



YMCA Digital Skills Literacy Program

Helpful Apple 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.

CBC Listen: Stream radio, podcasts, & music from CBC.

BBC iPlayer Radio: Stream your favourite radio stations from the BBC.

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.

Daily Yoga: Workout & Fitness: This yoga app will guide you in classes to help you learn the fundamentals of yoga.

Jour: Journal for Mindfulness: Start your self care routine by completing journals.

Jamie's Recipes: Spice up your food game with this recipe app by Jamie Oliver.

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

iReader: Access classic books and new books to read on your device.

Apple Books: Loose yourself in the best books and audiobooks right on your device.

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.



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

[Meme Generator:](#) With Meme Generator you can create the funniest memes and share them with your friends through your favorite apps.

[Meditopia: Anxiety, Breathing:](#) Meditopia is an app that helps you to get calm, reduce stress, sleep well, find peace and start a deep discovery within yourself.

[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.

[Unlimited Guitar:](#) Guitar chords and tabs is where you can find and view more than 800,000 chords or tabs from hundreds of artists.

[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.

[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.