

Resident Wellbeing Committee

Ideas for Virtual and COVID-Restriction Friendly Events

Social Connection

- Try out Skype, Google Hangouts, Zoom, What's app, or [Wonder](#) for video chats, meetings and social gatherings
- Watch a movie or TV series with a friend by using [Netflix Party](#). Using a Google Chrome browser, you can synchronize your Netflix account with friends to have a virtual movie night.
- Play a boardgame online with friends: [Settlers of Catan](#), [Words with Friends](#), [Keep Talking and Nobody Explodes](#), [Jack Box Games](#), [Among Us](#), or [Telephone-Pictionary](#)
- Check out this link for other free online games: <https://rocketcrab.com/> - select "Browse games" to see a list of games.
- Consider buying Skip the Dishes or Uber Eats (or other food order/delivery gift cards) then have a virtually shared meal.
 - *If you are thinking to have these gift cards reimbursed by the RWBC as part of a RWBC-funded event, please be in touch with Michelle Phillips (oawadmin@ualberta.ca) before your purchase to be sure we set it up in a way that allows you to get reimbursed).*

Fitness

- The UofA has [virtual recreation and wellness services](#).
 - Residents can register by making an account and then calling to have student status added to the account (you will need your UofA student number).
- [Peloton online](#) has a mix of at home fitness classes for yoga, meditation, strength, stretching, and bodyweight cardio (*there is a free 30 day trial advertised*)
- [Orange Theory](#) has a free daily workout video with mix of cardio and interval training
- [CorePower Yoga](#) has several online workouts in a variety of yoga styles (*there are free classes offered online and a free trial for full access*)
- Good Housekeeping has made [a list of online options](#) for free fitness classes as well

Other fun ideas

- "Two truths and a lie" – ask everyone to share two truths and one lie about themselves then have others guess which is the lie. This can be done via video conferencing or could be shared electronically where others have to submit their guesses. A great way to meet your new residents and have them get to know the crew.
- Random acts of kindness – consider buying snacks for the resident's room; buy/deliver groceries to your colleagues who require isolation
- Have your colleague(s) give a 2-minute presentation on something non-medical as a break during AHD or as part of a social event
- **If you have more ideas, please share them with Erica Dance (erdance@ualberta.ca) so we can keep this list growing!**

Don't forget!

- The RWBC has [funds to help pay for resident planned wellbeing events](#). Check out our [webpage](#) for more information and for pictures of previous events. Be sure to review our [RWBC Funding Package](#) for details as well as for the funding application information.