

Online Resources

Resources are subject to change. If a link no longer works, please let me know

Creative Arts

Free Online Lessons

- Fender offering guitar and ukulele lessons - <https://www.fender.com/play>
- Gibson offering guitar lessons through Amped Guitar Learning app (through apple and android)
- Guitars 4 Vets offering guitar lessons <https://www.facebook.com/GuitarsForVets/>
- Skoove piano lessons - <https://www.skoove.com/blog/covid-19/>
- Learn to Record through Ableton Software, free 90 day trial - <https://www.ableton.com/en/trial/>
- Creativets offering painting and sculpture tutorials - <https://www.facebook.com/creativeterans/>
- Coursera – offering free classes in poetry, journalism, script writing, and photography - <https://blog.coursera.org/coursera-together-free-online-learning-during-covid-19/>
- Lincoln Center – Every weekday at 2:00 EST; geared toward families with children, creating with found materials around the house. Offering classes on songwriting, puppetry, flipbook-making, etc. <http://lincolncenter.org/lincoln-center-at-home/show/lincoln-center-pop-up-classroom-1>
- Nikon School – free photography classes through April - <https://www.nikonevents.com/us/live/nikon-school-online/>
- Veterans Art Workshop Online – free movement, meditation, journaling and mindfulness classes - <http://exit12danceco.org/vaw-op>
- Armed Service Arts Partnership – free workshops in comedy, improv, creative writing, and artwork geared toward veterans <https://www.asapasap.org/>

Free Streams and Concerts

- Metropolitan Opera offering Free Nightly Streams - <https://www.metopera.org/user-information/nightly-met-opera-streams/>
- Six String Soldiers live every weekday at noon - <https://www.facebook.com/thesixstringsoldiers>
- Grammy Museum streaming concerts - <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- Berlin Philharmonic offering Free Nightly Streams - <https://www.berliner-philharmoniker.de/en/titelgeschichte/20192020/digital-concert-hall/>
- Andrew Lloyd Webber Broadway series - <https://www.youtube.com/theshowsmustgoon>
- Shakespeare Globe TV – free Shakespeare plays at the Globe - <https://globeplayer.tv/>

Free Museum Tours

- Musical Instrument Museum – Music Matters – collection and preservation of world instruments, as well as concerts - <https://www.youtube.com/user/MIMphx/featured>
- Shakespeare’s Globe Theatre <http://www.openculture.com/2018/05/take-a-virtual-tour-of-shakespeares-globe-theatre-in-london.html>
- <https://thedali.org> – Dali Museum offers Virtual Tours

Writing

- <https://vimeo.com/showcase/5657419> - 5 short Veteran readings, full staged reading, short video of children's project (won't open on VA computer).
- <https://www.usatoday.com/story/news/nation-now/2018/11/11/brothers-like-these-veterans-fight-ptsd-prose/1967984002/> - 5 Veteran's readings. (VA opens)
- <https://brothersandsisterslikethese.godaddysites.com/> - North Carolina Veterans Writing Alliance, Inc. web site
- <http://brothersandsisterslikethese.buzzsprout.com/> - Podcasts

Tele - Arts

Texas Folklife

Audio Stories: <https://texasfolklife.org/programs/storiesforcreativeforces>

Florida

Straz Center for the Performing Arts

Your VetChat (open to all):

<https://www.facebook.com/events/straz-center-for-the-performing-arts/your-vetchat/623187695242624/>

VetArtSpan Website: <https://vetartspan.org/resources/>

California

Joint website for arts engagement opportunities from several partners

<http://veteranartsdepartment.com/>

North Carolina

Jacksonville-Onslow Council for the Arts

Creative Forces Open Studio: <https://www.facebook.com/groups/cfvirtualopenstudio/>

Virginia

GMU-Hylton Center for the Performing Arts Veterans and the Arts Initiative

General website: <https://hyltoncenter.org/programs/veterans-and-arts-initiative>

Workshops:

<http://hylton.calendar.gmu.edu/?cal=cvpa-hpac-veterans-and-the-arts&viewtype=list>

Workhouse Arts Center Military in the Arts : <https://www.workhousearts.org/wmai/>

(Not sure if they are offering tele-arts right now, but PFAC in Hampton Roads also has a healing arts program: <https://pfac-va.org/education/healingarts/>)

Maryland

Chesapeake Shakespeare Company online classes (open to all!) :

<https://www.chesapeake-shakespeare.com/for-u-s-veterans/community-connections/>

Colorado

CACTUS/Poetry Heals (open to all): <https://poetryheals.org/>

MAC Website (requires individual to go through an organization):

Fly Fishing

Project Healing Waters

Cast a Lifeline: Virtual Program Meeting Resources

a special new resource page aimed at providing you with opportunities to join and host virtual Project Healing Waters Fly Fishing program meetings.

<https://projecthealingwaters.org/>

Fitness

BORP - provides an extensive list of online fitness opportunities.

<https://www.borp.org/borp-online-fitness-studio/>

NCHPAD - <https://www.nchpad.org> – online training; all abilities

Adapt to Perform - From Fat Burn HIIT to Wheelchair Yoga, check out the Adapt to Perform YouTube channel for a variety of online workouts. <https://www.youtube.com/watch?v=tywMKg1vPMo>

Northeast Passage - programs for Veterans: <https://www.nepassage.org/veteran-recreation>

Spaulding Rehab - <https://sasc.spauldingrehab.org> – multiple programs. Check online for schedule.

Team Red White and Blue organization - <https://www.teamrwb.org/mobile-app/>

Achilles International is offering at-home workouts. Workouts are posted to the [Facebook Page](#) five times per week and include sessions that emphasize cardio, strength training, stretching and yoga. Workouts are accessible and, whenever possible, feature descriptive video.

- For our **Achilles Kids**, we have also developed an at-home workout program with two ways of staying fit and staying connected.

Team River Runner - For anyone interested in kayaking, check out the [Team River Runner](#) page and see what Team River Runner (TRR) is doing. TRR has live workouts “River Reps by Dave” where anyone can join and workouts are approximately 25 minutes in length. Noon EST every Wednesday and Friday.

How to join: Facebook Live...you DO NOT need to be a Facebook user!

<https://www.facebook.com/TRRUSA>

YMCA Online Exercise Classes are available to everyone absolutely free. Just browse the videos to see all of the ones they offer. You don't need to register or submit any info.

<https://thevaluepalace.com/ymca.php>

Florida Disabled Outdoor Association - FREE small group virtual coaching sessions for people of **all abilities** that can be done from home) will continue in 2021. All sessions for the Spring have been posted and are available for you to register now.

Participants will be able to select from a list of sessions and times and then register for the session(s) of interest. Since each session will be limited to a small group, the coach can give individualized attention. Anyone interested will be able to see the coach and the few others in your session from your computer via Zoom.

Sessions being offered:

- Saturdays - 10:00 am to 11:00 am (starting Jan 9) - Coach Katie
- Sundays - 11:00 am to 12:00 noon (starting Jan 10) - Coach Cassidy
- Mondays - 5:30 pm to 6:30 pm (starting Jan 11) - Coach Cassidy

Once someone registers, they will get the log-in information for the session(s). It will be super easy, they will just need to click on the link and then enter the password from the email.

<https://www.fdoa.org/miracle-bubble-virtual-coaching>

YouTube – there are multiple resources for online Adaptive Fitness Work outs. Sit And Be Fit is one that has multiple videos. Search for adaptive, restorative and therapeutic fitness videos.

Music and Movement

<https://www.blogs.va.gov/VAntage/73697/live-whole-health-self-care-episode-5-music-therapy-movement/>

Mental Health Apps

<https://www.mobile.va.gov/appstore/mental-health>

<https://www.mobile.va.gov/appstore/veterans>

Mindfulness

Includes Yoga, Breathing, Meditation, Relaxation, Guided Imagery

The Exalted Warrior Foundation is offering Movement sessions. Please visit <https://www.exaltedwarrior.com/> for the schedule and click on the individual links to view recorded sessions.

They are offering an iRest, Relaxation session daily at 4pm. Zoom app is used for the sessions.

Wheelpower - The UK-based organization is sharing their videos across the world. Check it out at: <https://www.wheelpower.org.uk/resources>

Veterans Yoga Project

<https://www.veteransyogaproject.org/veterans:>

A suggested place to start is visiting our [Practice Library](#). Here, you'll find valuable videos and other resources to begin experimenting with the **Five Tools of Mindful Resilience: *Breathing, Meditation, Mindful Movement, Guided Rest*** and *Gratitude*. In addition to the Practice Library, we have just introduced **Daily Live Online Streaming Classes!** Check our [Facebook page](#) for schedule.

Connected Warriors – <https://connectedwarriors.org/> - online resources. Register for online sessions.

iRest Yoga Sessions – Online Sangha Series. You can sign up for their Newsletter to get the links or listen to their recorded sessions as well.

<https://www.irest.org/recorded-sangha-sessions-richard-and-stephanie>

<https://www.comebackyoga.org/> - Offers free yoga online for veterans

Other resource links for Mindfulness sessions:

<https://www.youtube.com/watch?v=b2gF0nTAY0o&feature=youtu.be>

<https://www.youtube.com/watch?v=G8BsLIPE1m4>

<https://www.yogacirclestudio.com/wp-content/uploads/2015/01/Chair-Yoga-.pdf>

<https://www.uclahealth.org/marc/mindful-meditations>

<https://mindfulness-solution.com/downloadmeditations/>

<http://www.freemindfulness.org/download>

<https://www.tarabrach.com/guided-meditations/>

<https://www.youtube.com/watch?v=q4oqk5spCXY&feature=youtu.be>

<https://www.youtube.com/watch?v=1C6DsORRtRQ&feature=youtu.be>

<https://www.youtube.com/watch?v=Ha9yHW9JFgE&feature=youtu.be>

<https://www.blogs.va.gov/VAntage/73773/live-whole-health-self-care-episode-6-relaxation/>

<https://www.blogs.va.gov/VAntage/73950/live-whole-health-self-care-episode-8-compassion/>

<https://www.blogs.va.gov/VAntage/74242/live-whole-health-self-care-series-episode-11-progressive-muscle-relaxation-sleep/>

[Live Whole Health: Self-care episode #13 – Breathing Practice](#)

<https://www.blogs.va.gov/VAntage/74393/live-whole-health-self-care-episode-13-breathing-practice/>

<https://www.irest.org/recorded-sangha-sessions-richard-and-stephanie>

Multi Programs including – Fitness, Yoga, Meditation

Move United Adapt At Home – offering a variety of workouts.

www.Moveunitedsport.org/adaptathome

Parks and Recreation

Hillsborough – Family Fun <https://www.hillsboroughcounty.org/en/residents/recreation-and-culture/virtual-recreation/get-active>

Virtual Tours of Parks

[Parks from Anywhere](#)

Reading

<https://www.blogs.va.gov/VAntage/72536/free-audio-books-veterans-disabilities/> - Free audio books for Veterans with disabilities

https://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp

<https://www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp>

Tai Chi Videos

<https://www.youtube.com/watch?v=hIOHGrYCEJ4>
<https://www.youtube.com/watch?v=6nCaiM9yd9w>
<https://www.youtube.com/watch?v=cEOS2zoyQw4>
https://www.youtube.com/watch?v=T4uOAcQr_JA
<https://www.youtube.com/watch?v=oCnCSOWglUU>
<https://www.youtube.com/watch?v=AR-RMBS9d8>
<https://www.youtube.com/watch?v=ZxcNBejxlzs>
<https://www.youtube.com/watch?v=jWPPzdpcEWI&feature=youtu.be>

Adaptive Tai Chi

<https://www.youtube.com/watch?v=ZbGvYXB08uk>
<https://www.youtube.com/watch?v=FEC357DTNnA>
<https://www.youtube.com/watch?v=KQahvKSDOoY>
<https://www.youtube.com/watch?v=p3ChZziyU6Q>
<https://www.youtube.com/watch?v=0fewMdQrSd0>
<https://www.youtube.com/watch?v=ZxcNBejxlzs>
<https://www.youtube.com/watch?v=ZT8ZTxWvevA>
<https://www.youtube.com/watch?v=jvvTLfOk7UY>
https://www.youtube.com/watch?v=XAi_6syHmlw
<https://militaryartsconnection.org/military-community-members>

Misc. Resources

[25 Productive Things to Do When You're Stuck Inside](#)

[100 things to do while stuck inside due to a pandemic](#)

[100 Things To Do When You're Stuck Inside! - Gala Darling](#)

[50 Things To Do On A Boring Day At Home](#)

[**Learn Something New** - 10 Websites to Learn Something New in 30 Minutes a Day](#)