

# Boredom Busters for LTC Homes

## Spiritual

[Catholic Holy Masses](#) hosts live daily broadcasts of English Mass from various parishes around the world. The Masses are available at a variety of times, every single day.

[Christian World Media](#) offers a listing of live-streamed services of various denominations. There are also recordings of previous services available to view on demand.

[Ottawa Church of Christ](#) has live streaming of service and you can watch past sermons archives on their site.

[Vision TV](#) has a daily live-streamed mass at 8 a.m. Recordings of previous Masses also available at this link.

## Virtual Travel Explorations

From the comfort of your sofa, you can [visit museums](#) around the world. No long lines and free admission!

[Follow a handful of park rangers](#) through some of America's most stunning and challenging terrains, from the Alaskan Glaciers to Utah's Bryce Canyon.

Visit the happiest place on earth :) No crowds and no cost to ride [Splash Mountain](#), [Peter Pan's Flight](#), [Kali River Rapids](#) or tour [Cinderella Castle Suite](#). Want to ride a roller coaster from the comfort of your room? Canada's Wonderland has a [virtual roller coaster ride](#).

Immerse yourself in the ocean and your national marine sanctuaries without getting wet! These [virtual reality voyages](#) use 360-degree images to highlight the amazing habitats, animals, and cultural resources you can find in each national marine sanctuary.

If you are you curious to know what Er Shun and Da Mao are up to, check out the [Panda Cam](#) at the Calgary Zoo, where you can watch these giant pandas every day from 9 am to 6 pm, MT. If sleepy sea lions are more your thing, you can watch them snoring loudly in real team via [OrcaLab](#), a whale research station on Hanson Island in British Columbia. Check out [10 Awesome Animal Live Streams](#) from around the world.

While you can't feed them virtually, you can certainly watch them! Visit the animals at the [Cincinnati Zoo](#) or the [San Diego Zoo](#).

# Boredom Busters for LTC Homes

## Arts & Culture

Sit back and be entertained. Here are [27 classic novels](#) you can listen to for free from Audible.

[Broadway HD](#) offers a 7-day free trial and you can enjoy a large collection productions from both New York's famous Broadway theatres and London's West End. The library features approximately 300 shows, ranging from *Cats: The Musical*, to some of Shakespeare's biggest works. The collection is refreshed once a month, so April titles are coming soon.

Take yourself back a few decades. Full episodes of [The Mary Tyler Moore Show](#) and [The Dick Van Dyke Show](#) are available to view on YouTube.

Take yourself to the theatre without leaving your room or buying a ticket! A number of Stratford Festival productions are available on [CBC Gem](#). The National Arts Centre is offering [free online shows](#) for everyone to enjoy while their performing arts hall is closed. London's Royal Opera House has launched a programme of [free online content](#) for the culturally curious at home. The National Film Board of Canada has a number of [free offerings on its website](#).

Bring the joy of song to your world with the Toronto's Choir! Choir! Choir. They are hosting regular live [Epic Social Distance-Sing-Alongs](#). People from around the world are joining in the fun.

You can get a free Spotify account (there will be ads on occasion!) and enjoy playlists from the [1930s and 40s](#), [1950s and 60s](#), or [1970s](#).

The Dementia Society of Ottawa and Renfrew County has an [Arts and Mind online art tutorial](#). The instructor walks participants through how to create "three sheep" with pencil crayons.

## Cognitive

Engage the brain: there are over 3300 [Ted talks](#) to stir your curiosity.

Fancy taking a free class from Yale University? [This one](#) is on how to be happier in your everyday life. First taught in 2018, it became the most popular class in Yale's history and garnered national and international media attention.

## Physical

Time to get physical! The [YMCA](#) is offering some free online classes, or you could do some [on-line yoga](#).