

RESIDENT ENGAGEMENT RESOURCES



Workout & Meditation

Fitness videos are a great resource to stay in shape with the fitness center and gyms closed:

- [30 Day Workout Plans](#)
- [5 Free Workouts You Can Do](#)
- [Fitness Blender](#)
- [GMB Fitness](#)

Meditate to alleviate some stress and relax:

- [Headspace](#)



Entertainment

Looking for movie inspiration? Here is IMBD's list of the greatest 500 movies:

- [IMDB's 500 Greatest Movies](#)

Here is a list of free Apps to watch TV & Movies

- **Pluto TV:** Download on [Android](#) | [iOS](#)
- **Tubi TV:** Download on [Android](#) | [iOS](#)
- **Crackle:** Download on [Android](#) | [iOS](#)
- **Vudu:** Download on [Android](#) | [iOS](#)



Reading

Take this time to catch up on your reading. Borrow ebooks from your local library. Here is a list of free online reading websites:

- [OpenLibrary](#)
- [Librivox Audio Books](#)
- [Audible](#)
- [ManyBooks](#)
- [GoodReads](#)
- [GetEpic](#)



Learn Something New

Take advantage of this time to learn something new! Instructables has a collection of great online classes:

- [Cooking Class](#)
- [Curious](#)
- [Drawspace](#)
- [Duolingo](#)



Activities for Kids

Want to keep your kids busy or explore your inner artist?

- [LUNCH DOODLES with Mo Willems!](#)

Here is a list of websites that promote learning:

- [PBS Kids](#)
- [Starfall](#)
- [BrainPOP](#)



Free Museum Tours

Most of the world's museums offer virtual tours. Here is a list of virtual tours you can take.

- [Musee d'Orsay, Paris](#)
- [British Museum, London](#)
- [Guggenheim Museum, New York](#)
- [Van Gogh Museum, Amsterdam](#)
- [Rijksmuseum, Amsterdam](#)
- [Louvre, France](#)
- [The J. Paul Getty Museum, Los Angeles](#)
- Explore the world virtually using [Google Earth](#)