



Spark Joy This Holiday Season

Research Medical Library; www.mdanderson.org/library

Meditation

- Meditation Video - <https://bit.ly/3n8pL05>
- Meditation Breathing Video - <https://bit.ly/35dT3Et>
- Centered App (BCBSTX; free, iOS) - <https://connect.bcbstx.com/ask-bcbstx/w/frequently-asked-questions/50/centered-app>
- UCLA Mindful app (free; iOS, Android) - <https://www.uclahealth.org/marc/ucla-mindful-app>
- Smiling Mind app (free; iOS, Android) - <https://www.smilingmind.com.au/smiling-mind-app>

Yoga

- Re-Energize with BeWell - Flourish Friday - <https://bit.ly/3eUNo9r>
- Yoga for Centering (video) : <https://bit.ly/32NNWJv>
- Fan Favorite: Yoga with Adriene YouTube Channel - <https://bit.ly/35aWeg1>
- Email BeFit@mdanderson.org for live virtual classes.

Sleep

- Apps:
 - Slumber (iOS) - <https://slumber.fm/>
 - Sleep (Android) - https://play.google.com/store/apps/details?id=com.urbandroid.sleep&hl=en_US&gl=US
 - Sleepio (desktop) - <https://www.sleepio.com/>
- Wake up gently with:
 - Sunrise alarm clocks
 - Gentle alarms

Track Your Tasks

- Planner is available for all MD Anderson employees at <https://tasks.office.com//>. Here are some videos to help you get started with Planner.
- OneDrive – Organize your files and access them from anywhere. Join us for Tool Time Tuesday on Nov. 24 to hear from the MD Anderson OneDrive expert: <https://mdanderson.libcal.com/event/7030522>

Get Cookin'

- King Arthur Baking Classes: <https://www.kingarthurbaking.com/baking-school/calendar?loc=>
- The Bakehouse Nola: <https://www.thebakehousenola.com/eventsHEB>
Cooking Classes (free): <https://www.heb.com/static-page/heb-virtual-classes?int=curbside-home-mod.heb-virtual-classes>
- Lettuce Cook (free for kids) - <https://lettucecook.net/free-covid-19-lessons>
- Pondicheri cooking and baking classes
<https://www.pondicheri.com/classes/>

Go Local

- Buy Local
 - Farmers Markets
 - Houston Farmers Market: <https://thehoustonsfarmersmarket.com/>
 - Heights Epicurean Market: <https://epicureangoods.com/>
 - Urban Harvest: <https://www.urbanharvest.org/farmers-market/>
 - Tomball Farmers Market: <http://www.tomballfarmersmarket.org/>
 - Plant It Forward - farmers market and farm share that helps refugees in Houston: <https://plant-it-forward.org/>

Entertainment

The Outdoors

- Houston Botanic Garden (newly opened) - <https://hbg.org/>

- Drive Through Safari <https://www.houstoniamag.com/travel-and-outdoors/2018/07/best-drive-thru-safaris-texas>
- Houston Mural Map - <https://houstonmuralmap.com/>

Virtual Events

- Macy's Santaland (free) - visits and photos with Santa online: <https://www.macys.com/social/santa-land/>
- JingleRing (cost) - messages and visits from Santa online: <https://www.jinglering.com/>
- Nutcracker Market (cost): <https://www.houstonballet.org/about/nutcracker-market/>
- Houston Ballet "Nutcracker Sweets" (\$35): <https://www.houstonballet.org/seasontickets/pdps/2020-2021/nutcracker-sweets/?id=22213>
- Pittsburgh Ballet "Fireside Nutcracker" (free): <https://www.pbt.org/performances/the-nutcracker-2020/?fbclid=IwAR1IKazLrw0Mq6W6M-9w-7PAmIRkCVxaqjJkT5JlP6w5RyD46YevqpWpdol>
- Saint Louis Ballet "Nutcracker Extravaganza" (free): <https://www.stlouisballet.org/online-store/Nutcracker-Extravaganza-Complimentary-Ticket-Opening-December-12-p237884368>
- Trans-Siberian Orchestra: <https://www.trans-siberian.com/>
- Miller Outdoor Theater: <https://www.milleroutdoortheatre.com/performances/>
- The Moth: <https://themoth.org/events>

Drive thru events

Movies:

- Sawyer Yards Drive In: <https://rooftopcinemaclub.com/houston/venue/the-drive-in-sawyer-yards/>
- Showboat Drive In: <https://www.theshowboatdrivein.com/>
- Space City Shows Drive In (includes food trucks): <https://www.spacecityshows.com/>
- Moonstruck Drive In: <https://www.moonstruckdrivein.com/>
- Best Little Drive-In In HTX: <https://www.littledriveinhtx.com/>

Lights

- The Light Park (Cost; Spring) - includes Christmas trivia signs and music: <https://www.thelightpark.com/>
- Rudolph's LightShow (Cost; Hockley): <https://www.rudolphslightshow.com/>

Movies, Books and Magazines

- Check in with your local library for curbside pickup
- HPL Virtual Events <https://houstonlibrary.org/learn-explore/library-events>
- Brazos Bookstore Virtual Holiday Story Time <https://www.brazosbookstore.com/events>

Give Back

- Adopt-a-Family - <https://bit.ly/3eFGvbY>
- My Cancer Connection (volunteer virtually)
- Houston Food Bank – HEB has “red barrels” where you can drop off food
- Amazon Smile - <https://amzn.to/3ncAkPP>
- Sarcoma Patient Assistance: <https://www.sarcomapatientassistance.com/>
 - 12/1-12/2 shop at Kendra Scott and use the code GIVEBACK-OBSY to give 20% of the purchase to our sarcoma patients.

Overdrive

- Access Overdrive from your desktop or tablet <https://mdanderson.overdrive.com/>
- Download and use the app <https://mdanderson.libanswers.com/faq/313940>