

DDO Seniors Club

Virtual Activities

WEB SERIES

We're All in this Together is an **18-episode web series for seniors**. A collaboration between ELAN Quebec (the English Language Arts Network) and Seniors Action Quebec, the series is a community initiative designed to reach English-speaking seniors across Quebec with online episodes featuring entertainment, activities and conversations that are “specifically for them and about them,” said Guy Rodgers, executive director of ELAN Quebec.

The videos will be released **every second Friday**. Subjects include book clubs, exercise, art therapy and a pub night. Topics are selected and vetted by a focus group of seniors or people who work with seniors.

Watch the first video HERE:

[Holiday Baking with Hainya & Linda](#)

The second episode, set to go live **Monday December 21**, is an uplifting holiday concert featuring many award-winning Jazz musicians.

Subscribe to their [Youtube channel](#) or hit the Like button on their [Facebook page](#) to access the coming episodes.

RECIPES

Here are some recipes to try during the holidays. You can freeze the extras, or send them to your loved ones.

[Maple Pear Scones](#) (great for breakfast or dessert)

[Homemade Yolos](#) (caramel-like, chocolate covered balls)

[Eugénie's Chutney](#) (a recipe my brother-in-law got from my grandma)

[Apple Spiced Muffins](#)

BROADWAY VIDEOS

Following the 4 part series on Broadway that was presented this Fall, here are some videos for you to explore, featuring Broadway performers.

- Kellie O'Hara - Almost Real from Bridges of Madison County:
<https://www.youtube.com/watch?v=apnHOwWuTkQ>
- The Prince of Egypt Musical | When You Believe:
<https://www.youtube.com/watch?v=wTWbZAqRJDC>
- Lea Salonga - On My Own from Les Miserables
<https://youtu.be/VjfmP7h3gBw>
- Mandy Patinkin - Finishing The Hat from Sunday in the Park with George
<https://youtu.be/ducG55pfCMQ>
- The Circle of Life from The Lion King
<https://youtu.be/ewOAsUWQJvo>

TEDTALKS: (french subtitles available)

www.ted.com has thousands of talks by experts on any subject you are interested in. Here are a few to inspire you.

- TEDTALK with Julie Taymor: Spider-Man, The Lion King and life on the creative edge: <https://www.youtube.com/watch?v=SN7wO06Yz1E>
- Sleeping with Science Ted Series: (french subtitles available)
https://www.ted.com/series/sleeping_with_science
- If you adults won't save the world, we will: Xiye Bastida deeply moving letter to her grandmother.
https://www.ted.com/talks/xiye_bastida_if_you_adults_won_t_save_the_world_we_will
- The transformative power of classical music
https://www.ted.com/talks/benjamin_zander_the_transformative_power_of_classical_music?rid=VMNtED88pBMJ#t-1027671

- An 11-year-old's magical violin
https://www.ted.com/talks/sirena_huang_an_11_year_old_s_magical_violin

VIRTUAL GAMES

Free online games that will keep your mind engaged.

Virtual Bingo

If you have a Zoom account you can organize your own virtual bingo game with friends and family over the holidays.

Here is the website: <https://myfreebingocards.com/numbers/1-75>

Instructions:

1. Click on 30 Cards for Free, a new tab will open.
2. Share the virtual link provided with friends
3. Send a Zoom invitation to your friends
4. When you are ready to play, click on Call Game. Then you can call the bingo numbers over Zoom or whatever other platform you choose to use.
5. Have fun!

Sudoku

<https://sudoku.com/fr> (french)

<https://sudoku.com/> (english)

Luminosity

Create a free account on Luminosity and play games that will help improve your memory and increase your focus.

<https://www.lumosity.com/fr/> (french)

www.lumosity.com/en/ (english)

Mot Mystère

<http://www.sympatico.ca/jeux/mot-mystere-1.1477623> (in french)

Mot Croisés

<http://www.sympatico.ca/jeux/grille-mots-croises-1.1477656> (in french)

VIRTUAL TOURS

Check out these articles and websites that have virtual tours of marvels around the world. **These videos are often touch sensitive, meaning that you can hold down and drag your mouse to view from different angles!

- <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

(article in french)
- <https://hihostels.ca/fr/magazine/visite-virtuelle-endroits-incroyables-au-canada>

(articles in french)
- <https://www.fadoq.ca/reseau/activites/voyage/quoi-faire-a-la-maison-5>
- Musée des Beaux Arts **free until January 11th** - with audio guide
<https://www.mbam.qc.ca/en/museums-gift-of-the-holidays/> (english)
<https://www.mbam.qc.ca/fr/musee-cadeau/> (french)

DOCUMENTARIES (in french)

- 100 ans à table
<https://video.telequebec.tv/details/31490>
- Le Roi des Kangourous
<https://video.telequebec.tv/details/35782>