

BOREDOM BUSTERS FOR ADULTS – APRIL 24 EDITION

Stuff To Listen To

- The **NAC** has livestream performances [National Arts Centre](#)
- **Canadian History EhX**: Erik discovered this podcast last week and has been picking away at them slowly. Each episode covers Canadian historic events and is quick, informative, and commercial free. The podcasts are usually between 15 and 30 minutes making them easily digestible. [Canadian History EhX](#)
- I know I (Sarah) mentioned this last week, but a bunch of awesome Canadian musicians have been getting together the past two Wednesdays for a Kitchen Party in support of the restaurant industry. The last one is next Wednesday at 8PM. The older versions are available on the Facebook page. You can find all of the details here: [Great Kitchen Party](#)

Fun Things To Watch

- There is an **Online Buskerfest** offered through World Buskers United. It's on April 25th. You can find details here on their [Facebook Page](#).
- **Wes Tank rapping Dr Seuss** is just as much an adult favourite as one for the kids. Wes Tank raps Dr. Seuss' classic children's book "Fox in Sox" over Dr. Dre's legendary hip hop beats for "What's the Difference" and "Let Me Ride" with much due respect to the flows and styles of Dr. Dre, Eminem, Xzibit and Snoop Dogg. All words and illustrations belong to Dr. Seuss. All instrumentals belong to Dr. Dre. This cultural mashup was created by TankThink for edutainment purposes. Access his channel here: [Wes Tank YouTube Channel](#)
- **CBC Gem** contains free programs <https://gem.cbc.ca>
- **All or Nothing** is a series I (Erik) discovered recently on **Amazon Prime**. This past season follows the Philadelphia Eagles in a behind the scenes look at the 2019 season. It follows the press conferences, conversations on the sidelines, and anything else that goes into a football season. If you are a football fan, you have to see it! If you are a soccer or rugby fan, there are previous seasons following New Zealand All Blacks and teams from the English Premier League. There are also 4 other seasons of NFL teams. You can access it here if you have Amazon Prime: [Fly Eagles Fly!](#)
- International travel isn't possible, but I (Erik) loved to dream before lockdown.
 - Culture Trip is a great website and they're currently curating online travel and exploration. [Culture Trip: Created for Curious Travellers](#).
 - Next up for me is spending 4 days in the arctic- virtually. [Spend Four Days in the Arctic - Virtually](#)
- This Is Q with Tom Power has a lot of great, current interviews with people like Dan Levy, Chantal Kreviazuk, and Margaret Atwood. You can find the channel here: [q on cbc](#)