



Welcome to the new issue of *Things to do While You're at Home*. The VEQ team is still working hard to ensure community members stay informed, and have the latest updates during these difficult times.

Please keep an eye on our Facebook page: <https://www.facebook.com/VoiceofEnglishspeakingQuebec>

Don't hesitate to reach out to us if you have any questions, or require assistance. We will do our very best to get you what you need, or point you in the right direction.

—From the team at VEQ

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## For Kids And Kids At Heart

### **The Lion King Experience**

Disney's The Lion King on Broad is offering free online theatre courses for kids.

<https://www.lionkingexperience.com/>

### **CMoM At Home**

The Children's Museum of Manhattan has created a program to educate and entertain kids from the comfort of a living room. With themes like Our World Wednesdays and Feel Good Fridays, children can have something to look forward to every day of the week at home!

<https://cmom.org/learn/cmom-at-home/>

### **Mondays With Michelle**

Michelle Obama has been reading to children every Monday since April 20th through to May 11th! You can catch the last livestream on PBS' Facebook page, or their YouTube channel—and revisit past readings as well!

<https://www.youtube.com/playlist?list=PLa8HWWMcQEGStVxurBtLn8nkDxGc3j3ow>

<https://www.facebook.com/PBSKIDS/>

## Education and Personal Development

### **Night sky guide**

Locate celestial bodies on a specific date and at a specific time.

<https://www.timeanddate.com/astronomy/night/canada/quebec>

## **Free Bike Mechanics Course on Zoom**

The FREE course will be given in 5 parts and will cover all the basics of bicycle repair and maintenance.

*Dates and times:*

Lesson 1 flats & hubs May 16 at 6:00 p.m.

Lesson 2 braking May 20 at 6:00 p.m.

Lesson 3 shifting May 23 at 6:00 p.m.

Lesson 4 drivetrain May 27 at 6:00 p.m.

Lesson 5 headsets May 30 at 6:00 p.m.

To join the lesson, just go to your inbox on the date and time shown and click on the link that has been sent to you.

Anyone can participate but you must register before May 15:

<https://tinyurl.com/bike-repair-course>

You will also need a Zoom account to join. It's free to sign up:

<https://zoom.us/>

## **The Science of Wellbeing**

Yale's popular course on happiness is available for free on Coursera.

<https://www.coursera.org/learn/the-science-of-well-being>

## **Books, Podcasts and Radio**

### **Project Gutenberg**

Project Gutenberg is a library of over 60,000 free eBooks. You will find the world's great literature here, with a focus on older works for which U.S. copyright has expired.

<https://www.gutenberg.org/>

### **Radio**

"COVID-19 causing chaos for the travel industry (CBC's "The Current" - May 6, Part 1)

<https://bit.ly/2L69qAH>

"Why there might be more to your pandemic boredom" (CBC's "The Current" - May 6, Part 2)

<https://bit.ly/2xJUBIq>

## **Fitness**

### **Yoga, meditation or pilates anyone?**

As we grapple with the human impact of COVID-19, many of us are feeling anxious and uncertain. Glo is here to support you in the best way they know how: by offering free classes.

<https://glo.com/fromourhearts>

## **Resources, Information and Social Assistance**

### **Revenu Québec**

New Residents and Income Tax brochure

<https://www.revenuquebec.ca/en/online-services/forms-and-publications/current-details/in-119-v/> (web)

<https://www.revenuquebec.ca/documents/en/publications/in/IN-119-V%282019-12%29.pdf> (pdf)

### **CNESST Q&A COVID**

65 most frequently asked questions and their answers related to the pandemic, all in English

<https://www.cnesst.gouv.qc.ca/salle-de-presse/covid-19-info-en/Pages/covid-19.aspx>

### **Information related to COVID-19 for international newcomers, workers, and students**

Information updated on April 27th

<https://www.quebecentete.com/en/working-in-quebec-city/covid19en/>

# Just For Fun

## **TypeFinder Personality Test**

This free personality test reveals who you really are. Discover the 16 personalities created by Myers & Briggs, test your personality type, and find your strengths.

<https://www.truity.com/test/type-finder-personality-test-new>

## **Board Game Arena - Free**

No download necessary - play directly from your web browser. With your friends and thousands of players from the whole world.

<https://en.boardgamearena.com/>

## **For Harry Potter Fans**

Bring magic right into your home. Be sorted into a house, and take classes at Hogwarts!

<https://www.wizardingworld.com/collections/harry-potter-at-home>

## **NASA**

NASA is calling on gamers to help map and explore the world's coral reefs. In the game, NASA NeMO-Net, players can help train a NASA supercomputer to learn more about the ocean floor, with the help of real NASA data to identify and classify corals.

<https://apps.apple.com/us/app/nasa-nemo-net/id1506604930>

## **Animals and Nature**

### **Koala Cam**

The cameras at Lone Pine Koala Sanctuary are on 24 hours per day, so you never have to miss a moment of the koalas' antics, but if you need a late-night pick-me-up, tune in from 10 p.m. to 12 a.m. EST (12 p.m. to 2 p.m. Brisbane time) to catch koala feeding time. Koalas love them some fresh-cut eucalyptus leaves.

<https://koala.net/webcams>

### **Baby Goats**

Watch new kids (baby goats) all day in Beekman Farm's nursery! The majority of the time, it seems, the kids are cuddled up like a sweet family snoring the days away without a care in mind.

<https://video.nest.com/live/sXP3cXVnk8>

### **“Things to do in our New (Virtual) Reality” (World Wildlife Fund-Canada)**

<https://bit.ly/2YG155W>

### **“Things to do at Home” (World Wildlife Fund-Canada)**

<https://bit.ly/2W9ABlv>

### **“11 Native Canadian Species that Springtime” (World Wildlife Fund-Canada)**

<https://bit.ly/2WMhldZ>