

ONLINE RESOURCES: TO EXPLORE BEYOND YOUR DOOR!

Thanks to all of the Carolina Meadows residents and staff who helped compile this list of interesting things to do while in the comfort of your home. Who knew? Enjoy!



LITERATURE

Books – Free Audiobooks, including some library classics. No sign-up needed.

<https://stories.audible.com/discovery>

Chatham Community Library e-Books – Free from our local library online

<https://e-inc.overdrive.com/>

Need a library card? It's easy to register for one below, even during COVID times:

<https://chathamnc.seamlessdocs.com/f/LibraryCard>

Poetry – View a poem a day, or sign up to have it delivered to your email

<https://poets.org/>



CULTURE AND ARTS

Museums - Online Viewing from more than **500** museums around the world: <https://artsandculture.google.com/partner?hl=en>

Virtual Tour of the Vaticans museums

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html>

Ballet – Watch the Carolina Ballet

<https://www.carolinaballet.com/performances/>

Broadway Plays and Musicals – Fifteen You Can Watch on Stage from Home

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

The Metropolitan Opera – Nightly operas for free streaming! Check out

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

Free Full Length Plays from London - The National Theatre in London broadcasts a play **every Thursday** on its YouTube channel at 2 p.m. EST. The videos will be available to stream a week after they launch. The productions Charlotte Brontë’s “Jane Eyre” and Robert Louis Stevenson’s “Treasure Island.”

<https://www.youtube.com/user/ntdiscovertheatre/videos>



MUSIC

Virtual Concerts – A daily list of live virtual concerts to watch during the Coronavirus shutdown. Compiled and updated by NPR. The concerts are wide ranging from classical to jazz, world music to rock.

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Folk Music across the World – Folk Music from All Around the World

Click on an interactive map to learn about and hear examples of folk music from all around the world! Time to explore - <https://folkcloud.com/>

Chamber Music – Chamber Orchestra of the Triangle shares seven online performances from their concerts.

<https://www.chamberorchestraofthetriangle.org/listen>



MOVIES AND CINEMA

Free Movies-Streaming - Kanopy lets you stream more than 30,000 documentaries, classic and indie films. This content is available to those with a public library card or a university login. <https://www.kanopy.com/>

Free Movies-Online

Watch 1,150 movies free online. Includes classics, indies, film noir, documentaries and other films. The collection is divided into Comedy & Drama; Film Noir, Horror & Hitchcock; Westerns (many with John Wayne); Silent Films; Documentaries, and Animation. Includes special collections of Oscar Winning Movies and Films by Charlie Chaplin. <http://www.openculture.com/freemoviesonline>



EDUCATION/LIFELONG LEARNING

TED Videos – 3000 plus videos to spur your curiosity!

www.ted.com/

Scholarly Online Database:

A large number of publishers have made their scholarly content temporarily available for free to support teaching, learning, and knowledge discovery for users worldwide through this online database.

<https://about.muse.jhu.edu/resources/freeresourcescovid19/>

Ivy League Courses Online for Free – Offerings are from Brown, Harvard, Cornell, Princeton, Dartmouth, Yale, and Columbia universities, and UPenn.

www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR3aJjhymOpeh6vK_6NtyrOZMMX6xLAGiZfMDEOpCDPrqeahrhbk2k1maoQ

Coursera - Every course on Coursera is taught by top instructors from world-class universities and companies, so you can learn something new anytime, anywhere. Hundreds of **free courses** give you access to on-demand video lectures, homework exercises, and community discussion forums. <https://www.coursera.org/>

Games - Play on your phone or computer through AARP (includes Majhonn, Solitaire, Cross word games, Arcade games)

<http://games.aarp.org>



FITNESS CLASSES AND VIDEOS

(in addition to Carolina Meadows weekly offerings)

Videos - YMCA Exercise for Active Older Adults

Includes Rise and Shine (11 minutes), Silver Circuit Weights (26 minutes) and Resistance Bands (27 minutes)

<https://ymca360.org/on-demand#/category/14>

Videos – Go4Life Exercise Videos (12 videos)

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into daily life. Videos categorized into general exercise, balance, strength and stretching.

<https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>

Videos – Chair Exercises

<https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors>

Video - Silver Sneakers 42 minute workout from home

<https://www.youtube.com/watch?v=Ps3oXu5Czvc&feature=youtu.be>

Video - Improve your Balance in Five Minutes

<https://www.youtube.com/watch?v=uj0D1l4fnP4&feature=youtu.be>



RELIGIOUS SERVICES

Virtual Religious Services – Over sixty religious organizations in the Triangle are providing online services. Join a service from the comfort of your home!

<https://www.wral.com/holy-week-online-triangle-churches-turn-to-streaming-to-connect-communities-for-sunday-services/19022134/>



NATIONAL PARKS, WILDLIFE AND ZOO CAMS

Take a Virtual Visit to a National Park in the United States

<https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

Wildlife Cams – 93 streams from great horned owls to gorillas to rescue dogs

<https://explore.org/livecams>

Live Zoo Cams – Monterey Bay Aquarium includes sea otters, jelly fish and penguins

<https://www.montereybayaquarium.org/animals/live-cams>

San Diego Zoo - <https://zoo.sandiegozoo.org/live-cams>

Giant Panda Cam (National Zoo) - <https://nationalzoo.si.edu/webcams/panda-cam>



MINDFULNESS AND MEDITATION

Mindfulness Resources- The Mindfulness Center, The Sanford Institute, and the Compassion Institute work together to provide daily streams and recordings of mindfulness and compassion sessions. Part of the University of California at San Diego, School of Medicine.

<https://medschool.ucsd.edu/som/fmph/research/mindfulness/free-sessions/Pages/default.aspx>

Mindful Resources – Free resources to help bring increased calm, including practices on connection, and how to be mindful when anxious. <https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

Calm: Soothing Meditations

<https://www.calm.com/blog/take-a-deep-breath#meditations>