

APRIL 15, 2020



NEWSLETTER

IN THIS ISSUE: FREE, FUN APPS

Below are resources and links to free apps and online RI resources to keep you entertained and informed.

FOOD DELIVERY

For food delivery options, visit the RIDelivers website [HERE](#)

HELP CENTER UPDATE

Effective April 1st, the ITS Help Center is closed, but services will continue. If you have issues that require in-person service, email helpdesk@ric.edu to schedule an appointment.

Hours: Monday – Thursday, 7:30 AM – 6 PM;
Friday, 7:30 AM – 5 PM

RI COVID-19 RESOURCES

- [COVID-19 Information from the Department of Health](#)
- [Executive Order Guidance and Information](#)
- [Health Benefit Changes](#)
- [Unemployment Support](#)
- [Supplemental Nutrition Assistance Program \(SNAP\) Increases and Changes](#)
- [“Grab and Go” Food Sites for Youth](#)
- [United Way of Rhode Island 2-1-1 Help Line](#)
- [Small Business Guidance and Loan Resources](#)
- [Department of Business Regulation Updates](#)

FREE APPS

Educational:

Acessibyte: free access to assistive apps for blind, low vision, deaf and reading-impaired students.

Babel: three months of free access in any of its 14 languages offered.

Fender Play: three months of free guitar lessons.

JSTOR: entire library accessible to the public.

Khan Academy: offers free lessons in math, science and humanities from kindergarten through the early years of college.

Nikon: free online photography classes in April.

TED-Ed: free high-quality, interactive, video-based lessons on a daily basis.

MORE FREE APPS

For Kids:

Apple Books: offers “stay at home” collection of free read-alongs for kids, cozy mysteries, and audiobooks

Audible Stories: instantly stream an incredible collection of stories, including titles across six different languages. All stories are free to stream.

Caribu: If your little one is missing their friends, set them up on a virtual playdate using Caribu.

Cincinnati Zoo: is currently offering daily live safaris that families can tune into to learn about animals. Watch at the Zoo's Facebook page at 3 PM daily.

Kinedu: helps parents generate daily activity plans, offers articles about early childhood development. Free through April 15.

Time for Kids: digital library free for the rest of the 2020 school year. Includes worksheets, teaching tools, and quizzes.

Roblox Learn & Explore: self-paced programs designed to help kids and teens create their first Roblox games.

Sesame Workshop: the makers of Sesame Street are offering a wide variety of free shows and eBooks for children throughout the pandemic.

Entertainment:

Houseparty: it offers a way to hang out and party with friends while cooped up at home.

izneo: global comics service Izneo is offering 30 days of free service.

Marvel Unlimited: free until May 4th.

Sling TV is offering free access to news and entertainment.

Shudder: 30 days of free access to its horror, thriller, and suspense streaming library with promo code SHUTIN.

Netflix Party: sync Netflix accounts for free to watch movies and shows simultaneously.

NFL Game Pass: free access through May 31st. Replay games from 2009-2019, commercial-free.

Plex: If you have an HD antenna and tuner, you can stream free live TV to all your devices from now through June.

Words with Friends 2: Play Scrabble online with friends.

QuizUp: The biggest trivia app in the world – and you can play with friends.

Health & Fitness:

Down Dog: Free exercise apps.

FitOn: Join celebrity trainers for guided workouts in barre, yoga, cardio and strength training.

Headspace: Free meditations, sleep, and movement exercises as well as other stress relief resources.

LES MILLS: Over 100 free online fitness classes in English and Spanish.

Moodpath: A digital journal, mood tracker, and resources focused on building positivity and confidence.

Peloton: Free fitness classes for three months, no bike required.

Sanvello: Free self-care, peer support, and coping resources.

STRONG by Zumba: free workouts synced to music.