



# YMCA Digital Skills Literacy Program

## Helpful Android Apps

**Houseparty:** It's the app that lets you video chat with multiple people at the same time and play integrated games with each other.

**Google Hangouts:** Video chat using your Gmail! It's all part of Google's app collection.

**Paint By Number - Free Coloring Book & Puzzle Game:** It's a colouring and puzzle app.

**Free Books & Audiobooks:** Enjoy free books to read or listen too.

**Audible Audiobooks:** Amazon's subscription based audiobook app — try their 30-day free trial.

**Kobo Books - eBooks & Audiobooks:** Purchase books online and read them instantly!

**TED:** Watch informational talks on a diverse array of subjects, for free.

**Lumosity: Brain Training:** Lumosity's cognitive training program is a fun, interactive way to train your brain and learn about how your mind works.

**Coursera: Online courses:** Access over 2,000 courses and specializations developed by 140+ colleges and universities in the world, including the University of Alberta!

**Akinator:** Akinator can read your mind and tell you what character you are thinking of, just by asking a few questions. Think of a real or fictional character and Akinator will try to guess who it is.

**Meme Generator Free:** With Meme Generator, you can create the funniest memes and share them through your favorite apps.

**YMCA of Northern Alberta's Virtuagym:** YMCA members can log workouts, view a video of each exercise to help you along the way and track nutrition, all in one app.



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**Let's Meditate: Sleep & Guided Meditation:** A very straightforward approach to guided meditation. Just choose a track and hit play — it's as simple as it can get.

**SuperBetter:** Build resilience, achieve your goals and tackle challenges; including, anxiety, depression, stress, chronic pain, concussion recovery and more.

**wikiHow:** Easily learn how to do anything from the world's leading how-to guide, wikiHow. Read step-by-step instructions on any topic you can think of.

**Spotify:** With Spotify, you can play millions of songs and podcasts for free.

**iHeartRadio:** Stream music, thousands of live radio stations, podcasts and playlists for any mood or activity, all in one app.

**Guitar chords and tabs:** Guitar chords and tabs is where you can find and view more than 800,000 chords or tabs from hundreds of artists.

**Guitar Songs:** Whether you're an amateur guitarist and you want to play your favorite song, or a professional who wants to keep all your chords and lyrics always in your pocket, this app is for you.

**Google Tasks:** Manage, capture and edit your tasks from anywhere, at anytime, with to-dos that sync across all your devices. Integrations with Gmail and Google Calendar help you get tasks done faster.

**Google Keep:** No need to tie a ribbon on your finger because you can quickly capture what's on your mind and get a reminder later at the right place and time, all in one app.

**Sanvello:** This app helps with mental health and has some meditation tips as well. It can keep track of how your feeling and has some recommendations from registered psychologists.