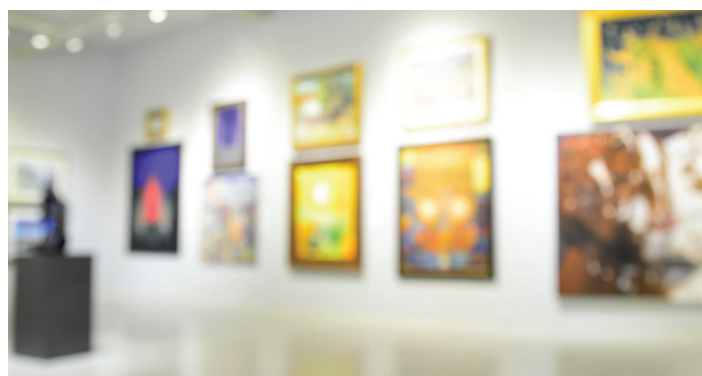


# Solomon's Connection

ACTIVITIES AND RESOURCES FOR LIFE AT HOME



## ART & CULTURE

[Art Museum Tours](#) | Take a virtual visit of the MOMA, the met, LACMA, etc.

[12 Historic Sites](#) | Take a virtual tour of some of the world's historic sites, such as the Sistine Chapel.

[Live Open Mic & Poetry Slam](#) | Every Monday, Wednesday and Friday between 8-10 pm EST

[Virtual Concerts](#) | Keep up to date with this list of live streams and virtual concerts

[Broadway Shows](#) | Stream your favorite Broadway shows



## BOOK CLUB PICKS

[New York Times Best Sellers](#) | Authoritatively ranked lists of books sold in the US sorted by format and genre

[Oprah's Book Club](#) | Oprah's famous book club list

[Reese's Book Club](#) | Reese Witherspoon's top book choices; every month she picks one book she loves with a woman at the center of the story

[@belletrist](#) | Book club founded by Emma Roberts and Karah Preiss

[@readwithjenna](#) | Today show co-host Jenna Bush Hager picks a new book each month

[Audible](#) | Currently offering free stories for kids

[@bookofthemoth](#) | Discover new books every month

[@booksparks](#) | Offers professional publicity expertise and services to book authors in a variety of genres



## CLEANING & ORGANIZATION

[cdc.gov](#) | Tips on disinfecting your home

[@neatmethod](#) | Tackle home projects

[@mariekondo](#) | Home DIY tips

[@thehomeedit](#) | Virtual DIY & home organization

[@simplyspaced](#) | Tips to clean and de-clutter home

[@lifeinjeneral](#) | Checklist to inspire daily tasks



## COOKING & RECIPES

If You Literally Never Cook, [Start Here](#)

### General Recipes

[@foodnetwork](#) | Everything you love about The Food Network channel... online!

[@bonappetitmag](#) | Restaurants, recipes and more from Bon Appetit Magazine

[@foodandwine](#) | Upgrade your everyday.

### Health-Focused

[@healthy\\_ish](#) | Because healthy should still be delicious.

[@feelgoodfoodie](#) | Foodie by day, also foodie by night.

[@fitmencook](#) | Living life healthier & happier!

### Quick Meals

[@buzzfeedtasty](#) | Recipes that will make you say "oh yes!"

[@pinchofyum](#) | We like to eat.

[@joythebaker](#) | A self-taught baker, turned professional baker and three-time cookbook author.

[@yummysly](#) | Personalized recipe recommendations.

[Eater's Pantry Cooking 101](#)

### Vegan/ Keto/ Gluten Free

[@veganbowls](#) | Delicious & Healthy Vegan Recipes

[@foodreamer](#) | The Ultimate Guide to Keto Baking

[@ohsheglows](#) | Crowd-pleasing vegan recipes!

[@thefeedfeed.glutenfree](#) | Gluten-free recipes shared by an Instagram community



## CREATIVITY & CRAFTS

[Brit & Co](#) | Free classes for 2 weeks use code SELFCARE at checkout

[@prattstandard](#) | Virtual cocktail class, every wed & fri at 5:30 pm EST

[The Neighborgoods](#) | Free and paid coloring pages

[Painted Palettes](#) | Paid hand lettering workshops

[@lapitturastudio](#) | Paid online painting classes

[DT 234 Gallery](#) | Paid online painting classes

[Femme Fatale](#) | Online coloring books

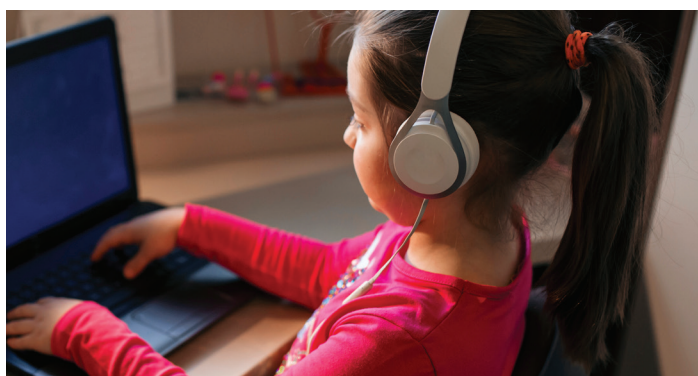
[@abeautifulmess](#) | A blog by two sisters & homebodies

[@thecraftlife](#) | DIYs and other ways to bring joy into each and every day

[@prettylifegirls](#) | Inspiration for making a pretty life

[@studiodiy](#) | Embracing color & making life a party

[@letsgomakeart](#) | Art made simple



## KID-FRIENDLY

[Learn With Homer](#) | Lessons, stories and games

[Tiny Tunes Studio](#) | Virtual music and movement class

[@busytoddler](#) | Hands-on learning

[@trishazemp](#) | Stop motion workshops

[Taste Buds Kitchen](#) | Free cooking classes for kids; every Tues and Thurs at 2PM EST

[@karmakidsyoga](#) | Kids yoga

[@theeverymom](#) | Resources for the Modern Mom

[@khanacademykids](#) | Learning for ages 2 - 7

[@thedadlab](#) | Follow along on this journey of fatherhood

[@blastasticday](#) | Bilingual family sharing creativity

[@hello.moonpie](#) | Sharing favorite art projects & picture books

[@steamkidschallenge](#) | Weekly challenges in Science, Tech, English, Art & Math

[@leftbraincraftbrain](#) | Education website

[Go Noodle](#) | Games and workouts for children



## FITNESS & WELLNESS

### Live Workout Sessions

[@afrosslynva](#) |

Build Class - Mon/ Weds/ Fri at 8 am EST

Burn Class - Mon/ Weds/ Fri at 6 pm EST

Nutrition Tips - Tues at 8 am EST

Lifestyle Coaching - Thurs at 8 am EST

[@305fitness](#) | Daily at 12 pm EST

[@doyourumbl](#) | Daily at various times

[@barrys](#) | Daily at various times

[@theaktstudios](#) | Toning, interval, circuit & dance-based workouts daily at various times

[@mojalvo](#) | Free movement/ dance daily at 12 pm and/or 5:30 pm EST

[@bash](#) | Boxing workouts daily at various times

[@studiothreechi](#) | Daily at various times

[Yoga & Zumba with Leeanne](#) | Paid workouts via Zoom - Tues/ Thurs/ Sun at various times

### Barre

[Pure Barre](#) | 7 day free trial - on demand workouts

[Barre3](#) | Free trial - online classes

### Online Workouts

[@onepeloton](#) | 90 day free trial - yoga/ meditation/ strength/ stretching/ bodyweight cardio/ strength training

[@obe\\_fitness](#) | Free trial

[Sweat with Bec](#) | Live streaming classes daily

[Les Mills](#) | Free classes - hiit/ body combat/ yoga

[Daily Burn](#) | 60 days free - online workouts

[@lifefitnessofficial](#) | Online workouts

### Yoga

[Mind Your Body Oasis](#) | Yoga flow & meditation videos

[Corepower Yoga](#) | Free online classes

[Alo Moves](#) | Free classes

[@y7studios](#) | Live Instagram classes, various times

[@downdogyoga](#) | Power flow yoga

### Meditation & Relaxation

[@jayshetty](#) - Instagram live meditation broadcast, daily at 12:30 pm EST

[@headspace](#) | Learn to meditate and live mindfully



## GAMES & SOCIAL ACTIVITIES

### Puzzles

[Piecework Puzzles](#) | [Area Ware](#)

[Buffalo Games](#) | [Par Puzzles](#) | [Jiggy Puzzles](#)

### Online Games

[Words With Friends](#) | [TwoDots](#) | [Jeopardy](#)

[Wheel of Fortune](#) | [Chess.com](#)

[Candy Crush Saga](#) | [Heads Up](#) | [Exploding Kittens](#)

[Mariokart Tours](#) | [Cards Against Humanity](#) | [Uno](#)

[Monopoly](#) | [Quizup](#) | [NBA2K20](#) | [Slices](#) | [Sandwich!](#)

### Social

[houseparty](#) | Video chat with friends & play group games

[zoom](#) | Virtual meet ups with friends & family

[skype](#) | Check in with friends & family online



## TOP TV PICKS

### Netflix

The Stranger | Peaky Blinders | Ozark | The Crown | Mindhunter | Safe | You | The Chef Show | Unbelievable | Tiger King

### Hulu

Little Fires Everywhere | Atlanta | Shrill | Party of Five

### Amazon Prime

The Boys | Good Omens | Fleabag | Marvelous Mrs. Maisel | Hunters

### HBO

The Outsider | Watchmen | Big Little Lies | The Night Of | Game of Thrones | The Wire | Boardwalk Empire