

RESOURCES FOR ADULTS

DIGITAL COLLECTION

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FINISHED YOUR TO-READ LIST?

BE MINDFUL

- Learn the <u>basics</u> of starting a mindfulness and meditation practice.
- Already a meditation pro? Jump right into a

ONLINE LEARNING

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Chilton's Automotive. Do it yourself automotive care.

Learning Express. Practice tests for GED, SAT, ACT, and others; improve writing and math skills; learn various computer skills; learn job skills; and take tests for various careers; as well as U.S.citizenship practice.

<u>HeritageQuest</u>. Search US Federal census; full-text genealogical and local historical books; citations from PERSI (Periodical Source Index); the Freedman's Bureau; Revolutionary War records; and US Serials Set.

<u>How Stuff Works.</u> From health to the stock market, to learning whether half-and-half is really half and half, this site will teach it all.

<u>Project Gutenberg.</u> Browse and read over 56,000 free eBooks.

GET ACTIVE

- YouTube is a great service for thousands of workout videos—including "apartment friendly" ones that don't require any jumping so you can be active and not disturb your neighbors.
- <u>Fitness Blender</u> has free workout options, and the ability to filter your searches.

CREATE SOMETHING

- Find crafts from pet toys to gifts for your loved ones, all while working to reuse and reduce your footprint.
- Try a <u>30-Minute craft</u> suitable for you or the whole family.
- Whether a new cook, or a seasoned chef, <u>find new recipes</u> to create.