<u>YCC 323 BUILDING UPDATE AND COVID–19</u> <u>April 13TH, 2020</u>

Dear Resident,

A further enhancement to the social distancing we are requesting all residents to keep a 2 people at a maximum in the elevator, please also note to respect residents if they show a request in wanting to be by themselves in the elevator by holding their hand in a stop motion.

I do understand that residents are feeling restless, anxious, unsure and even scared and being at home although the best thing anyone could do right now is very challenging. These are normal and healthy responses to an abnormal situation. Being pushed out of our regular daily routines, and being distanced from our social connections, support groups and family is hard and many are struggling as a result. Please Reach out to friends in a safe way, stay active in your home, do your best to eat well and stay rested.

Residents requiring emotional support related to COVID-19 can access the following community resources:

- Crisis Service Canada Email <u>crisisservicescanada.ca</u>, call 1-833-456-4566 or text 45645, 24 hours a day, 7 days per week
- Kids help phone Call 1-800-668-6868 or text CONNECT to 686868, 24 hours a day, 7 days a week

Below you can find few online links that ware kindly sent to me by one of the unit owners and could be of an interest to some of you. Walking Tour Videos of Cities Around the Globe:

Tokyo: https://www.youtube.com/watch?v=6qGiXY1SB68

Vancouver: https://www.youtube.com/watch?v=w34h7txm-z8

New York: https://www.youtube.com/watch?v=FjU_x1106pg

Paris: https://www.youtube.com/watch?v=ME2zyNBh3JM

Florence: https://www.youtube.com/watch?v=AqFLqzHAgzA

Cairo: https://www.youtube.com/watch?v=YVYDz coSfY

Seoul: https://www.youtube.com/watch?v=in9Z8 elhaA

Dubai: https://www.youtube.com/watch?v=6MvMsSsMY8I

Free Virtual Performances from Sydney Opera House:

The Sydney Opera House publishes a wide range of archived footages that have happened over the years:

https://www.sydneyoperahouse.com/digital.html

Free Nightly Opera from New York Metropolitan Opera:

One free opera every day, starting at 6:30pm EDT and available for 24 hours: <u>https://www.metopera.org/</u>

Disney and Universal Studios Amusement Park Rides:

Harry Potter and the Forbidden Journey: <u>https://www.youtube.com/watch?v=JV8-</u> <u>CBTIc6g</u>

Frozen Ever After: https://www.youtube.com/watch?v=J8OHP9OriMA

Indiana Jones Thrill Ride: <u>https://www.youtube.com/watch?v=--x4MzxyyeU</u>

Pirates of the Caribbean Ride: https://www.youtube.com/watch?v=Jkhq50olWRQ

Slinky Dog Dash: https://www.youtube.com/watch?v=2Hax4BqSgA0

Cobra Spinning Roller Coaster (Busch Gardens): <u>https://www.youtube.com/watch?v=tCXUOWhxxIE</u>

Music from Around the World on Spotify:

A travel agency, Skyscanner, created several playlists showcasing music from countries and continents around the word:

https://open.spotify.com/user/qhug6mktrjg1ewf1g08e8fsoi?si=oCl2PveqSOuBFxG101w prw

April 18 One World: Together at Home Global Concert:

One World: Together at Home will broadcast live on Saturday, April 18 at 8 p.m. ET. The cross-platform event will be shown on Facebook, YouTube and a variety of other websites as well as ABC, NBC, CBS, iHeartMedia and Bell Media networks.

https://www.globalcitizen.org/en/content/one-world-together-at-home-covid-19broadcast/

Audible Stories gives free audio books to kids of all different age groups, as well as literary classics for adults to enjoy: https://stories.audible.com/start-listen

Thank you kindly for your time and support, this will pass and we will see better days soon.

Sincerely,

Karolina Kossakowska, General Licence Condominum Property Manager