**Caffeine, Chocolate & Coping with Covid-19**

Summary of Diversions & Resource Links

There are tours of Van Gogh Museum in Amsterdam <https://www.youtube.com/watch?v=DppVD1i78qU>

And S. Korean Modern Art Museum <https://artsandculture.google.com/exhibit/garden/vAJiLPtzUsL6KQ?hl=en2>

National Gallery, UK <https://www.nationalgallery.org.uk/visiting/virtual-tours/google-virtual-tour>

Yosemite National Park <https://www.virtualyosemite.org/virtual-tour/#node23>

<https://www.nationalparkstraveler.org/2013/06/take-virtual-tour-hawaii-volcanoes-national-park-video23427>

<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>

<https://nationalzoo.si.edu/webcams/panda-cam>

Flowers blooming <https://www.youtube.com/watch?v=LjCzPp-MK48&utm_source=CNN+Five+Things&utm_campaign=c286d932dc-EMAIL_CAMPAIGN_2020_03_18_02_44&utm_medium=email&utm_term=0_6da287d761-c286d932dc-107789017>

Cactus <https://www.youtube.com/watch?v=I8W4LyIXINE>

A Hogwarts Digital Escape Room. <https://docs.google.com/forms/d/e/1FAIpQLSflNxNM0jzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/formResponse>

Free online chicago activities for kids. <https://chicagofree.info/>

Have you given yourself a fitness 30 day challenge? <https://www.youtube.com/watch?v=lOHYTvU2Is8>

Music is another relaxing strategy. Here are a few.

Arcada Theater live music broadcast to fans anywhere. <http://www.arcadalive.com/live-at-the-arcada/>

Yo Yo Ma makes a recording of Songs of Comfort. (on You Tube) FB <https://www.facebook.com/YoYoMa/videos/1138960419795844/?v=1138960419795844>

Mechanical music video. <https://www.youtube.com/watch?v=bg0FQCTFCmI>

Neil Sedaka plays a medley of hits. <https://www.facebook.com/neilsedakamusic/videos/890831634695858/>

Ravinia Mozart: From the Vault <https://www.youtube.com/watch?v=YT_63UntRJE>

<https://www.hollywoodreporter.com/heat-vision/patrick-stewart-reads-shakespeare-social-media-calm-nerves-coronavirus-standstill-1285899>

Videos. John Oliver Sex education in public schools <https://www.youtube.com/watch?v=L0jQz6jqQS0>

Walk in the Woods <https://www.youtube.com/watch?v=K-Vr2bSMU7o>

Webcams: Beluga Whale, Georgia Aquarium <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Coral Reef, Monterey Bay Aquarium, CA <https://www.montereybayaquarium.org/animals/live-cams/coral-reef-cam/>

Your additions:

Kuekenhof Tulips in Holland on Youtube

Some Good News w John Krasinski on Youtube

Jack Ryan on Amazon (American political thriller spy web television series, based on characters from the fictional "Ryanverse" created by Tom Clancy, that premiered on August 31, 2018 on Prime Video.

Heard speaker present 4 M’s of mental health: Movement, Mastery, Mindful (during whatever you are doing) and Meaningful engagement.

I watched all of the Star Wars movies in order.  One per night.

American Film Institute has a film each day.

I'm taking a 'Happiness' Course on Coursera -- most popular class at Yale.

I have taken a couple of virtual courses/lectures at the Morton Arboretum.

Books: Hidden Figures, The Woman’s Hour by Elaine Weiss, Becoming by Michele Obama, Know My Name by Channel Miller (sexual assault victim of Brock Turner at Stanford), and The Book of Gutsy Women by Hillary and Chelsea Clinton.

Books recommended by participants:

**Patricia Spence**

Lillian Boxfish Takes a Walk by Rooney

**Danielle Byron**

Silent Patient by Alex Michaelides - good mystery with lots of twists

The Trevor Noah - Born a Crime.    It is excellent!

Judy - Reading Mockingbird Songs a collection of letters written to Wayne Flynt..gives a good insight to Harper Lee’s life too.
**Lisa Cherry**

Also: the new Louise Erdrich book, The Night Watchman

This is how it always is, by Laurie Frankel

**Patricia Spence**

Anybody read Long Petal of the Sea by Isabel Allende

For those who like political musical satire, check on Randy Rainbow on YouTube on Covid 19 Social Distancing.