



HOLIDAY RESOURCES LIST

Put together by engAGE Living Lab team

Art Hives open during holidays



Open Art Hive

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

Online, 2nd and 4th Sunday of every month, 1-2:30 PM, English

La Page Blanche

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

Online, closing event before holiday break is Dec 22, 7:00-9:00 PM, French

Vendredi Français – Rendez-vous créatifs

<https://www.facebook.com/Rendez-vous-Cr%C3%A9atifs-Virtuels-100555351674928>

Online, Fridays 1:30-3:00

Open all through holidays, even on Christmas Day. French (Bilingual on Christmas Day)

NDG Art Hive

<https://us02web.zoom.us/j/86172428899>

Online, Thursday, December 24, 2020 at 1:00 – 2:00 PM, Bilingual

Open Mic

Come enjoy a free music hive where you can explore your full creativity. English

Online, Saturday, December 26, 6:00-7:30 PM

<https://us02web.zoom.us/j/82290231296>

Cote St.Luc Library

<https://csllibrary.org/calendar/>

Online, Jan 7, 11-12:30, English

Ruche d'art Musée des Beaux-Arts de Sherbrooke

<https://www.facebook.com/groups/rucheartmbas/>

Online, first Sunday of every month, 1:00-2:30 PM, French

The Livingroom Community Studio

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

Live stream art hive, recorded studio sessions to re-watch, and printable colour sheets. English

The McGill Art Hive Initiative

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

Live and recorded art hive sessions with inspiring ideas. English

Arts & Culture



Live Concerts, stream online,
Westmount Library

https://www.westlibcat.org/iguana/www.main.cls?p=*&v=5f37ec2f-1cfb-4907-ab03-cc960e42e056#contentitem=ff68193d-b226-4007-8a53-ef73492c3ad5^2

Victoria Hall Studio Sessions - Holiday Edition <https://www.youtube.com/watch?v=QIGL-YVy7Lw&feature=youtu.be>

Veronika Cherniak, Matthew Goulet, and Olga Semionova
19 Dec. 2020, 20:00 - 21:00

Victoria Hall Studio Sessions - New Year's Edition
<https://www.youtube.com/watch?v=4QHacI4S8Qk&feature=youtu.be>

Ensemble Caprice
01 Jan. 2021, 14:00 - 15:00

CJMQ will air a Culture for Seniors Holiday Radio Show: Dec. 24, 26 and 27

Link to article: <https://www.sherbrookerecord.com/reaching-out-to-seniors-through-the-airwaves/>

Broadcast dates and times for Culture for Seniors Holiday Radio Show on CJMQ:

Thursday, Dec. 24 1 p.m.

Saturday, Dec. 26, 5 p.m.

Sunday, Dec. 27, 7:30 a.m.

The show will be available online at:

www.cjmq.fm The Qube 88.9

The Yellow Door is hosting a classical music concert on Dec 24

All welcome, zoom link: <https://us02web.zoom.us/j/89069553204>

Fine Arts Museum: A Charlie Brown Christmas (concert)

Available from December 19, 2020 to January 3, 2021

<https://www.mbam.qc.ca/en/bourgie-hall/a-charlie-brown-christmas-concert/>

CUCCR: Concordia University's Centre for Creative Re-use

invites you to create; Concordia students, faculty, staff, alumni and community members to request a pre-assembled envelope of an assortment of materials and make from the comfort of your home. Packages are free and we will be sending them out throughout December/January. Find out more and request your package at <https://concordia.ca/cuccr>

Museum Tours



Montreal Museum Fine Arts Collections

<https://www.mbam.qc.ca/en/collections/>

https://www.mbam.qc.ca/en/museums-gift-of-the-holidays/?c_rid=67z011f1019LdkUAaDg-759361220%7C49387684

The Museum from home

<https://www.mbam.qc.ca/en/the-museum-from-home/>

British Museum, London:

<https://britishmuseum.withgoogle.com/>

Musee d'Orsay, Paris:

<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

National Museum of modern and contemporary art, Seoul:

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

Rijksmuseum, Amsterdam:

[Rijksmuseum, Amsterdam, Netherlands — Google Arts & Culture](https://rijksmuseum.withgoogle.com/)

Van Gogh Museum, Amsterdam:

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

Getty Museum, Los Angeles:

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Uffizi Gallery, Florence, Italy:

<https://artsandculture.google.com/streetview/uffizi-gallery/1AEhLnfyQCV-DQ?hl=en&sv lng=11.2558913&sv lat=43.768841&sv h=0&sv p=0&sv pid=BVLiSIIAIP0xHA5-yERqW&sv z=1>

MASP, Sao Paulo:

<https://artsandculture.google.com/partner/masp?hl=en>

Guggenheim: <https://www.guggenheim.org/calendar>

Movies, Podcasts, Games, and Courses



Free movies: https://tubitv.com/category/most_popular

Free French movies: <https://multi-monde.ca/category/films/>

Interactive Arts platform: New York based Theatre & Performance, recorded and available online. (Some free, some by donation)

<https://here.org/events/>

Games and crosswords, etc:

<https://artsandculture.google.com/project/games?hl=en>

Open Culture: Free Online courses, audiobooks, movies

<https://www.openculture.com/index.php?s=free+lessons&q=free+lessons>

Coursera: Free courses from around the world:

https://www.coursera.org/search?query=free%20courses&utm_campaign=header-for-students&utm_content=corp-to-landing-for-students&utm_medium=coursera&utm_source=header-for-students-link

Do art with T-Art

<https://www.facebook.com/watch/TArt86/>

Momo's favourite Podcast listening sessions: Find on Spotify, or click directly on link.

<https://onbeing.org/series/podcast/>

<https://onbeing.org/programs/a-poem-for-what-you-learn-alone/>

Mary Oliver: <https://onbeing.org/programs/mary-oliver-listening-to-the-world/>

John O'Donohue: <https://onbeing.org/programs/john-odonohue-the-inner-landscape-of-beauty-aug2017/>

James Doty : <https://onbeing.org/programs/james-doty-the-magic-shop-of-the-brain-nov2018/>

Pico Iyer: The urgency of slowing down: <https://onbeing.org/programs/pico-iyer-the-urgency-of-slowness-nov2018/>

David Whyte: <https://onbeing.org/programs/david-whyte-the-conversational-nature-of-reality/>

Movement and Meditation



Stretch exercises

<https://www.healthline.com/health/back-pain/stretches-for-seniors>

Basic stretch exercises

<https://www.youtube.com/watch?v=gECNsPHgbc0>

or <https://www.healthline.com/health/exercise-fitness/cooldown-exercises#for-everyone>

Yoga with Adrienne

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>

Chair Yoga

https://www.youtube.com/watch?v=3ZvmKOPoFVo&feature=emb_title

Yoga for Arthritis

<https://www.youtube.com/watch?v=yUnZzpX2KMw>

Tai Chi and other courses

<https://www.healthline.com/health/fitness-exercise/best-videos-dance-workout#1>

Dance Videos

<https://www.healthline.com/health/fitness-exercise/best-videos-dance-workout#1>

Five-Minute meditation

<https://www.youtube.com/watch?v=inpok4MKVLM>

Free Audio resources for meditation

<https://www.youtube.com/watch?v=inpok4MKVLM>

Outdoor Activities



Jardins d'hiver at Place des Arts

A little treasure hidden in the heart of the Quartier des spectacles and Place des Arts, which invites discovery, in a magical and luminous fairy-tale journey. December 5 until January 3, 2021

<https://www.noelmontreal.ca/jardinsdhiver/>

Mc Cord Museum: Enchanted Ogilvy Windows

Walking down Sherbrooke Street near McGill University, you might stumble upon a freestanding window display featuring a team of hardworking woodland animals working to power a rustic mill.

<https://www.musee-mccord.qc.ca/en/>

Christmas Market at Marché Jean Talon

The Jean-Talon Market is home to its very first real Christmas market! This small Christmas market offers visitors the chance to make gastronomic discoveries and enjoy local crafts. The North aisle will be occupied from December 4th with a dozen small decorated wooden chalets and a warm-up spot for the heart and body. Hot chocolate, churros or a comforting raclette, take a gourmet break during your visit.

<https://www.noelmontreal.ca/marchenoeljeantalon/>

Christmas Village at Atwater market

A magical Christmas market returns on the outskirts of the Atwater Market! Montreal's Christmas Village is open every weekend between November 26th through December 20th, 2020.

<https://www.noelmontreal.ca/villagedenoel/>

Illumi, Laval, 24.50\$+taxes

An experience by car and foot. Illumi is a one-of-a-kind magical nocturnal adventure that dazzles visitors with thousands of monumental light structures.

<https://www.illumi.com/en/>

Montreal Scavenger hunt, \$16 fee

https://www.scavengerhunt.com/locations/Old_Montreal_Scavenger_Hunt.html#ab

Reaching out for support



Dial 211, for all community and public resources info

If you are in need of information or referral for any health & social service or community & public resource in Montreal

TIP-OA (Telehealth Intervention Program)

For Older Adults, to help combat loneliness with friendly calls.

For the participants who want to enroll: <http://www.telehealthmontreal.ca/pour-les-clients.html>

Or, leave them a voice mail at **514-485-7811 (x25406)** and the team will contact you.

For further information please email at referrals.telehealthmontreal@ssss.gouv.qc.ca

Information Reference Centre

Info for seniors about housing, food banks, income support, assistance etc.

French/English

<http://www.info-reference.qc.ca/>

514 527-1375

Tel-Aide

Active listening for a variety of life problems, isolation. English and French.

514 935-1101

Tel-Aînés

Tel-Écoute offre des services d'écoute et de référence, 365 jours par année de 10 h à 22 h

Listening line Tel Ecoute : 514 493 4484

Listening line Tel Aînés : 514 353 2463

French

Food Depot Mtl, NDG

Emergency Food Baskets are available to anyone struggling to afford enough food for themselves or their family. For those living within this territory: (H3X, H3Z, H4A, H4B, H4V, H4W, H4X)

<https://depotmtl.org/en/emergency-food-baskets/efb-form/>

Or, if you are able to afford groceries but need support with grocery delivery, refer to this list:

<https://depotmtl.org/en/ndg-groceries/>