

BNH Online Resources during COVID-19

1) Online free courses:

- a) Coursea https://www.coursera.org/
- b) EDX https://www.edx.org/
- c) Duolingo (learn language) https://www.duolingo.com/\
- d) BPL online resources (access to video books, movies and lynda.com where can learn online for free all you need is your library card# and pin) https://www.bpl.bc.ca/databases
- e) Gardening: free master gardening course https://workspace.oregonstate.edu/course/free-intro-to-oregon-master-gardener-program

2) Resources:

- a) Financial support for Covid <u>https://www.canada.ca/en/department-finance/economic-response-plan.html</u>
- b) How long does Covid last on surfaces https://www.webmd.com/lung/how-long-covid-19-lives-on-surfaces

3) Entertainment:

- a) Play games online
 - i) JackBox https://www.jackboxgames.com/games/
 - ii) Board game arena https://en.boardgamearena.com/
 - iii) Steam (There's paid but here's some free games as well) <u>https://store.steampowered.com/search/?term=freehttps://en.boardgamearena.com/</u>



Our Mission is to make neighbourhoods better places to live.

4460 Beresford St. Burnaby, BC V5H 0B8 P: 604-431-0400 F: 604-431-9499 info@burnabynh.ca www.burnabynh.ca

4) Feed your Body

- a) Recipes
 - i) Kimchi

Probiotics helps your immune system fight against illness. Fermented foods are a great way of getting probiotics into your diet naturally.

Here's an easy recipe to make Kimchi: https://www.feastingathome.com/how-to-make-kimchi/

5) Feed your Soul... Self Care

Exercise and mediation are great ways to boast your mood and calm your spirit.

- a) Meditation Video https://www.youtube.com/watch?v=ZToicYcHIOU
- b) Exercise
 - i) 7 minute workout (you can do this!) https://7minuteworkout.jnj.com/

6) Laughter is the best Medicine

- a) Funny Music Video (Caution this might <u>https://youtu.be/URgKNUnJhd4</u>
- b) Another funny video

https://www.youtube.com/watch?v=M5azNpTwVk8&feature=share

How my grandfather Saved the world.

How I saved The world:

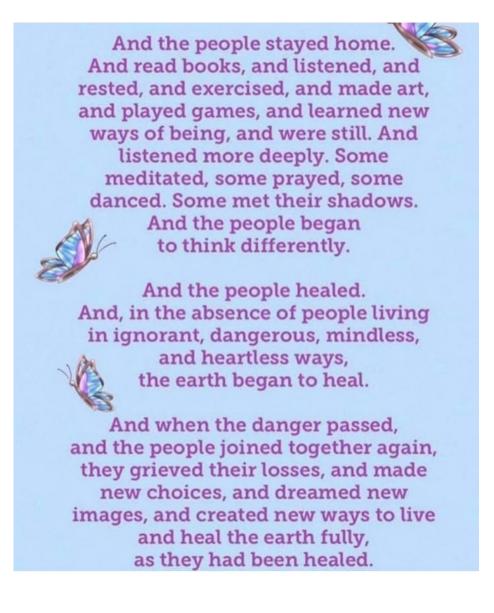




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7) Food for the Soul ... This week's inspirational poem





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