

Virtual and FREE!

Family Fun and Adventure

Sporcle - The world's largest trivia quiz website. There is a fun quiz about virtually every topic imaginable: Geography, History, Sports, Music, TV etc..! Play alone or in groups. [sporcle.com](https://www.sporcle.com)

Just Dance! - Play one of the most popular dance video games without a videogame console. All you need is an internet-connected screen and a smartphone for the controller justdancenow.com

Famous museums [attractions/museums-galleries](#)

Virtual Field Trips [FieldTrips](#)

Experience the World – from African Live cams to the Great Pyramids to Yosemite, a collection of virtual tours and miscellaneous fun [virtuelschoolactivities](#)

Mountain Lakes Walking Tour - [mountain-lakes/historic-walking-tour](#)

Online games [guideforseniors.com](#)

Cooking Classes - Massimo Bottura, the Michelin star chef, is offering nightly cooking classes on Instagram [los-angeles/gucci-osterias-massimo](#)

Virtual Disney Rides – enjoy the rides virtually thanks to this compilation of experiences posted to YouTube [virtualdisneyrides](#)

Exercise

YMCA Fitness Classes on Demand ymca360.org

HIIT 7 Minute workout (app) [7-minute-workout](#)

HIIT Jeannett Jenkins on Pop Sugar [HIITJEannettJenkins](#)

Fitness Blender - Workout videos for every fitness level [fitnessblender](#)

Orange Theory – Daily workout [orangetheory](#)

The Body Coach TV – Home workouts regardless of fitness level [thebodycoach1](#)

Live Strong – 10 full body workouts [workouts-fitter-stronger](#)

Pilates - 15 minute workout [pilates](#)

Couch to 5K (app) – get ready for the next Woods and Lakes 5K! c25k.com

Zombies run (app) –Run through a series of missions in this interactive running degree zombiesrungame.com

Movies, Books, Theatre, Courses, Concerts

Mountain Lakes Library – ebooks, emagazines, movies, small business tools mtnlakes.org/online-resources

The Science of Well-being - Yale’s most popular course ever the-science-of-well-being

Broadway Musicals playbill.com/article/15-broadway-plays

Online concerts npr.org/a-list-of-live-virtual-concerts

Playing for Change - Great songs can travel everywhere, bridging what divides us – music across continents. youtube.com/watch

Church Services

The Community Church comchurchmtlakes.org

St Catherines channel/StCatherines

St Peters StPetersMountainLakesEpiscopal

Temple B’nai B'naistreamspot

MJCBY [Friday Services](https://FridayServices) [Saturday Services](https://SaturdayServices)

Meditation

Insight Timer – over 35,000 free meditation apps insighttimer.com/meditation-app

Deepak and Oprah – Hope in Uncertain Times chopracentermeditation.com/experience

Visual Guided Meditations

The Seat honestguysTheSeat

Letting Go honestguysLettingGo

Ease anxiety and worry [honestguysAnxiety](#)