

Chapter 6

Discovering

and

Learning



🌀 Virtual Travel

🌀 Listen to Music

🌀 Museums and Art Galleries

🌀 Learning an Instrument

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Let's Learn Something New!

Travel broadens the mind, keeps us curious, and there is always more to learn. However, it is not always easy or possible to actually go everywhere you might like to visit.

The good news is that you can visit some museums, cultural monuments, and art galleries virtually! This includes some of the best known places anywhere. We will also give you some links to help visit parks - including national parks - and local places.



Virtual Travel



Have you always dreamed of visiting a particular city or country? Do you have an interest in learning about different cultures and important historical events? Is there a spark of adventure in you waiting to be ignited?

With a digital device (such as an iPad, tablet, computer, or smartphone) and internet access you can visit wherever you want. You can enjoy the tours right from the comfort of your own home. And you can also skip the long airport lines and expense.

Some of the benefits of travel are social - because sharing experiences builds friendships. Bring your friends with you by picking a time to travel virtually at the same time and while talking to or messaging each other.

✿ We would love to receive your feedback, your suggestions.

Please write an email to lira_well_being@laurentian.ca or call Josée Turcotte at 705 675-1151 ext. 4238. She speaks French too.



Virtual travelling tours are now being offered by various organizations and agencies. These tours can be experienced both live (with a tour guide) or any other time that is convenient for you.

Virtual Travel Tips

Get yourself comfortable before starting the tour. If you are participating in a live tour, ask your tour guide questions. They are the experts and can help you get something more out the experience.

Some people use objects or props to make your room resemble the travel destination a little more closely. Others make some classic recipes from the place you are visiting.

- [Free virtual tours of different locations](#)
- [Canada from Home: Explore National Parks for Free Online](#)
- [Live Virtual Travel](#)
- [U.S. National Parks](#)

Museums and Art Galleries



The benefits of visiting museums, galleries, and cultural monuments can be considerable. There are benefits both from getting a break from your everyday routines and from learning new things. And you aren't restricted to museums, art galleries, and cultural monuments.

You can visit other places such as planetariums and virtual galaxies! You can even visit zoos, and aquariums. See chapter 3 for

bird and butterfly watching venues.

So go on and check out some of the cool places you can visit right from your home.

Virtual Museums

- [Google Arts and Culture](#)

This website and app give you access to a large list of renown museums and art galleries. It even has fun interactive art games (such as taking selfies that put your face in famous paintings). Links next page

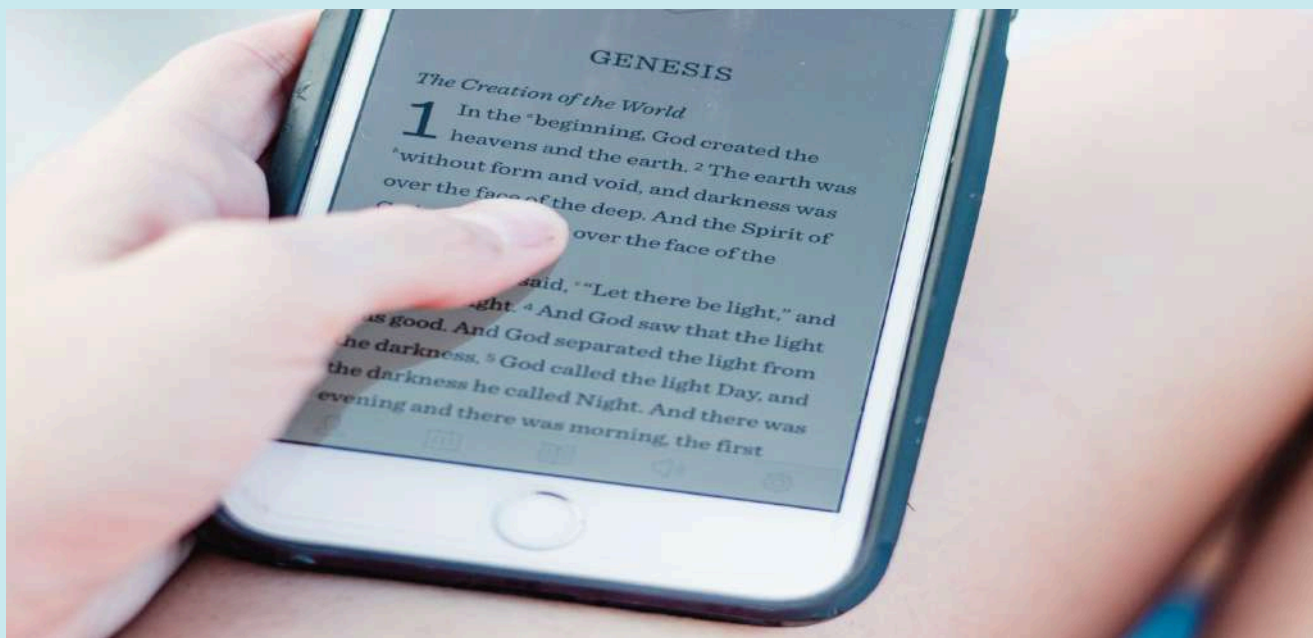


- [The Louvre, Paris](#)
- [The British Museum](#)
- [National Women's History Museum](#) Various online exhibits.
- [Royal Ontario Museum Online](#)
- [Bata Shoe Museum](#)
- [Pacific Museum of Earth](#)
- [Vatican Museum](#)
- [Nasa Museum](#)
- [Hermitage](#)
- [Egyptian Museum](#)
- [Rijks Museum](#)
- [Musée d'Orsay](#)
- [Natural History Museum](#)
- [J Paul Getty Museum](#)

Virtual Art Galleries

- [National Gallery of Art](#) Virtual tours of some of their exhibitions
- [The Dali Museum](#) Artwork of the renowned Salvador Dali
- [Google Sky](#) Explore the universe virtually and learn more about different celestial objects.
- [Vancouver Art Gallery](#)
- [Uffizi Gallery](#)
- [Prado Museum](#)
- [MoMa](#)
- [Guggenheim](#)

Reading Online - eBook



In times of limited social gatherings, where local libraries are closed, and book club meetings are not allowed, reading online might be the safest way to take a trip. No need to find a way to the library or brave storms outside. There are books at the tips of your finger.

Reading is a good way to work out the brain. Whether it's magazines, books, or even the local newspaper reading can provide you with a variety of health benefits. It provides

mental stimulation and get to learn new things. It can reduce stress, help with anxiety and enhance sleep. It may slow memory decline and delay the onset of dementia

Technology can be your friend and help you to stay connected when it comes to reading. For example, book clubs can get together online to share their experiences.

Let's use technology to our advantage!



Reading Online Resources

- [Greater Sudbury Public Library](#)

Most libraries offer access to a variety of digital content such as eBooks, audiobooks, digital magazines, and videos.

From your home, you can search through the books; the only thing required is a library card as you need to sign in and provide the card number.

Visit the link provided above to see all the content of the local library in Sudbury. If you live somewhere else, please search for your local library website. You will be surprised on what you can find online!

- [Project Gutenberg](#)

This is a large online library of free eBooks. You do not need to create an account.

- If you know the title of the book, type it in the **quick search** toward the top of the screen and click **Go!**

- Otherwise, 1) click on the tab **Search and Browse**, 2) click on one of the four options (**Book search**, **Bookshelves**, **Frequently Downloaded** and **Offline catalogs**).

For instance, in the **Bookshelves** books are organized in categories (main categories and in detailed categories). The latter is found further down.

Listen to Music



Isn't it interesting how hearing a particular song can bring back a special memory? Music can make you feel happy, calm or energized. When was the last time you allowed yourself to relax and listen to your favourite songs? Listening to music has the power to improve our health and well-being. It is a universal language that can communicate your feelings while keep you brain sharp. Let's look at some of its benefits.

Benefits

- Improves mood, improves connections with friends and family members and encourages exercise and memory
- Helps to reduce anxiety, depression, blood pressure and pain
- May help to improve creativity, learning and memory, and sleep quality
- Singing along may help keep you sharp



Where to listen Music

Not sure where to find the songs you like? Don't worry, music has never been more affordable and easier to access. YouTube is a website that offer a wide variety of music free of charge.

Playlists

- [Hits from the 40s](#)
- [Hits from the 50s](#)
- [Hits from the 60s](#)
- [Garden Playlist](#)
- [Top 100 Jazz Classics Playlist](#)

Concerts Online

- [Songs for Seniors](#)
- [Victoria Symphony](#)
- [The Royal Conservatory](#)
- [Calgary Philharmonic Orchestra](#)
- [Opera Everywhere COC](#)
- [Classic FM](#)
- [London's National Theatre: Life in Stages](#)

Music Streaming Apps

Here are some apps that you can download and enjoy the songs you like wherever you go:

- Spotify
- Deezer
- SoundCloud



If you are looking for more concerts or music, a lot more is available on YouTube.

Online Radio Stations

Tune in to radio stations of your choice and liking by going to the websites and apps below.

- [iHeart Radio](#) *Genre:* All different kinds; also has podcasts; *Cost:* Free to use, but does have the option of in-app purchases
- [Radio.com](#) *Genre:* All different kinds
- [TuneIn Radio](#) *Genre:* All different kinds, 100 000+ stations
- [AccuRadio](#) *Genre:* All different kinds of channels (900+), including some that play music from the 50s, 60s, and 70s;
- [Radio.Net](#) *Genre:* 30 000+ radio stations, including ones with 50s and 60s hits; also has podcasts

Learning an Instrument



It's never too late to learn something new! Learning a musical instrument is a great way to pass the time. Not only is it a great skill, but it provides you with a talent to showcase to your friends and family! There are many ways to start. While in-person classes allow you to work with an instructor to practice your technique, you can also learn from the comfort of your own home. Zoom, online classes, and apps are all an amazing way for you to self-teach.

Benefits

Here are some benefits of learning an instrument. This list is from: [16 Benefits of playing an instrument](#)

- Increases personal discipline, time-management skills, patience and perseverance
- Uses almost every part of the brain, reduces stress, decreases age-related hearing loss, Speeds up reaction time, develops music appreciation



Instruments for beginners

While there are many instruments out there, some of the best ones to learn as a beginner include the piano, the harmonica, the acoustic guitar, and the ukulele.

The piano provides a great outlet for all types of music; most people will want some lessons although there are apps that can help. While real pianos are quite large and typically very expensive, another cheaper alternative is the electric keyboard, which has all of the same functions as

a traditional piano at a fraction of the cost. They can be rented.

Our second option, the harmonica, may better fit people who like blues or country music. There are many different types of harmonicas out there, all ranging in price. We suggest going to a music store to get advice.

Our third option, the acoustic guitar, is another amazing option to learn all types of music!

And finally, we suggest the ukulele. The ukulele is very similar in appearance to the guitar, but on a

much smaller scale, making it easier to hold. Not only that, but they are also one of the least expensive musical instruments.

It is never too late to learn something new. Don't let shyness keep you back.

Learning an Instrument Online

- Flowkey- Piano App
- Yousician- Guitar/ukulele App
- Inconclusive- Harmonica App
- [Website offering online classes](#)

You can also consider taking private or group lessons using

videoconferencing (e.g. Zoom, Facetime).



. Someone we know went back to playing the cello at age 60. She had learn some fundamentals as a teenager, but was a bit out of practice. With private lessons she got better and better until her teacher invited her to play in a symphonic orchestra. At one point she was playing in 3!
Who says we cannot learn new things at a certain age?

