum, Los Angeles** - European artworks from as far back as the 8th Century can be found in this California art museum. Take a Street View tour to discover a huge collection of paintings, drawings, sculptures, manuscripts, and photographs.
- **Uffizi Gallery, Florence** - This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by

Giorgio Vasari in 1560 specifically for Cosimo I de' Medici, but anyone can wander its halls from [anywhere in the world](#).

- **MASP, São Paulo** - The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a [virtual tour](#) to experience the wondrous display for yourself.
- **National Museum of Anthropology, Mexico City** - Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are [23 exhibit rooms](#) filled with ancient artifacts, including some from the Mayan civilization.

Sadly, not all popular art museums and galleries could be included on Google Arts & Culture's collection, but some museums are taking it upon themselves to offer online visits. According to *Fast Company*, the Louvre also offers virtual tours on its [website](#).

To see more of Google Arts & Culture's collection of museums, visit the collection's [website](#). There are thousands of [museum Street Views](#) on Google as well. Google Arts & Culture also has an online experience for [exploring famous historic and cultural heritage](#) sites.

New York's Metropolitan Opera will be [offering free digital shows every night](#) at 7:30 p.m. from March 16 through March 22.

- **Monday, March 16: Bizet's "Carmen"** - Conducted by Yannick Nézet-Séguin, starring Elīna Garanča and Roberto Alagna. Transmitted live on Jan. 16, 2010.
- **Tuesday, March 17: Puccini's "La Bohème"** - Conducted by Nicola Luisotti, starring Angela Gheorghiu and Ramón Vargas. Transmitted live on April 5, 2008.
- **Wednesday, March 18: Verdi's "Il Trovatore"** - Conducted by Marco Armiliato, starring Anna Netrebko, Dolora Zajick, Yonghoon Lee, and Dmitri Hvorostovsky. Transmitted live on Oct. 3, 2015.
- **Thursday, March 19: Verdi's "La Traviata"** - Conducted by Yannick Nézet-Séguin, starring Diana Damrau, Juan Diego Flórez, and Quinn Kelsey. Transmitted live on Dec. 15, 2018.
- **Friday, March 20: Donizetti's "La Fille du Régiment"** - Conducted by Marco Armiliato, starring Natalie Dessay and Juan Diego Flórez. Transmitted live on April 26, 2008.
- **Saturday, March 21: Donizetti's "Lucia di Lammermoor"** - Conducted by Marco Armiliato, starring Anna Netrebko, Piotr Beczała, and Mariusz Kwiecien. Transmitted live on Feb. 7, 2009.
- **Sunday, March 22: Tchaikovsky's "Eugene Onegin"** - Conducted by Valery Gergiev, starring Renée Fleming, Ramón Vargas, and Dmitri Hvorostovsky. Transmitted live on Feb. 24, 2007.

Reading & Audiobooks

The art of reading aloud has lost its popularity. Pick out a book that would interest your family and have an evening each week that you read the story aloud. Take turns reading out loud. Interact about what is going on in the story line. This can be your own family book club.

The 20 Best Books of 2020 to Add to Your Reading List (so far...)

Print and colour the bookmarks above, or if you prefer print and go, see below.

By [LIZZ SCHUMER](#)

1. Long Bright River by LIZ MOORE
2. Topics of Conversation by MIRANDA POPKEY
3. Darling Rose Gold by STEPHANIE WROBEL
4. Recollections of My Nonexistence by REBECCA SOLNIT
5. A Long Petal of the Sea by ISABEL ALLENDE
6. Writers & Lovers by LILY KING
7. It's Not All Downhill from Here by TERRY MCMILLAN
8. The Mercies by KIRAN MILLWOOD HARGRAVE
9. Weather by JENNY OFFILL
10. Dreamland by NANCY BILYEAU
11. Such a Fun Age by KILEY REID
12. Little Gods by MENG JIN
13. My Dark Vanessa by KATE ELIZABETH RUSSELL
14. Uncanny Valley by ANNA WIENER
15. Wandering in Strange Lands: A Daughter of the Great Migration Reclaims Her Roots by MORGAN JERKINS

Here are some [self-help books](#) and here are is a list of [books for fiction lovers](#).

- [50 Classic Poems Read By 12 Celebrities](#): Morgan Freeman, Jodie Foster, Gary Sinise & more
- [Celebrities Read Mean Tweets](#)

Music

- [Spotify](#) - Access and listen to music or podcasts. Option to create a playlists to save for later. Paid version available.
- [TuneIn Radio](#) - Access any radio station from around the world.
- [Music and Memory](#) - website dedicated to the therapeutic benefits of personalized music when working with people with neurocognitive decline.
- [Lux Radio](#) - Lux Radio Theatre was a radio show running from 1934 – 1955 and featured by iconic stars like Judy Garland and John Wayne. Provides a throwback to another time.

- [Google Play](#) - Google Play is the Android version of iTunes. Here the recreation therapist can safely download music, podcasts, apps, or audiobooks onto the smart device.
- [YouTube](#) - Search music, video, podcasts or related media. Able to stream live content when connected to internet.
- [Shazam](#) - Can't remember the name of that song? Shazam helps to identify music that is playing.

Podcasts

- [Stitcher](#) - Podcast data base. Just search any topic and play!
- [Stuff You Missed in History Class](#) - The podcast covers a range of topics, including important social, cultural, political and historical events.
- [Slow Road to Better](#) - Hosted by people who experience aphasia. The show aims to inspire others and to connect people on the road to recovery.
- [Good Job, Brain!](#) - Podcast for all trivia buffs! An interactive quiz show on a wide range of topics.
- ["As Maple As" by Ron Maclean](#) - Hosted by Canadian sportscaster Ron Maclean, known best for being the host of Hockey Night in Canada.
- [CBC Comedy Factory](#) - CBC Radio shares jokes, stories, skits and commentaries.
- [CBC Podcasts](#) - CBC podcasts – a variety of podcasts that can be searched for topics of interest for all.

Virtual Tours

- [Skyline](#) - Experience worldly destinations by watching these live HD webcams. Visit New York City and Africa in the same day! For example, click here to view Italy's Trevi Fountain.
- [AirPano](#) - View panoramic videos from exotic places around the world.
- [360 Degree Access](#) - Visit all 7 Wonders of the World! Google offers a 360 degree virtual tour of each of these amazing landmarks.
- [ArmChair Tourist: Where in the World?](#) - Explore cities around the world and play "guess the location" with your participants.
- [Buckingham Palace](#) - Experience a virtual tour of the Buckingham Palace.



SLEEP
IS GOOD...
BOOKS
ARE BETTER



**WORK
HARD
DREAM
BIG**



***DO
WHAT
YOU
LOVE
AND
DO IT
OFTEN***



***TRAVEL THE
WORLD
READ A
BOOK***



Video Games

by [the Verge Staff](#)

1. Pokémon Sword and Pokémon Shield
2. Sunset Overdrive
3. Stardew Valley
4. Player Unknown's Battlegrounds (PUBG)
5. Kentucky Route Zero
6. GranBlue Fantasy
7. Persona 5
8. Visage
9. Divinity: Original Sin 2

Podcasts

By [Lian Brooks](#)

Best True Crime Podcasts	
<p>The Dating Game Killer - LISTEN NOW The brief: The notorious serial killer you've never heard of Frequency: Six-part series Average run time: 45 minutes</p>	<p>The Last Days of August - LISTEN NOW The brief: Captivating investigation into the death of an adult actress Frequency: Seven episodes Average time: 30 minutes</p>
<p>The Missing Cryptoqueen - LISTEN NOW The brief: Unsolved mystery, tech edition Frequency: Eight episode series Average time: 35 minutes</p>	<p>Redhanded - LISTEN NOW The brief: Two Brits cover whodunits, mysteries and other curious crimes Frequency: Weekly Average time: 50 minutes</p>
<p>The Dropout - LISTEN NOW The brief: An exploration of the lies that built the youngest self-made female billionaire Frequency: Six episode series Average time: 45 minutes</p>	<p>To Live and Die in LA - LISTEN NOW The brief: Real life Hollywood mystery with no shortage of twists and turns Frequency: 12 episode series Average time: 30 minutes</p>
<p>Truth and Lies: Jeffrey Epstein - LISTEN NOW The brief: Giving voices to the women who survived his crimes Frequency: Eight episode series Average time: Roughly 45 minutes</p>	<p>Casefile - LISTEN NOW The brief: The answer to your true crime addiction Frequency: Every Saturday Average time: One hour</p>
Best Interview Podcasts	
<p>Dolly Parton's America - LISTEN NOW The brief: A look into the Dolly-verse Frequency: Nine part series Average time: 50 minutes</p>	<p>Awards Chatter - LISTEN NOW The brief: Hollywood heavyweights talk through their careers</p>

	<p>Frequency: Weekly Average time: One hour</p>
<p>Table Manners - <u>LISTEN NOW</u> The brief: Dinner table discussions Frequency: Every Wednesday Average time: 50 minutes</p>	<p>How I Built This - <u>LISTEN NOW</u> The brief: Innovators share the stories behind their brands Frequency: Typically every Monday Average time: 50 minutes</p>
<p>Getting Curious with Jonathan Van Ness - <u>LISTEN NOW</u> The brief: Cosy chats with our favourite feel good queen Frequency: Every Wednesday Average time: Roughly 50 minutes each</p>	<p>How to Fail - <u>LISTEN NOW</u> The brief: Reassuring anecdotes of failure from the people who seem to have it all Frequency: Every Wednesday Average time: 50 minutes</p>
<p>Happy Place - <u>LISTEN NOW</u> The brief: Uplifting and inspiring people explain how they navigate life Frequency: Every Monday Average time: Around 40 minutes each</p>	
Best Comedy Podcasts	
<p>Dear Joan and Jericha - <u>LISTEN NOW</u> The brief: Mercilessly sardonic agony aunts Frequency: Two seasons, 8 episodes each Average time: 20 minutes</p>	<p>GOSSIPMONGERS - <u>LISTEN NOW</u> The brief: Ridiculous rumour reading from British comedians Frequency: Two seasons, 17 total episodes Average time: 30-40 minutes</p>
<p>Off Menu with Ed Gamble and James Acaster - <u>LISTEN NOW</u> The brief: Where food and comedy meet Frequency: Every Wednesday Average time: One hour</p>	<p>Sh**ged Married Annoyed - <u>LISTEN NOW</u> The brief: Giggles, gripes and grossness Frequency: Every Friday Average time: One hour</p>
<p>Mortified - <u>LISTEN NOW</u> The brief: Adults read out hysterical, honest and heartwarming relics of their childhood Frequency: Twice a month Average time: 30 minutes</p>	<p>Sooo Many White Guys - <u>LISTEN NOW</u> The brief: Hilarious, candid discussions with a diverse line-up of innovators Frequency: Four seasons, between 10-15 episodes each Average time: 40 minutes</p>
<p>If I Were You - <u>LISTEN NOW</u> The brief: Comedy duo give their two cents on listeners' tribulations Frequency: Every Monday Average time: 45 minutes</p>	<p>My Dad Wrote a Porno - <u>LISTEN NOW</u> The brief: What it says on the tin - excruciating yet hilarious Frequency: Every Monday Average time: 40 minutes each</p>
<p>Comedy Bang Bang - <u>LISTEN NOW</u> The brief: Amazingly absurd improv-come-chat Frequency: Every Monday Average time: Between one to two hours</p>	
Best music podcasts	

<p>Song Exploder - <u>LISTEN NOW</u> The brief: Musicians explain the stories behind their hits Frequency: Every other Wednesday Average time: 20 minutes</p>	<p>Popcast - <u>LISTEN NOW</u> The brief: A music critic dissects the charts Frequency: Generally weekly, differing days Average time: One hour</p>
<p>Best podcasts for learning something new</p>	
<p>99% Invisible - <u>LISTEN NOW</u> The brief: The design podcast you didn't know you needed in your life Frequency: Every Tuesday or Wednesday Average time: 30 minutes</p>	<p>Something Rhymes with Purple - <u>LISTEN NOW</u> The brief: Your fresh vocab fix Frequency: Every Tuesday Average time: 20 minutes</p>
<p>You're Dead to Me - <u>LISTEN NOW</u> The brief: History meets comedy Frequency: Weekly Average time: 45 minutes</p>	<p>No Such Thing as a Fish - <u>LISTEN NOW</u> The brief: A curated round up of facts that seem too ludicrous to be true Frequency: Every Friday Average time: 45 minutes</p>
<p>Revisionist History - <u>LISTEN NOW</u> The brief: Intricate deep dives into things of the past Frequency: Four seasons, 10 or 11 episodes each Average time: 40 minute</p>	
<p>Best culture podcasts</p>	
<p>Revisiting - <u>LISTEN NOW</u> The brief: Your 2010s nostalgia fix Frequency: Weekly Average run time: 30 minutes</p>	<p>Your Broccoli Weekly - <u>LISTEN NOW</u> The brief: Engaging, easy to digest news Frequency: Every Sunday Average time: 50 minutes</p>
<p>Homo Sapiens - <u>LISTEN NOW</u> The brief: Eclectic and energetic discussions around LGBTQ+ themes Frequency: 35 episodes as well as a handful of shorter bonus clips Average time: 50 minutes</p>	<p>The Guilty Feminist - <u>LISTEN NOW</u> The brief: Validation you're not a "bad" feminist Frequency: Twice a week, often Mondays and Wednesdays Average time: 50 to 70 minutes</p>
<p>Best fashion and beauty podcasts</p>	
<p>The Business of Fashion podcast - <u>LISTEN NOW</u> The brief: Compulsory listening for fashion followers Frequency: Every Friday Average time: 40 minutes</p>	<p>Fashion No Filter - <u>LISTEN NOW</u> The brief: Intimate, easy to digest industry insights Frequency: Irregular episodes, 25 and counting Average time: 45 minutes</p>
<p>The Beauty Brains - <u>LISTEN NOW</u> The brief: Experts explain the science behind beauty Frequency: Generally weekly Average time: 40 minutes</p>	<p>Fat Mascara - <u>LISTEN NOW</u> The brief: Your go-to for all things beauty Frequency: Every Tuesday Average time: 40-60 minutes</p>

Shout out resource: [Senior's Centre without Walls](#) – for seniors aged 55+ who find it difficult to go to regular community centres or programming in person. Fun; Building of Skills; Health and Wellness. Call 780-395-2626 (press '0'); Check their website for the program schedule.