

Free Online Entertainment & Educational Resources

Resource Name	Website	Description
AccessiByte Typio	https://www.accessiByte.com/stay-safe	Free app for blind, low vision, deaf, and reading impaired to learn how to type and use the keyboard
Adobe Connect – Free 90 Day Access	https://blogs.adobe.com/adobeconnect/2020/03/adobe-connect-extending-support-in-the-wake-of-covid-19.html?scid=5478ab78-1af5-479e-8bd3-6e8cebd0c285&mv=social&mv2=owned_social	Web conferencing platform that enables virtual group experiences including video, audio, screen-sharing, polls, chat, and document sharing.
American Chemistry Society	https://www.acs.org/content/acs/en/education/resources/highschool/chemmatters/articles-by-topic.html	Free access – ChemMatters magazines, biographies or chemists, and historical articles related to chemistry.
Bark	https://www.bark.us/technight	Everything you need to learn about online safety
BetterChinese	https://www.betterchinese.com/pages/coronavirus	Free online access to Mandarin curricula for students from pre-K through College.
Big History Project	https://school.bighistoryproject.com/bhplive	Free online access for lifelong learners on a variety of social studies topics
Bunk	https://www.bunkhistory.org/	Free digital archive of

		a variety of media produced about current events, public history, and government.
Campus Difusion	https://www.difusion.com/campus/	Free resources for learning Spanish.
Digital Theatre Plus	https://www.digitaltheatreplus.com/education	Temporarily free during this time – access to some of world’s finest productions, unique backstage insights, and practitioner interviews and written analysis.
Duolingo	https://www.duolingo.com/	Learn another language for free.
Massolit	https://www.massolit.io/	Over 2,800 short curriculum video lectures delivered by top university academics covering English Literature, History, Classics, Psychology, Philosophy, and Government and politics.
PBS LearningMedia	https://mpt.pbslearningmedia.org/	Tens of thousands of free videos, lessons, interactives learning exercises in a variety of educational topics.
TedTalks (Free)	https://www.ted.com/talks	Life-long learning videos on various ideas and topics

Travel + Leisure	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours	12 Free Museum Tours: British Museum in London, Guggenheim Museum in New York, National Gallery of Art in DC, Musee d'Orsay in Paris, National Museum of Modern and Contemporary Art on Seoul, Pergamon Museum in Berlin, Rijksmuseum in Amsterdam, Van Gough Museum in Amsterdam, The J. Paul Getty Museum in LA, Uffizi Gallery in Florence, MASP in Sao Paulo, National Museum of Anthropology in Mexico City
The Louvre Virtual Tours	https://www.louvre.fr/en/visites-en-ligne#tabs	Virtual tours of some of the Louvre's most important exhibits and a 360-degree look at the museum.
NASA Space Center NASA TV	https://www.nasa.gov/content/ultra-high-definition-video-gallery	Free educational videos on NASA missions and space topics
National Women's History	https://www.womenshistory.org/	Free virtual exhibits on everything from women in WWII to

Museum		suffragettes to the rights of women throughout American history
The Great Courses	https://www.thegreatcourses.com/ <ul style="list-style-type: none"> Not free but there are 70% off discounts available 	Life-long Learning courses on a variety of topics; digital downloads available
The Vatican Museums	http://www.museivaticani.va/content/museivaticani/en.html	Take a virtual tour of the museum's grounds, iconic exhibits and the Sistine Chapel
Berlin Philharmonic Digital Concert Hall	https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/	Free access to the digital concert hall
Playbill – Recorded Broadway Musicals	https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home	Where to find recorded musicals – requires subscription to a streaming service
The Metropolitan Opera – Stream Free Operas	https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=f&utm_medium=s1	Every night the Met Opera is streaming free operas

Spiritual Life Resources

Church or Resource Name	Website	Description
Alephbeta (Torah Study)	https://www.alephbeta.org/	Temporary free subscription with access to hundreds of educational

		videos, audios, and podcasts about Torah and the meaning for modern-day life.
Manassas Presbyterian Church	https://www.mpc-va.org/	Live Stream Sunday Worship Service at 11:00 AM or watch previously recorded services from the video library
Jewish Synagogues Offering LiveStream	https://docs.google.com/spreadsheets/d/1kVE4KmbcWE6Zt_EUVA4cGXCC4poZYtHK2xLPwGvV1Sk/htmlview	Google Doc list of synagogues offering Live Stream services
Good Shepherd Lutheran Church	https://www.goserve.net/	
Bradley Hills Presbyterian Church	https://www.bradleyhillschurch.org/	
Bethesda Presbyterian Church	https://bethesdapresbyterian.org/	
St. Stephens Episcopal Church	https://www.ststephensrva.org/	
The Episcopal Church of the Ascension	http://ascensionmd.org/	
St. Mark Presbyterian Church	https://saintmarkpresby.org/	
National Presbyterian	http://www.nationalpres.org/	

Church		
River Road Unitarian Universalist Congregation	https://www.rruuc.org/	
St. James Episcopal Church	https://stjamespotomac.org/	
Chevy Chase Presbyterian Church	https://www.chevychasepc.org/	
Cedar Lane Unitarian Universalist Church	https://www.cedarlane.org/	
Grace United Methodist Church	http://www.graceumc.org/	
Catholic Mass	https://www.ewtn.com/catholicism/daily-readings	
National Shrine Mass	http://catholic.tv/org/masses/national-shrine-mass	




Fitness Resources






Resource Name	Website	Description
Guided Meditation	https://www.youtube.com/results?search_query=guided+imagery+meditation	Click the link and select any of the listed visualization guided meditations.
Chair Yoga	https://www.youtube.com/watch?v=1YHjBYcqJ5c	30 minute Chair Yoga class. Led by the Toronto Rehab Brain and Spinal Cord LEAP Service.
Tai Chi	https://www.youtube.com/watch?v=FEC357DTNnA&t=289s	30 minute Tai Chi class that can be done seated

		or standing. This class is led by Living Better instructor Cate Morrill.
Slow and Gentle Yoga for Seniors	https://www.youtube.com/watch?v=kFhG-ZzLNN4	30 minute Yoga class that is for seniors that are comfortable getting down to and up from the floor.
Senior Workout Routine	https://www.youtube.com/watch?v=ASXGYu7IFxE	30 minute low impact workout that can be performed seated or standing, and with or without weights.

Phone Apps

On your phone, find the App Store  or the Google Play Store  and enter the name of the app into the search bar.

App Name	Description
Food Delivery	
DoorDash 	Order from local restaurants
UberEats 	Order from local restaurants
GrubHub 	Order from local restaurants
Instacart	Order groceries for delivery
Amazon	From the hamburger button (three horizontal lines) in the top left corner Choose "Shop by department" and then "Amazon Fresh" to order groceries for delivery

Safeway Delivery & Pick Up	Order groceries for delivery
Peapod Delivery	Order groceries for delivery
Reading	
Kindle 	Electronic books for purchase
Audible 	Audio books for purchase
Music	
Apple Music 	Music, purchase by song or monthly subscription
Spotify 	Music and podcasts, monthly subscription
iHeart: Radio, Music, Podcasts 	FREE, listen to radio, music, and podcasts
FREE Games	
Daily Themed Crossword Puzzles	New puzzles every day
Wordscapes Search	Scenic & fun word puzzles
Infinite Word Search puzzles	Word search puzzle game
Uno!	Play Uno!
Family Feud Live!	Play Family Feud
Mahjong	Play mahjong
Bridge Card Game Classic	Supports both Rubber Bridger and Chicago Bridge
Words with Friends	Similar to scrabble
Scrabble Go	Scrabble game
Word Search Pro	Word searches

Wheel of Fortune: Show Puzzles	Play wheel of fortune

Podcasts

Podcasts are pre-recorded audio shows available on the internet, meaning you can listen whenever you want. Most podcasts release new episodes once a week, but some offer episodes daily. Many podcasts are episodes of radio shows, some are groups of friends sitting around a microphone and talking about a subject they are passionate about.

Podcast Title	Description
The Johnny Carson Show	For 30 years, Johnny Carson reigned at the King of Late Night, entertaining the nation each night with celebrity interviews, hilarious monologues, and wacky comedy sketches.
Sidedoor	More than 154 million treasures fill the Smithsonian's vaults, but where public view ends, Sidedoor begins.
Into America	NBC News & MSNBC – show about politics, policy, and the power both have over the lives of the American people.
State of Mind	Tells the intimate stories of the world's best authors, entrepreneurs, athletes, and artists.
Invisibilia	Unseeable forces control human

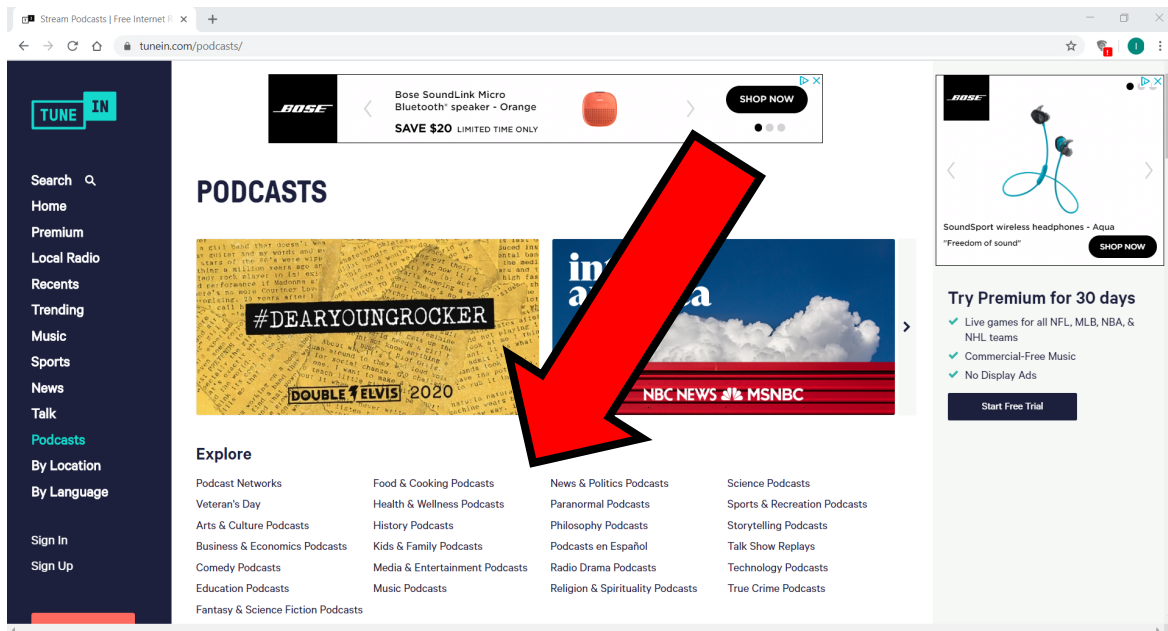
	behaviors and shape our ideas, beliefs, and assumptions. Invisibilia – Latin for invisible things – fuses narrative storytelling with science that will make you see your own life differently.
The Daily	The New York Times – biggest stories of our time, told by the best journalists in the world.
Coronavirus: Fact vs. Fiction	CNN Chief Medical Correspondent Dr. Sanjay Gupta for the latest news about the coronavirus.
Up First	NPR – the three biggest stories of the day, with reporting and analysis from the NPR news.
Dateline NBC	Current and classic episodes, featuring compelling true-crime mysteries, powerful documentaries, and in-depth investigations
The Oprah Winfrey Show	Oprah is opening the vault of The Oprah Winfrey Show with 25 years of hand-picked legendary interviews, a-ha moments, ugly cries, and unforgettable surprises.
Stuff You Should Know	If you've ever wanted to know about champagne, satanism, the Stonewall Uprising, chaos theory, LSD, El Nino, true crime, and Rosa Parks, then look no further.
The Daily Show with Trevor Noah	Listen to highlights and extended interviews in the "Ears Editions" of the Daily Show with Trevor Noah from Comedy Central's Podcast Network.
TED Radio Hour	Exploring the biggest questions of our time with the help of the world's greatest thinkers.
Oprah's SuperSoul Conversations	Hear Oprah's personal selection of her interviews with thought-leaders, best-

	selling authors, spiritual luminaries, as well as health and wellness experts.
TED Talks Daily	TED Talks on the go. Hear thought-provoking ideas on every subject imaginable – from Artificial Intelligence to Zoology, and everything in between.
The Portal w/ Eric Weinstein	The Portal is an exploration into discovery, including conversations with thought provoking leaders. Diverse roster of guests discussing science, culture, business, and capitalism.
You Must Remember This	A storytelling podcast exploring the secret and/or forgotten histories of Hollywood's first century.
Post Reports	The Washington Post – unparalleled reporting, expert insight, clear analysis, everything you've come to expect from the newsroom of The Post.
Pop Culture Happy Hour	NPR – a fun and freewheeling chat about the latest movies, television, books, and music.
Myths and Legends	Jason Weiser tells stories from myths, legends, and folklore that have shaped the cultures throughout history sourced from folklore and retold for modern ears.
Public Health on Call	Johns Hopkins Bloomberg School of Public Health offer science and evidence-based insights on the public health news of the day. The current focus is the global outbreak of the new coronavirus, COVID-19.

What do I need to listen to Podcasts?

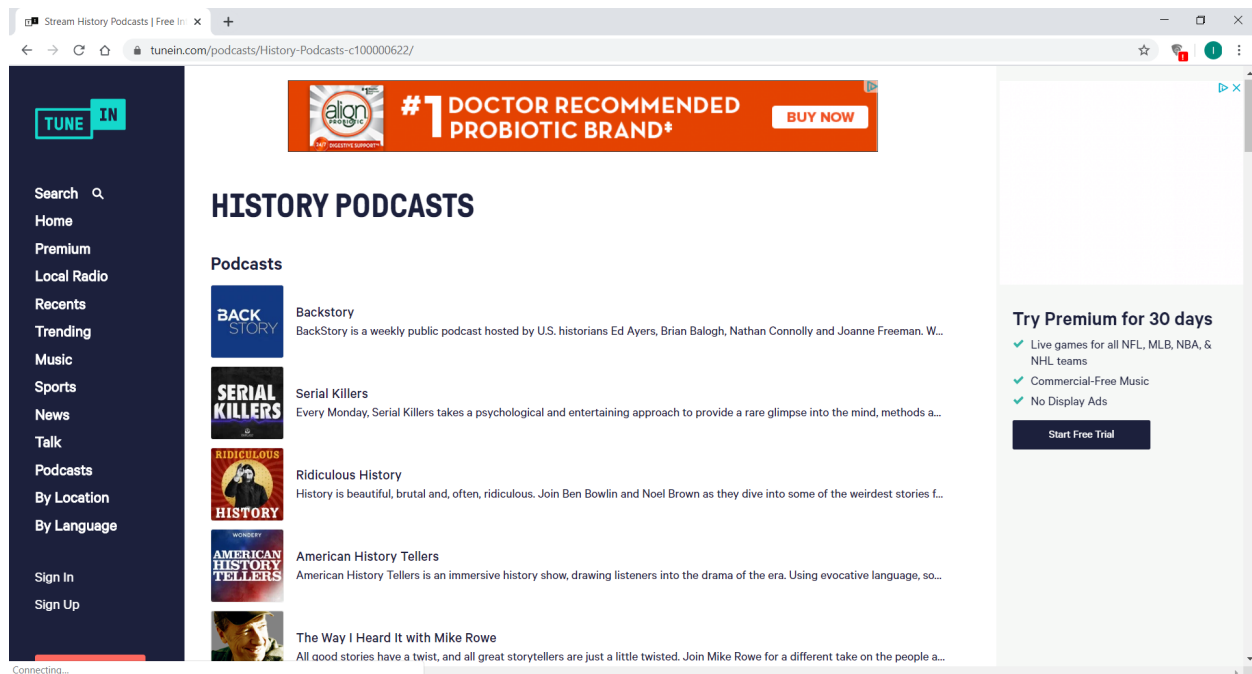
From the computer: open an internet browser and go to <https://tunein.com/podcasts/>



Choose the topic you want by clicking on the words.

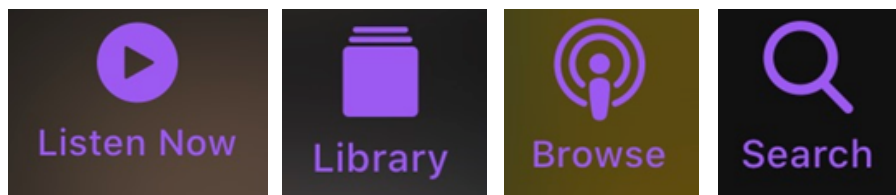


Choose the podcast you want by clicking on the title.

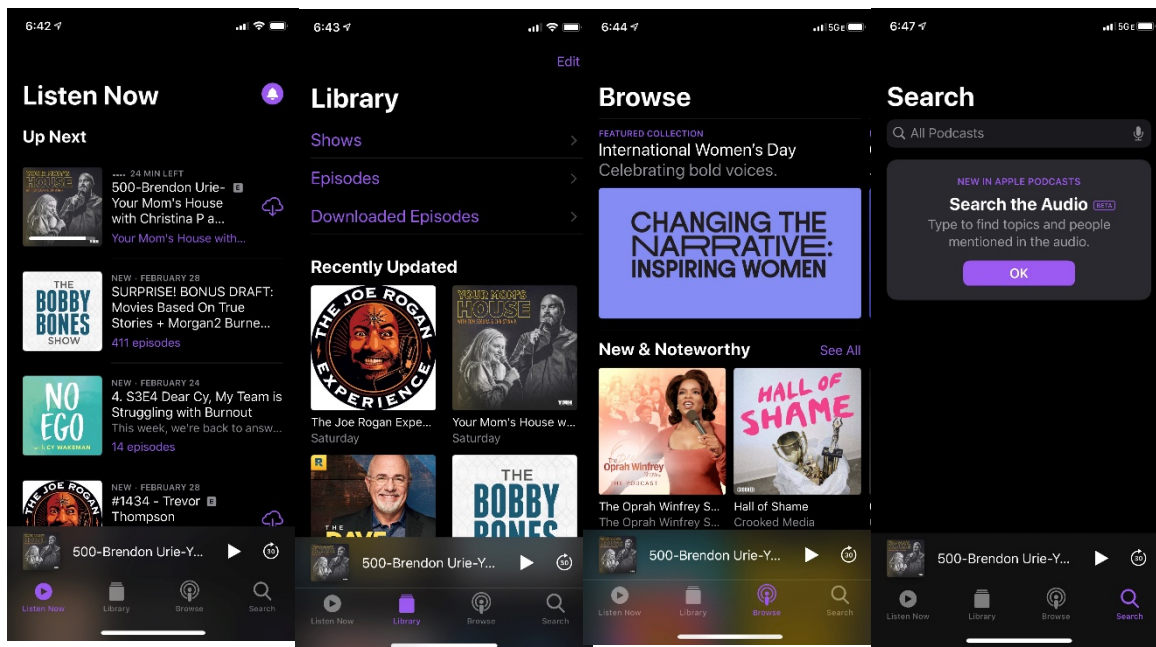




On your iPhone: from the App Store  download the app titled Podcasts , it will appear on the homepage of your phone. Tap the purple podcast app to open it. On the bottom of screen there is a menu of options:



If you tap one of the menu options and it will turn purple and open one of the screens below:




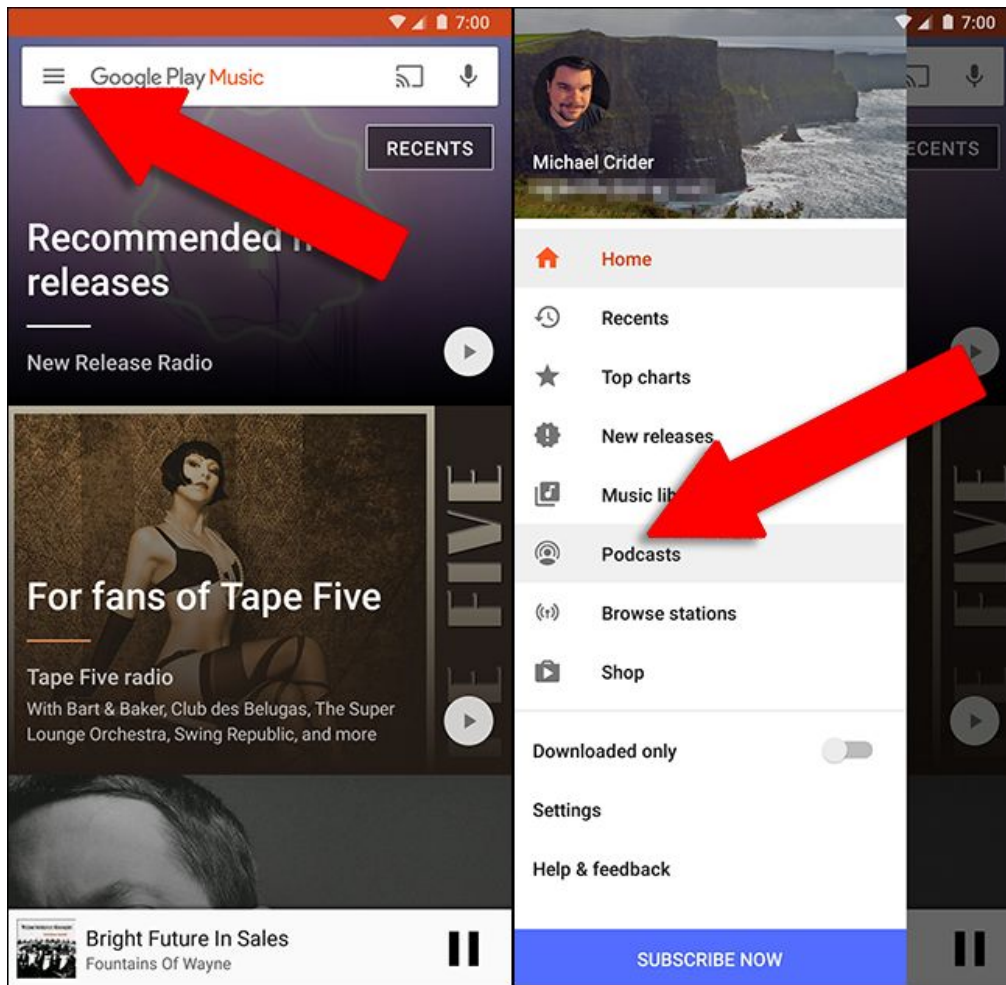
The “Listen Now” page will display the most recent episodes of any podcasts you are subscribed to.

The “Library” page will show icons for the Podcasts you are subscribed for.

The “Browse” page displays podcasts by topics.

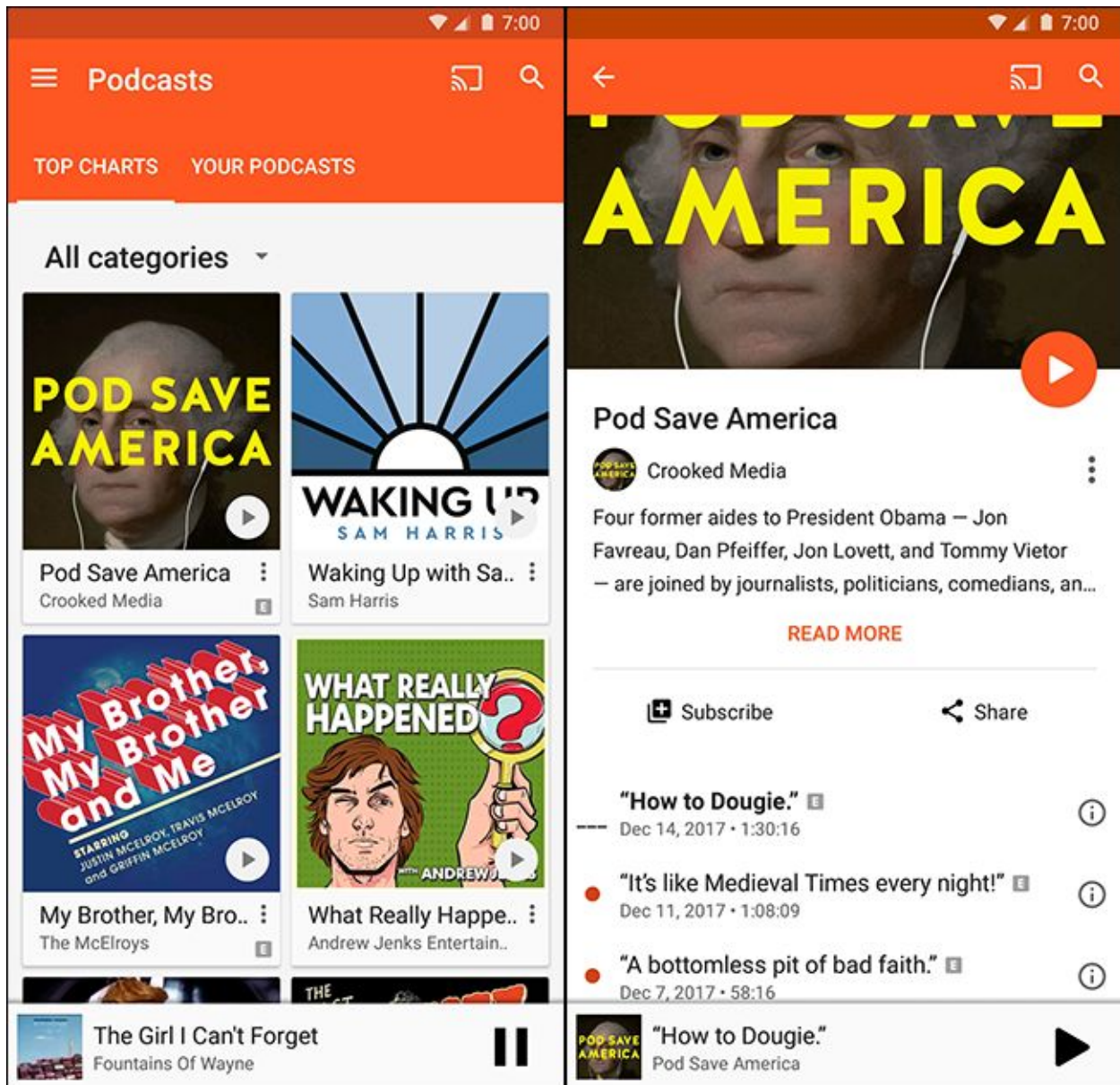
The “Search” page allows you to search for a specific Podcast by entering the title or search for podcasts by a topic.

On any other smart phone: from the Google Play Music App  press the hamburger icon (the three horizontal lines) in the upper -left corner, and then tap the “Podcasts” option



This page shows you a broad selection of popular podcasts in the Google Play database, any of which you can browse and play. Tap the title icons, then tap an individual episode to start playing them.





If you want to subscribe to a podcast, tap the triple-dot icon in the lower right corner of its listing. The podcast then appears in the “Your Podcasts” tab at the top of the app.

