

# VIRTUAL BUZZ

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## DERBY DAY

*On Saturday, May 2nd, Churchill Downs is hosting a day-long at-home Kentucky Derby party and matching up to \$1 Million Dollars in donations to COVID-19 relief. Get info on events...*

*<https://www.kentuckyderby.com/party>*

## BONJOUR

*Have you thought about expanding your language skills? Why not go immersive? Or even just brush up. Right now, some of the best intensive language programs in the world are free!*

*<http://tiny.cc/languageapps>*



## YOU NAME IT!

*From teaching kids and cutting our own hair to growing food and making our own face masks, we're all trying new things as we navigate Covid-19. We're all just figuring it out, together. Find it all here and get by #WithMe*

*<https://www.youtube.com/stayhome>*



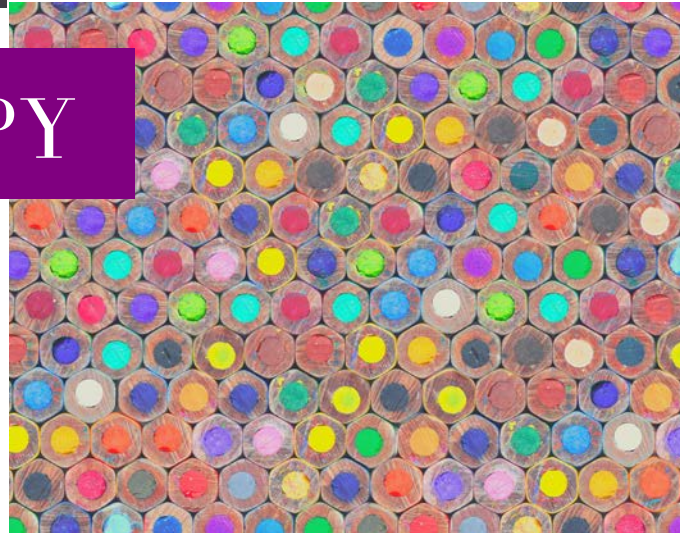
## AT-HOME SPA

*While a trip to a day spa to ease some of the stress and tension isn't in the cards anytime soon, you can still treat yourself to a little at-home relaxation right now. The Observer spoke with top wellness and spa experts from the most luxurious hotels around the world for their tips on how to bring some pampering and self-care into your life at home right now, using items you probably already have in your household. <http://tiny.cc/homespa>*

## COLOR THERAPY

*Studies show coloring can improve your mood, make you more mindful, and reduce your mental health stress.*

*Michael O'Mara Books features online coloring activities, quizzes, mazes, and more. <https://bit.ly/2VRHggqF>*



## FACE COVERS

*Let's face it. Wearing face coverings are here to stay, at least for a while. Whether you're feeling crafty and looking to make a mask, or are longing to find the coolest mask you can buy, here are some suggestions... <http://tiny.cc/coolmasks>*