

## UPCOMING/ONGOING

Virtual [Crafternoons](#) Tuesdays

[Invasive Forest Pests](#) OCTOBER 1

[Artful Movements Yoga](#) OCTOBER 3

[Community Wellness](#)

[Maine Wildlife Series](#)

## FOOD & HEALTH

[What's In Season?](#)

[Pick Your Own](#)

[Find A Farmer's Market](#)

[Food Preservation Webinar](#)

[How to Make Frozen Yogurt](#)

## ADULT/SENIOR EXERCISE

[Chair Yoga](#)

[Aging Well with Technology](#)

[Free Virtual Balance Class](#)

[Martin's Point Chair Yoga 2](#)

[Martin's Point Chair Yoga 1](#)

[At Home Workouts](#)

[The Silver Sneakers](#)

[Seated Exercises for Older Adults](#)

[Eldering](#)

## TRAVEL & EDUCATION

[Free Online Classes](#)

[Live Cams](#)

[Field Trips](#)

[Learn a New Language](#)

[Career Skill Building](#)

[Free Online Courses](#)

[Free Evenbrite Webinars](#)

## ARTS & ENTERTAINMENT

[Cinema from Frontier](#)

[Cape Elizabeth Puzzles](#)

[Step-by-Step Painting](#)

[250 Educational Shows](#) on Netflix

[Opera](#)

[Museum Tours](#)

[Relaxing Music](#)

[Waterville Creates](#)

[Broadway Fridays](#)

[UK's National Theater](#)

[Live with Carnegie Hall](#)

## KIDS

Activities & Projects

[Project Based Learning Pre K - 12th Grade](#)

[Step by step Painting](#)

Gardening [Projects for Kids](#)

[Energy Busting Indoor Games & Activities](#)

[KiwiCo Science and Art Projects](#)

[Kids crafts](#)

[Crafts by Amanda](#)

[100 Activities to do at home](#) Creative Learning

[Virtual Field Trips](#)

[Science Projects/Gulf of Maine Research Center](#) - Robinson Woods (Hemlock Woolly Adelgid) and Kettle Cove (Intertidal Crabs)

[Common Street Arts Drawing with Chalk Pastels and Glue](#)

Physical Education

[GoNoodle Get Moving Games](#)

[Cosmic Kids Yoga](#)

[Online Physical Education Network](#)

Learning

[Project Based Learning Pre K - 12th Grade](#)

[Digital Literacy & Computer Skills](#)

[Learn a New Language](#)

[Free Learning Websites](#)

[PreKinders](#) Teaching resources

[Education.com](#) Preschool-Grade 5

[250 Educational Shows](#) on Netflix

Videos, Books and Games

[PBS Kids](#) Videos & games

[Storytime Online](#) Videos and books

[Kids National Geographic](#)

[250 Active Educational Show](#)