***Activities During Lockdown***

Use CTRL + Click on the links.

**Health and wellbeing – exercise classes:**

<https://www.nhs.uk/conditions/nhs-fitness-studio/-> free pilates, cardio and strengthening videos from the NHS ranging from 10-45 minutes.

**Fusion and YMCA members** can sign up to these online classes which are part of their subscriptions:

<https://www.fusion-lifestyle.com/fitness-membership/>

**Joe Wickes** – 10 minute workouts for Seniors and Schools PE Workout – live Mon-Fri 9am- search on you tube – f<https://www.youtube.com/watch?v=TeRC_4WO-Dg>

**JCW Fitness** – <http://jcwfitness.co.uk/>

Pilates, yoga and cardio classes – usually take place in venues across Muswell Hill but are now running online on Facebook– register for a free week and then there are subscription feesof £29.99 per month.

**10 today** – free 10 minute audio and video workouts designed by and for older people. <https://10today.co.uk/about/>

**Silver Active -**

Topic: Reggaetivity with Sharon
Time: Apr 23, 2020 01:15 PM London
Join Zoom Meeting
<https://zoom.us/j/8446700594?pwd=a3hER0NIb01qeFNrbE8zR3MxaDh1QT09>Meeting ID: 844 670 0594
Password: Jahla
1:15 - 1:45 Chair Dance

1:50-2:30 Dance Fitness

[**Simple Home Exercises for Older People**](https://www.prestige-nursing.co.uk/exercise/simple-home-exercises-for-the-elderly/)

[**Gym-free exercises**](https://www.nhs.uk/live-well/exercise/gym-free-exercises/)

[**Age uk/ simple exercises for older adults**](https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/)

[**Chair Based Exercise**](https://www.activenorfolk.org/a-z/chair-based-exercise)

[**How to exercise at home if you're avoiding the Gym during the covid 19 outbreak**](https://www.healthline.com/health-news/exercise-at-home-to-avoid-gym-during-coronavirus-outbreak)

**Cooking**

Bags of Taste are offering two methods to cook with them:

1. You can register for a free virtual cooking course from Bags of Taste and learn how to make tasty dishes from around the world, cooking at home at your own pace, with support from the team over phone/whatsapp. Get ingredients for 7 meals, delivered free to your home. This is only available in Hackney /Haringey and Islington for the moment.
2. OR, if you don’t live in the area, you can still join our online cooking course by buying your own ingredients. You will still get support from the team over phone/WhatsApp.

*Register now at* *registration@bagsoftaste.org* *or call/text 079 2324 8586*

**Hobbies & Interests**

Gardening tips from Christine Walkden

<https://www.ageuk.org.uk/information-advice/travel-hobbies/hobbies/gardening-tips-and-advice/>

Video tutorials on art, macrame, knitting and baking and more. [Click here](https://metro.co.uk/2020/03/23/first-aid-baking-free-tutorials-try-self-isolation-12442637/)

### **Online games**

Chess - [click here](https://www.chess.com/) for chess.com

Learn a language - [click here](https://www.duolingo.com/) for duolingo.com

Bridge -[click here](https://www.bridgebase.com/) for bridgebase.com

Quizzes - fun quizzes on all kinds of subjects - [click here](https://www.sporcle.com/) for sporcle.com

Countdown - - [click here](http://happysoft.org.uk/countdown/numgame.php) for the popular TV quiz show game on happysoft.org.uk

### **Music, culture and learning**

**The National Theatre** is live streaming productions on YouTube every Thursday evening. [Click here](https://www.nationaltheatre.org.uk/nt-at-home) for info

**Cirque de Soleil** 60 minute special. [Click here](https://www.youtube.com/watch?v=nQ5eUJNXrMw) to view.

**Royal Opera House** – is offering free streamings #ourhousetoyourhouse

<https://www.roh.org.uk/streaming>

**Sadlers Wells** – full length dance performances and workshops.

<https://www.sadlerswells.com/whats-on/2020/digital-stage/>

Interactive live music activities on Facebook from **Electric Umbrella** - [click here](https://www.electricumbrella.co.uk/) to find out more

An online creative space run by theatre company **Chickenshed** bringing people of different generations together - [click here](https://www.chickenshed.org.uk/space-between-us-project) to find out more

The **New York Met Opera** is releasing a recording from their archives every day. [Click here](https://www.metopera.org/%C2%A0-) to view

Archive of public domain feature films, including many silent and film noir greats. [Click here](https://archive.org/details/feature_films) to view

The **Open Library** project - [click here](https://openlibrary.org/) to view

Berlin Philharmonics' Digital Concert Hall - [click here](https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/) to view

Free online courses from **The Open University** - [click here](https://www.open.edu/openlearn/free-courses) to view.

Online courses from top universities and institutions [Click here](https://www.futurelearn.com/courses) for **FutureLearn** courses

Some books are now free on **Audible** - [click here.](https://www.audible.co.uk/)

Natasha and Pierre, King Lear with Anthony Hopkins and Much Ado About Nothing with Tennant and Catherine Tate. [Click here](https://drive.google.com/drive/folders/1loHheg3mfc19WYCO_H_MsxR5Sr_NoK9Q)

Live streams from Monterey Bay aquarium. [Click here](https://www.montereybayaquarium.org/animals/live-cams)

Learn ancient languages [click here](http://lexicity.com/)

Virtual tours of museums around the world [click here](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)

Chatterpack - a list of online resources to keep people entertained when you are stuck at home [click here](https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home)

### **Online religious services**

Catholic religious services streamed. You can even search for your local parish. [Click here](https://www.churchservices.tv/timetable/) for their timetable of services.

Church of England services and bible readings from churches in Barnet. [Click here](https://www.achurchnearyou.com/search/?lat=51.6569225&lon=-0.1949252&place=Barnet%2C+UK&tags=Live_stream&text=) to find out the next services.

Guidance for Muslim communities. [Click here](https://mcb.org.uk/mcb-updates/coronavirus-guidance-for-mosques-and-madrassas/) for advice from the Muslim Council of Britain.