RESIDENT NEWSLETTER | MAY 2020

RESOURCES FROM ALEXANDRIA:

Emergency Diaper Bank

The Campagna Center has an Emergency Diaper Bank in Alexandria and is providing diapers to those in need. Click here to find out more information and to register for the program.

Running Brooke Move2Learn At Home Tool Kit

RunningBrooke has created a new Move2Learn-At-Home Toolkit of movement-based activities to help kids burn off energy and increase focus during social distancing. RunningBrooke videos can be viewed on ACPS-TV, RunningBrooke’s YouTube channel, multi-“classroom” Zoom fitness sessions, the RunningBrooke website and on social media platforms.

ALX at Home Live: The Art League’s Artist Demo | Tuesday, May 12th 4PM

Watch as an artist shows a live drawing demo on ALX at Home Live. Check out Visit Alexandria’s Facebook Page to join the demo. ALX at Home Live is hosting virtual events each week.

STAYING ENTERTAINED AT HOME

10 Virtual Field Trips around the World

While social distancing, enjoy these 10 educational virtual field trips from places around the world!

1. **Anne Frank House** – Take a virtual tour of the hiding place where Anne Frank wrote her diary
2. **Beyond the Battle Field** - Take a behind the scenes virtual tour of the Muesum of the American Revolution
3. **Buckingham Palace** – Tour the Queen’s palace in London
4. **Ellis Island** – Visit Ellis Island with this video created by Scholastic
5. **Farm Tours** – Learn about agriculture through these virtual tours of farms in Canada
6. **Great Wall of China** – Walk the Great Wall of China with a panoramic video
7. **Mount Everest** – Explore the mountain with 360-degree photos and informative articles
8. **Yosemite National Park** – Visit Yosemite with interactive pictures of the park
9. **San Diego Zoo** – Watch live videos and learn about the zoo animals, play games, and more on this interactive site
10. **The Louvre Museum** – Explore famous exhibits at this art museum in Paris
Alexandria Library’s Virtual Activities and Resources

- **EBooks and eAudiobooks**: Borrow from the library’s online collection! If you do not currently have a library card, you can sign up online here. Online registrations are temporary but will be valid until the library reopens.
- **Book discussion groups**: Choose from a variety of book discussion groups such as World Short Stories Discussion Group, the Mystery Book Club, and “Tales and Ales”. Check out the different book groups here.
- **Tuesday Story Time**: Join Miss Lisa’s weekly story time at 11am for stories, songs, and other fun activities. Recommended for ages 2+.
- **Crafts and DiYs**: The library is hosting a variety of online workshops including knitting, soap making, rock painting, and other crafts that can be done at home. See the library’s event calendar to find out what workshops are happening this month!
- **Online databases**: The library has several databases that can be accessed for free. Whether you are a student writing a research paper or just want to browse, this list of databases is a great place to get started.
- **Online learning**: Take a variety of online classes including language classes from Rosetta Stone and Grow with Google for free for library card holders. Check out the full list here.

5 Tips From Chefs on Cooking From Your Pantry If You’re at Home (from Time.com)

Baking or cooking can be a stress reliever. Here are 5 tips from the experts for cooking from the pantry while you’re at home.

**Play around with staple ingredients**: When people stock up on food, long-lasting staples tend to fly off grocery store shelves. NPR reports that some of the products that have seen big sales increases in recent weeks include fresh meat alternatives, dried beans and rice. But once shoppers have these ingredients at home, they sometimes struggle to figure out how to avoid getting bored of eating them. Consider playing around with different preparations of these staples in order to find several that you enjoy.

One expert shared, “With staple ingredients like black beans or pinto beans or chickpeas, this is a great opportunity to cook them in their most basic form and use that as a way to repurpose them. Like one day you eat them cooked, the next day you puree a little bit for soup, the next day you make a warm salad, etc.”

Read the whole article on time.com
Recipe of the Month

Slow Cooker Chicken and Rice Pilaf
By: Half Baked Harvest