

CSS resource update #10

April 3, 2020

Shelter in place – Q and A

Updates daily

<https://www.springfieldmo.gov/CivicAlerts.aspx?AID=6642>

Utilities

CU in Springfield suspends shut offs until May 1

<https://www.cityutilities.net/>

HOUSING

Consumer Financial Protection Bureau - <https://www.consumerfinance.gov/about-us/blog/guide-coronavirus-mortgage-relief-options/?fbclid=IwAR0ZqesqleQiXEoB6VRuVqeGz53Xf606jPaPzU8CvXOpojlnkarJZu2KgQE#relief-options>

Making connections

Updates daily - AARP - Across the country, people are informally organizing online mutual aid groups to stay connected, share ideas and help those most affected by the global coronavirus pandemic. The new AARP Community Connections website can help individuals start a group, join a group, or find support in their community.

https://aarpcommunityconnections.org/?utm_source=aarp&utm_medium=newsletter&utm_campaign=livable&utm_term=communityconnections&utm_content=032520&cmp=EMC-DSM-NLC-LC-HOMFAM-20200401_LivableCommunities_899300_1315603-040120-F3-CommunityConnections-Text-CTRL-4474631&encparam=GtD79%2BL7x5sRZFXeFZDymekX%2BsvAjKvNZK4V%2FDatP1I%3D

Transportation

CU Transit Service Schedule is being looked at **daily for possible modification** - will be continue operating on a modified schedule and routes. Schedule and route modifications are listed below. Additional route information is available at cutransit.net or by calling the CU Transit office at 417-831-8782, Monday – Friday.
Sunday Service

- Sunday service will be 10 a.m. and operate until 5 p.m.
- Transit routes [22](#), [25](#), [26](#), and [27](#) will run hourly.

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Monday – Friday Service

- Routes [22](#), [25](#), [26](#), and [27](#) will run hourly service from 6 a.m. until 8 p.m.
- Routes [22](#), [25](#), [26](#), and [27](#) will offer half-hour service from 9:30 a.m. until 4:30 p.m.
- Routes [31](#), [36](#), and [38](#) will run hourly service from 10 a.m. until 5 p.m.
- Route [35](#) will run hourly service from 6:30 a.m. – 9:30 a.m. and also 2:30 p.m. – 5:30 p.m.

Saturday Service

- Routes [22](#), [25](#), [26](#), and [27](#) will offer hourly service from 10 a.m. until 5 p.m.
- Routes [31](#), [36](#), and [38](#) will offer hourly service from 10 a.m. until 5 p.m.

Access Express – Will be available during all of the above hours of service.

At this time the Transit Center at 211 N. Main will remain open for service to CU Transit customers.

Cleaning your home

EPA: Disinfectants for Use Against SARS-CoV-2

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Benefits

Updates regularly - **Social Security** - Q and A -

<https://www.ssa.gov/coronavirus/>

Medicaid / Food Stamps

Due to the Families First Coronavirus Response Act, any adverse actions or closings are on “pause” indefinitely until the federal emergency COVID-19 declaration ends.

All state offices are now closed; however, we can help you over the phone at 1-855-FSD-INFO or [online](#). If you need to send in verification documents like copies of your ID card, paystubs, or statements, you can temporarily send them to FSD.Documents@dss.mo.gov or fax to 573-526-9400. **Do not send questions to this email or fax number, we will not be able to respond.**

Starting Saturday, March 28, 2020 the Family Support Division (FSD) Call Center will temporarily operate seven days a week and expand hours to handle the growing influx of calls from low-income Missourians for services. The temporary hours of operation starting on March 28 will be Monday through Friday, 6:00 a.m. to 6:30 p.m., Saturday 8:00 a.m. to 5:00 p.m., and Sunday 10:00 a.m. to 3:00 p.m.

Missourians can apply for services 24/7 online by visiting MyDSS.mo.gov, or sending completed applications and verification documents by email to

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FSD.Documents@dss.mo.gov, or by fax to 573-526-9400. Missourians who have questions or need assistance can call 855-FSD-INFO or 855-373-4636 Monday through Friday, 6:00 a.m. to 6:30 p.m., Saturday 8:00 a.m. to 5:00 p.m. and Sunday 10:00 a.m. to 3:00 p.m.

The Department of Social Services is committed to serving the needs of Missouri citizens during COVID-19 pandemic. Information regarding the department's response to the pandemic is available online <https://dss.mo.gov/covid-19>.

Food / supplies

Some AMAZING community organizations and churches in our area have come together to create resources during the COVID-19 crisis. Check out their new website for all the details! <http://417outreach.com/>

Restaurants with curbside or home delivery and how to order – updated daily

https://docs.google.com/document/d/1gK9HD_oUu9QMAMMDIM6oZFXfxrhW0r0iD31bta9-sZ4/edit?fbclid=IwAR0MU9j8gOpF-R3g3uRNm3O4FOJicYCtBZ1HDKTETA8xSkP70PqoWZp5JUc

El Charro Mexican Restaurant: will be offering a FREE kids meal (crunchy taco, rice, beans and lemonade) from 12-4pm daily for any child. No purchase required – Sunshine and Glenstone (Springfield) locations only."

Diapers, baby wipes and Misc.

Republic Pregnancy Resource Center (291 US Highway 60) - Director Mary Beth Jackson

The Pregnancy Resource Center will be open Monday through Thursday 10:00 a.m. to 4:00 p.m., handing out diapers (sizes 0-6) and baby wipes.

Calvary Baptist Church (804 US60, Republic) 417-732-1405 Tuesday and Wednesday 1:00-4:00 p.m. Hygiene Kits, Bottled Water, Gatorade, Paper Towels, Baby Wipes, Diapers

Internet access

Internet access is available on the parking lots of the [Springfield-Greene County Library District](#) branches where possible. That includes at the Library Express West, on Orchard Plaza parking lot. The Library has extended it to 24 hours a day during the #COVID19 pandemic.

Possible free internet (may only work for specific plans)

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Comcast https://juliesfreebies.com/possible-free-2-months-internet-service-from-comcast-internet-essentials-promotion/?fbclid=IwAR3IsG9rmyoGmUpKKKzVB0sff-lls3ijoYgnb8jSljEf_YAD26ALWqEegC0

Straight Talk -Straight Talk Wireless- text COVIDto 611611for 10gb of hotspot internet for FREE

Communication

13 Zoom, chat tricks

<https://www.wizardingworld.com/collections/harry-potter-at-home>

APPS for virtual communication

- Facetime
- Whatsapp
- Skype – group chats
- Marco Polo – for sending videos or messaging
- Facebook Messenger
- House Party – to play games
- Google Hang Out Meet – for google users

Health

Be Well Community - <https://bewellcommunity.ca/>

Both hospitals are closing some of their urgent cares. Follow the links to see what facilities are open and you are able to make appointments online to prevent from setting in the waiting rooms.

Cox - https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm_source=bing&utm_medium=cpc&utm_campaign=IP_PS_Mercy_Springfield_EBattlefield_NB_BB&utm_term=fast%20%2Burgent%20%2Bcare&utm_content=Urgent%20Care%20-%20BMM

Mercy - https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm_source=bing&utm_medium=cpc&utm_campaign=IP_PS_Mercy_Springfield_EBattlefield_Brand_BB&utm_term=mercy%20urgent%20care&utm_content=Mercy%20Urgent%20Care%20-%20Exact

Mercy Now Offers Video and Telephone Visits

As a leader in virtual care, Mercy is able to offer many safe alternatives to in-person office visits, for both adult and pediatric care. **Video visits allow you or your child to meet with your provider, securely and confidentially.** It's designed

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to get you the care you need without waiting for social distancing restrictions to be lifted. Our providers are also using telephone visits for patients who don't have video capability on their computer or phone, or for situations where a full video visit isn't required. Visit [MyMercy](#) for more information or to schedule your video or phone visit today.

Cox Offers Video Visits <https://www.coxhealth.com/services/virtualvisits/>

Virtual Visits offers online care for common conditions like strep throat, allergies and stomach flu. It's all made possible through a live, completely confidential video consultation service. It uses a secure online video connection (like Skype or FaceTime) so you can have a private visit with a qualified CoxHealth medical professional. If you have a computer, smartphone or other mobile devices, you can have an appointment. How easy is that? Online appointments are available for people ages two years and older. There are no unexpected costs and if you need a prescription, we'll call it into your pharmacy. Some Basic Care visits may require additional labs or exams that aren't available in all settings.

Jordan Valley – updates <https://www.jordanvalley.org/news-and-events>

*****If you are or someone you love is having a medical emergency please call 911 and/or go to the emergency room.**

Senior Age Emergency opt in program

<https://senioragemo.org/breaking/seniorage-alert-program-opt-in-form/>

OT made outside exercise video -

<https://www.facebook.com/rebekahjohnstone/videos/10221689818012397/>

Mental Health

Join Burrell Behavioral Health on their facebook page - Join daily from 12:45-1:15 to practice self-care and connection during the COVID-19 response.

https://www.facebook.com/BurrellCenter/?_tn=%2CdkCH-R-R&eid=ARBwi1R7qkukLEZqPQqgsqVSUdSq7abEsPKKJMmqNM4I5NyT_hIUaISAMRcCHZKSp-h7WYh8qA3cccOm&hc_ref=ARSRL-aMOK7C3lqroFTQqDUeS5h_Jn7pAnVzVdMwhWFyS--sHIXbppn8jrGVeJJ-oA&hc_location=group

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Burrell Crisis Line 800-494-7355 24 hours a day / 7 days a week

Crisis Text Line – Text HELLO to 741741 or message us a facebook.com/crisistextline to chat with a crisis counselor. 24 hours a day / 7 days a week

National Suicide hotline 800-784-2433 or 800-422-4673 24 hours a day / 7 days a week

Spectrum 1-833-267-6094

10 Best Apps for Mental Health

1. What's Up.
2. Quit That.
3. Mindshift.
4. Headspace.
5. My3 Support Network.
6. Talk Space Counselling & Therapy.
7. Happify.
8. Calm.
9. Moodpath.
10. Pacifica.

Cell phones

Check with your provider – some providers/carrier are postponing payments until May.

Unemployment

- Do I qualify for unemployment?
<https://labor.mo.gov/DES/Claims/calculator>
- Missouri unemployment: if you are approved for unemployment, you still need to make your weekly request for payment. COVID related claims don't require work search, so enter 0 there. It is open now for the 3/22-3/28 week - always opens on Sunday. The sooner you file, the sooner it is processed.
- You can check the status of your weekly claim by logging into your uinteract account, going to Inquiry, Benefits, Claimant/Claim Inquiry and it will be near the bottom.

Employment resource page <https://www.careeronestop.org/>

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MO Career Center <https://www.springfieldmo.gov/1007/Workforce-Development>

Activities

Parents resource

<https://echoautism.org/parent-resources-during-covid-19/>

Springfield Greene County Park Board updates – what parks and activities are currently available <http://www.parkboard.org/civicalerts.aspx?AID=234>

Nature Center – Indoor facilities closed but trails open also link for nature learning activities. <https://nature.mdc.mo.gov/discover-nature/teacher-portal/discover-nature-schools>

Missouri Department of Conservations (trails, lakes etc.)

<https://mdc.mo.gov/about-us/mdc-covid-19-response>

Springfield Greene County Library - Library Don't forget -- you can use the Library's online resources 24/7 with your library card at thelibrary.org. You can also apply for a temporary library card at thelibrary.org/catalog. Stay healthy, everyone, and watch for updates on Facebook!

Free online yoga class

<https://www.myyogateacher.com/free-group-classes-online-v2i.html?fbclid=IwAR0WVHYvLCBGkcQOVaHB4hUTSP1axRvQmW9acurhG0zBVawNMoqi p3OHfl>

Free Yoga training for kids

https://quiz.kidsyogastories.com/sf/161e0ab1?fbclid=IwAR1XII11qrtGsUqNsq-33YpFc6gWFA_R7lcLHb34yvkulllZnpZ8343PXUU

List of authors and illustrators that are doing online story time

<https://kidsactivitiesblog.com/136038/online-story-time/?fbclid=IwAR3KUNtq-8cNV4iqjsh-uSMdnDcotHH7xQhSiZBlxdQWbioP6Jp56eSkyk>

Missouri State has a website with a variety of links to various activities from streaming, art, to fitness <https://alumni.missouristate.edu/maroonation-hibernation.htm>

Ozarks Public Television launch educational show for kids stuck at home

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<https://www.ozarksfirst.com/local-news/local-news-local-news/ozarks-public-television-launch-educational-show-for-kids-stuck-at-home/>

The Library of Congress is collaborating with *Captain Underpants* author and illustrator **Dav Pilkey** to create weekly videos for kids (and adults!) who might want to try their hand at drawing while we're social distancing at home. Starting Wednesday April 1, the Library will release videos and other downloadable activities on its [website](#) and social media feeds. The content is free and accessible to the public. Activities include tips for creating your own characters or acting out scenes from *Dog Man*, which is part of the *Underpants* universe and focuses on a half-man, half-dog police officer. On Friday mornings at 8 AM, Pilkey will release new videos with drawing demonstrations, reading aloud, and more. Hopefully this means you'll hear Pilkey himself sing out Captain Underpants' catchphrase, "Tra la laaaa!" <https://loc.gov/engage>

Dickerson Park Zoo – Daily Facebook live post with animal interactions and education <https://www.facebook.com/DPZoo/>

Arc at Home <http://www.thearcoftheozarks.org/arc-at-home?fbclid=IwAR3QmzU207OToEs2N1kLgmJIARhaDb7NVjbNjXC3p2AtbgYcl67h0cZmgFs>

Bust the boredom with these creative toilet paper crafts!

25 Crafts >> <https://howdoesshe.com/25-creative-crafts-made-from-toilet.../>

Grover reads the monster at the end of the book

https://www.youtube.com/watch?fbclid=IwAR1qiGEtsFsAlcl57HGTgtuaik4rjKP_-2rHN4iaLJNpMRgZOi5tnO_7nt4&v=42iXxfGiwDg&app=desktop

Bringing Hogwarts Home to you

<https://www.wizardingworld.com/collections/harry-potter-at-home>

Starkloff Disability Institute is thrilled to host a LIVE Q+A with Judy Heumann, our longtime friend and former Board Member, on Saturday, April 4 at 6 p.m. CST!

https://starkloff.org/cripcamp/?fbclid=IwAR3WTc8QLNoPhcxvxlxNk4hzGlq0Z_0Sv-vLFbb0lacdRgvcCqG3epdOWKc

Celebs read to Children

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<https://nerdist.com/article/celebrities-reading-childrens-books-charity-save-with-stories/?fbclid=IwAR0h3l-uqogQ8aedsbz4Co2b55XJZTzmhpVQgfQbMWamS-IRcvuUFW9kHYU>

Activities for Seniors

<https://dailycaring.com/9-enjoyable-activities-for-seniors-with-limited-mobility/>

Back yard activities: <https://littlebinsforlittlehands.com/10-stress-free-backyard-play-ideas-for-kids/>

At Home activities <https://www.ky3.com/content/news/LIST-Activities-to-do-at-home-with-kids-569096231.html>

Hulu Frog - local weekend guide for kids <https://hulafrog.com/springfield-mo/the-weekend-guide-support-local-from-home-this-weekend-?fbclid=IwAR2bHTQZfR3p8VVI5RXkv3li5i8kPDu6SXctHCmR95A-uuJwOadGjU4COQc>

Redecorate your space - And by redecorate, we don't mean go out and buy a ton of new stuff. Rearrange furniture, **declutter**, swap out art, etc. Any little changes you can make throughout your space will not only get you thinking creatively, but will also help you feel reinvigorated by a change of scenery.

<http://theglitterguide.com/2019/01/03/glitter-guides-30-day-decluttering-checklist/>

Take a nature walk or do a plastic bug/butterfly hunt: Depending on your weather conditions, of course. But if Mother Earth allows, take a leisurely nature walk and **journal** or photograph things that you see that spark your creative energy.

Play around with disposable/digital cameras - You can **get a disposable camera**, or invest in **a more permanent one**, but playing around with film is a great way to pass the time and also challenge your creativity. Get beyond the scope of iPhones and mirrorless cameras that can do all of the work and learn how to take cool, quirky film photos that speak to you.

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Put on a record and have a dance party - Taylor is a big fan of this one with her family. Not only are you sparking creative energy through music and movement, but you're also getting that blood flowing and releasing endorphins.

Make a vision board. - No, not a Pinterest board, but a physical, real-life vision board. Find magazines, newspapers, mailers, and create a board that inspires you creatively. It could be a motivating vision board that boasts your big lifetime goals, or just an aesthetic mood board that gets your creativity flowing. <https://youtu.be/4s9RrA8xhos>

Color something - Adult coloring books have become really popular as a source of relaxation and relieving anxiety. Grab yourself a **fresh pack of Crayola's** and a fun coloring book and just go to town

Style your shelves - Try **color-coordinating your bookshelves** or style family photos on your shelves. It's a good way to get you to look at the big picture and fill it in accordingly. If your shelves are already styled, try mixing it up. Instead of color-coordinating, remove all the jacket covers or flip the books around for a neutral, streamlined look.

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Rock scavenger hunt, Then paint them. Go to a park or the backyard and find cool small to medium sized rocks. Bring them in a wash them off and dry. Then grab your paint supplies and paint them

Make Jewelry/crafts <https://iheartcraftythings.com/spring-crafts.html>

Make a Jumbo Bubble Kiddy Pool.



<https://www.makeandtakes.com/how-to-make-giant-bubbles>

Make Sensory Bins: Start with the basics: Use some rocks, sand, water, ice, and small items like plastic toys. Fill a bin and play.

<https://littlebinsforlittlehands.com/dinosaur-sensory-bin-outdoors-moon-dough-more/>

Screen Free, which means that thousands of turning off the TVs, video games, hand-held devices and computers. Yes, computers have become necessary tools, but they're also a major distraction that suck up hours upon hours of our daily lives. So reset your screen addiction and dust off your creative thinking skills!

Here are **ideas for boredom busters**

1. Read a guilty pleasure novel.
2. Start a garden in a kiddie pool (plastic kiddie pool, dirt, seeds or started plants) Plant some edible seeds. Don't have a garden? Many veggies such as lettuce and radishes grow well in pots.
3. Tidy up your garden and then share extra perennials with your neighbors while practicing social distance.
4. Start gathering up extra stuff for a garage sale or thrift store run.

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5. Make art/crafts that you could sell in a market.
6. Write a letter to someone special.
7. Go to sleep earlier.
8. Assemble extra meals for your freezer.
9. Start a journal.
10. Put on your (positive and appropriate) favorite music from high school and belt. Out. Those. Tunes! (within normal sound level)
11. Finish up your craft projects.
12. Clean your house.
13. Pick up an instrument and learn to play it- practice, practice, practice.
14. Bake a delicious treat, and then share the bounty with your peers/staff.
15. Go outside and kick a soccer ball or shoot hoops.
16. Go play Frisbee Golf
17. Send an unexpected gift to a child.
18. Pull out your mending pile and bring your wardrobe back to life.
19. Put your best sheets on your bed and then take a nap.
20. Write down your goals for the summer.
21. Set up a still life and draw it, even if you're normally not an artistic person.
22. Drive to the fanciest neighborhood in town and go for a walk among the mansions.
23. Grab a notebook and do nothing but doodle to see where your mind goes.
24. Bake bread and then relax into the smell.
25. Pull out your board games and play into the night.
26. Take all your blankets and pillows and build a kick-ass fort in the backyard. Eat dinner in there.
27. Set up a lemonade stand.
28. Lay a blanket out in your backyard and stargaze.
29. Pull out your piles of paper to organize, shred and file.
30. Take a long hot bath while listening to your favorite music.
31. Listen to audible books online.
32. Take advantage of any sunny days to wash your bedding and hang them on the clothesline.
33. Read aloud to yourself or ask staff to read to you, even if they think they're too old for it.
34. Put a fresh coat of paint on a tired old piece of furniture.
35. Exercise- go walking, dancing-move your body to release any pent up energy.
36. Recreate your favorite restaurant meal at home.
37. Take another nap.
38. Find all the gift cards you've received through the years and *treat yo self*.
39. Prepare a meal to bring to the parents of young children. Trust me, they need it.
40. Pull out your comic books and catch up with Archie, Spiderman and Buffy.
41. Open your windows and air out your house.
42. Drive to the country and stop at all farm stands.
43. Make your own postcards and mail them to far-flung friends.
44. Read an autobiography.
45. Get a book of craft projects from and attempt creating something.

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46. Make a flower bouquet from your own garden, even if it's mostly greenery.
47. Hula hoop, make a side walk chalk four square, obstacle course or play hopscotch.
48. Go for a hike.
49. Wash all your sneakers and shine all your shoes.
50. Go on a picnic.
51. Treat yourself as you would a guest and prepare yourself a sumptuous feast within diet restriction.
52. Finish a home improvement project.
53. Declutter and reorganize your closet in a way that's pleasing to the eye.
54. Buy yourself something completely indulgent from a bakery.
55. Go find a local body of water. Meditate by a river, pond ,it will restore your spirits.
56. Take another nap.
57. Write a short story.
58. Go to your nearest track and do some power walking.
59. Surprise your support team with a fancy dessert on a weeknight.
60. Give yourself a manicure or pedicure.
61. Bust out that deck of cards for an hour or two of gin rummy, poker, solitaire or go fish.
62. Do an anonymous good deed for a stranger.
63. Find some new music to enjoy.
64. Sit at an outdoor cafe and people watch.
65. Plan a day trip and explore your own state.
66. Dump out one junk drawer and get it clean and organized.
67. Dedicate one day to all your boring errands to get them over with.
68. Trade magazines with a support staff, and then bring the whole stack into bed.
69. Play with Legos! Spread a sheet on your living room floor and dump out all of your Legos and start creating.
70. Challenge yourself to create their own board games, and then be willing to play the games.
71. Take a nature walk in your own neighborhood and take close up photos of the plants and flowers.
72. Stare into space and let your mind wander.
73. Read the actual newsprint version of your local newspaper.
74. Write a letter of appreciation.
75. Sign up for a one day class in an area of interest for when businesses and agencies open back up.
76. Go to a comedy club and laugh your ass off.
77. Pore through your cookbooks and find new recipes to try.
78. Do things that would normally be outside of your routine.
79. Take another nap.

HBO offering FREE 500+ hours of shows and movies -

<https://variety.com/2020/digital/news/hbo-free-streaming-500-hours-sopranos-veep-wire->

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[1234569585/?fbclid=IwAR2_Sf9tPjQXYQYssfQ8RL1CdiLOkumfs7Y8mwGFU5edZFoVFMZOzl5e1mk](https://www.facebook.com/1234569585/?fbclid=IwAR2_Sf9tPjQXYQYssfQ8RL1CdiLOkumfs7Y8mwGFU5edZFoVFMZOzl5e1mk)

Virtual Fieldtrips

around the world. -

https://docs.google.com/document/d/1ZAxFV2_uSk44q75y4odr8XjuZ7KWUDvkSptHi6TVfE/preview

Wonders of Wildlife daily animal update -

[https://www.facebook.com/wondersofwildlife/?_tn_&eid=ARADqEDQT4y40MMvNax5ji95Bxr00a4OESYqxqUkB2oH-YSdsG9vU6k5KCKX8hTvVKlyZpPcPINvLaxv&hc_ref=ARRS3OhtWCDnx9e_9cptQmEP01cl06T1VID3stiOGhZwpXU8JqLIISVftKA2i21Lbso&fref=nf&_xts__\[0\]=68.ARDCZQE7j1HGykOlpoQRwcrlyX62hkNbDVUU3L4UiJq8wAd1hLEYHmJ4FcuJuWwx_6O7puBHCHSIIxz1lxGoF0-NnBcXRudlg4U7C8MyRTWxtmwbDNvYhBx2PBVWjwqMQ1_T0OPK3WITAI4hD-hYkDjUMOFENWbq_u17eQos8o8mtY1wbH7KMcjOZJvKyy6lmbSRXTEAILZonNXbRozcCFHe_p_gQqFfRHU42GT0ZwzECeZ4-9Y9lyqV8G72XPLdE9ABh9ngsJ8rqFco4mU5YHmcMo32HZ5Gr8qCeE-47_2Inf2b1jOcd7EQ0Ury0j2VZC0uU5ZLcfZ83DNcDUgx3YhXb2FWA](https://www.facebook.com/wondersofwildlife/?_tn_&eid=ARADqEDQT4y40MMvNax5ji95Bxr00a4OESYqxqUkB2oH-YSdsG9vU6k5KCKX8hTvVKlyZpPcPINvLaxv&hc_ref=ARRS3OhtWCDnx9e_9cptQmEP01cl06T1VID3stiOGhZwpXU8JqLIISVftKA2i21Lbso&fref=nf&_xts__[0]=68.ARDCZQE7j1HGykOlpoQRwcrlyX62hkNbDVUU3L4UiJq8wAd1hLEYHmJ4FcuJuWwx_6O7puBHCHSIIxz1lxGoF0-NnBcXRudlg4U7C8MyRTWxtmwbDNvYhBx2PBVWjwqMQ1_T0OPK3WITAI4hD-hYkDjUMOFENWbq_u17eQos8o8mtY1wbH7KMcjOZJvKyy6lmbSRXTEAILZonNXbRozcCFHe_p_gQqFfRHU42GT0ZwzECeZ4-9Y9lyqV8G72XPLdE9ABh9ngsJ8rqFco4mU5YHmcMo32HZ5Gr8qCeE-47_2Inf2b1jOcd7EQ0Ury0j2VZC0uU5ZLcfZ83DNcDUgx3YhXb2FWA)

Swim with Sharks - [https://apsari.com/ripleys-aquarium-in-canada-is-offering-livecams-for-](https://apsari.com/ripleys-aquarium-in-canada-is-offering-livecams-for-sharks?fbclid=IwAR2ZGOW5PD_dGt8hbtyj3uCV0INbhOSEZGGDmWz5gMnLO2liQswl35AWPZY)

[sharks?fbclid=IwAR2ZGOW5PD_dGt8hbtyj3uCV0INbhOSEZGGDmWz5gMnLO2liQswl35AWPZY](https://apsari.com/ripleys-aquarium-in-canada-is-offering-livecams-for-sharks?fbclid=IwAR2ZGOW5PD_dGt8hbtyj3uCV0INbhOSEZGGDmWz5gMnLO2liQswl35AWPZY)

Turn phone into museum - https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-museum?utm_source=facebook.com&utm_medium=social&utm_campaign=southernliving_southernliving&utm_content=link_internalcrosspromotion_travelandleisure&utm_term=20200401&fbclid=IwAR1q_dqGGVLLQYMr-EBIfq88NeCfXrRgvl_qWq9eD4SV1B7jAav7WRWPmOY

The National Theatre is going to stream a free play every Thursday night

https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?utm_medium=Social&utm_source=Facebook&cid=%7Elondon%7Enatso%7Efacebook%7Eechobox&fbclid=IwAR38COSjYssJCFXuWuTMrgIT5Ds4TChx689u-WEvmJNXZPY7MFgETH2aA#Echobox=1585229560