



IDEAS FOR THRIVING AT HOME

Queen Anne's at Home's very mission is all about helping you thrive while you stay in your own home. While many of the avenues we'd typically pursue are closed to us for now, we still want to make sure our members are finding ways to thrive during this difficult period.

To that end, we're collecting suggestions about what people are finding boost their mood, improve their outlook and keep them engaged in the positive things that continue to go on in our world. Here we'll focus on **free** options; you can easily google pay-for alternatives.

AND keep in mind there are tons of apps for your Android or iPhone, many for free.

Here are a few suggestions:

❖ **Share a remote cup of tea, dinner or happy hour**

We all know that connecting with others is essential for our own sense of well-being, and vital during uncertain times when we may be feeling more isolated. Find a way to reach out to family and friends, and start to get creative: Pictionary parties, charades, sing-alongs. Let us know what you come up with!

- **Zoom** (<https://us04web.zoom.us/>) is a free platform which QA@H will be using for remote Coffee-and-Conversations and other activities. You don't need to set up an account if you're just joining others' "meetings", or you can sign up for your own free account to run your own sessions (limit 40 minutes on free version) You can join via video or audio only, depending on your mood.
- Download the free **SKYPE** (<https://www.skype.com/en/>) app, set up your account and connect with friends via video (or audio if you're having a bad-hair day) call. You can share a cup of tea or a 3-course candlelit dinner with one person, a group, or your whole tribe. [Generally you skype computer-to-computer (or smartphone), but you can also bring people in via phone if they don't have a computer – minimal charge applies.]
- Other free platforms include FaceTime (iPhones), Google Hangouts

❖ **Exercise** is still a great way to boost your immune system as well as your mood. Getting your heart moving helps boost your feel-good chemicals.

Please be smart! If you're starting your fitness quest afresh, don't rupture something or knock yourself out!

- Take a walk. Dance. Bust out the hula hoop. Dig in the garden (multiple short sessions, please, or your back will start barking). Chase a squirrel.
- Workout videos designed for seniors: <https://go4life.nia.nih.gov/workout-videos/>
- Check out some free workout videos on [YouTube](#).



❖ **Try some yoga.**

- There are lots of options for free on-line yoga. A popular one is *Yoga with Adriene* (<https://www.youtube.com/user/yogawithadriene>) as you can select many different levels and styles
- www.DoYogaWithMe.com has a ton of free yoga videos at all levels. There's premium content too, but you can skip the screens asking you to subscribe for free trial. You can do the free ones without a subscription.

❖ **Try meditation.**

- One popular (and free!) app with a huge library of guided meditations is Insight Timer (<https://insighttimer.com/>) You can get this on your computer or your smartphone. (They even have special sessions on helping you sleep.)
- Another online source is the [Insight Meditation Community of Washington](http://www.IMCW.org) (www.IMCW.org), which has tons of free talks and guided meditations. Some of their courses do charge a fee, but generally pretty minimal. Start with the free stuff and see what you think.

❖ **Check out an e-book.**

- If you haven't signed up yet to check out ebooks from the Queen Anne's County Library, you're in for a (again, free!) treat: <https://help.overdrive.com/en-us/categories/getting-started.htm> (You do need to have a QAC library card.)
- Other free options include OpenLibrary and the [Gutenberg Project](http://GutenbergProject)

❖ **Get creative**

- RiverArts in Chestertown is sponsoring "30 Days of Art: FREE ARTISTIC ACTIVITIES" to do at home with supplies you already have. Sign up for the daily email at: <https://chestertownriverarts.org/email-signup-form/>, then check in every morning for a new idea, and share your process or your finished product on social media or via email.

❖ **Visit museums and special sites all around the world.**

- Thanks to Google (<https://artsandculture.google.com/>), you can take virtual tours of over 500 museums and culturally important sites. Includes some virtual art classes!
- Here's another source of inspiration: <https://artscanvas.org/>

❖ **Watch a play**

- Actors will be reading a different Shakespeare play every week. How cool is that?!
<https://www.youtube.com/watch?v=KOAHi4ANGKw>
- Stream a Broadway show (you'll need some sort of subscription such as Netflix or Prime:
<https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>

❖ **Listen to music** (*more on opera and classical music below*)

- Musicians are recording live performances you can listen to for free. One source is
<https://archive.org/details/etree>
- Many U.K. organizations live stream concerts and make them available via YouTube or other channels, such as [Wigmore Hall](#) for chamber music concerts, and the [BBC Scottish Symphony Orchestra](#) and the [London Symphony Orchestra](#) YouTube channels.
- Spotify (<https://open.spotify.com/>) has a free version (but the ads!) that works on your desktop, or you can download an app from your app store. Spotify lets you choose the specific songs you want to hear and create playlists from their extensive library.
- Pandora (<https://www.pandora.com/>) also has a free version (with ads) that works on your desktop or you can download an app from your app store. Unlike Spotify, Pandora plays songs *similar* to the ones you want to hear – nice way to explore new-to-you artists and new music – but it “learns” your taste from what you tell it you like or want it to skip.

❖ **Take an online course**

- **MOOCS** (massive open online course) are generally high-caliber, academic-grade classes (so you may have class time and homework). Fascinating and quirky topics are also available. MOOCs are generally free, though some charge a small fee if you want a certificate of completion. Some classes are scheduled with a specific start date, others are self-paced. Many include class interactions via forum and social media.
 - **EdX – courses and degree programs.** <https://www.edx.org/course> Some are scheduled (so you may have class time and homework), others are self-paced. Free, with small fee if you want a certificate of completion
 - **Coursera** is another site that hosts a huge range of classes:
<https://www.coursera.org/>
 - **450 Ivy League courses you can take online right now for free**
<https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/>

❖ **Listen to opera** (*note: not all of these are free*)

- [Seattle Symphony](#) offers some classical music concerts.
- [Berlin Philharmonic](#) makes 600+ concerts free to stream for the next month. Just sign up, first month free, no cancellation needed. What an orchestra, and they even do some avant-garde opera—their Puccini's "Suor Angelica" project is something!
- [Operavision](#) Europe has a collection of free operas that can be browsed and streamed through YouTube—no sign-up needed.
- [The Metropolitan Opera](#) is now streaming a free opera every day from New York. [More performances here.](#)
- [Teatro Regio di Torino](#)
- [Bayerische Staatsoper](#), from Munich.
- [Teatro Massimo](#) in Palermo.
- [Vienna State Opera](#) (Staatsoper) one of the best opera houses in the world.
- [Budapest Festival Orchestra](#) led by Ivan Fischer
- [Teatro Liceu](#), Barcelona.
- [Teatro Real](#), Madrid.
- [Opera de Paris](#) (Bastille).
- [Finnish National Opera](#).
- [Teatro Mayor](#), Bogota (yes, there is vibrant opera on my continent as well!).
- Finally, in this category, many U.K. organizations live stream concerts and make them available via YouTube or other channels, such as [Wigmore Hall](#) for chamber music concerts, and the [BBC Scottish Symphony Orchestra](#) and the [London Symphony Orchestra](#) YouTube channels.