



YMCA Digital Skills Literacy Program

Resources for Seniors during COVID-19

<https://tinyurl.com/u9b8quc>: Gentle yoga in a chair (YouTube)

<https://tinyurl.com/rw95ywk>: Free courses from Harvard to take online

<https://www.edx.org>: Free online courses from some of the premiere schools in the world

<https://tinyurl.com/y4ckpjjju>: 100 Art Therapy exercises

<https://tinyurl.com/qlx96ez>: CNN lists some online art galleries and museums with virtual tours

<https://tinyurl.com/ybx9vdwr>: Experience the best museums from London to Seoul in the comfort of your own home. Google Arts & Culture teamed up with over 2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world

<https://www.metopera.org>: New York's Metropolitan Opera is offering a free performance every night!

<https://tinyurl.com/yx5pym62>: 50 classic poems read by 12 Celebrities. Morgan Freeman, Jodie Foster, Gary Sinise & more

<https://www.skylinewebcams.com>: Experience worldly destinations by watching these live HD webcams. Visit New York City and Africa in the same day!

https://www.airpano.com/360video_list.php: View panoramic videos from exotic places around the world.