



BNH Online Resources during COVID-19

1) Online free courses:

- a) Coursera
<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
<https://www.canada.ca/en/department-finance/economic-response-plan.html>
- 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)
<https://store.steampowered.com/search/?term=freehttps://en.boardgamearena.com/>

Our Mission is to make neighbourhoods better places to live.



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 boost your mood and calm your spirit.

a) Meditation Video

<https://www.youtube.com/watch?v=ZToicYcHI0U>

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

<https://youtu.be/URgKNUnJhd4>

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

