

## Nicole Ferrell

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**From:** "Parkhurst Financial Services, Inc." <info@parkhurstfinancial.com>  
**Sent:** Friday, April 17, 2020 2:08 PM  
**To:** nicole@parkhurstfinancial.com  
**Subject:** [Test] Fun ideas at home

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**Our team at Parkhurst Financial hope you and your family are staying healthy and safe during these challenging times. We understand that social distancing and stay at home orders are difficult so having an outlet to escape the routine tasks is important. Hopefully soon we will be able to return to eating out, attending sporting events and leaving home to go to school. Until that time occurs, we would like to share the links below as a way to keep you and your family fed, entertained and educated.**

**If you need anything, personally or professionally, please feel free to reach out and let us know. Also, if you have a family member, friend, or colleague who could benefit from our services through these challenging**

economic times, please have them call our office. We're happy to have a free financial consultation with them.

**Check us out at:**

- [www.parkhurstfinancial.com](http://www.parkhurstfinancial.com)

**Grocery Delivery Services:**

- Wal-Mart Grocery Delivery
  - <https://grocery.walmart.com/> [grocery.walmart.com]
- Amazon Prime Now Grocery Delivery
  - <https://primenow.amazon.com/> [primenow.amazon.com]
- Kroger Pickup
  - <https://www.kroger.com/i/ways-to-shop>
- Instacart
  - <https://www.instacart.com/> [instacart.com]

**Food Delivery Services:**

- Uber Eats <https://www.ubereats.com/> [ubereats.com]
- DoorDash <https://www.doordash.com/> [doordash.com]
- GrubHub <https://www.grubhub.com/> [grubhub.com]
- Postmates <https://postmates.com/> [postmates.com]

**CDC's Official Website for COVID-19 Updates:**

- <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

**Tips for Working at Home:**

- <https://www.npr.org/2020/03/15/815549926/8-tips-to-make-working-from-home-work-for-you> [npr.org]
- <https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3> [businessinsider.com]
- <https://www.cbsnews.com/news/coronavirus-pandemic-tips-for-working-from-home/> [cbsnews.com]

### **Keeping in Touch with Family and Friends:**

- Marco Polo- App- Allows you to send Video Clips to friends and family.
- Whats App- Message and Video Call App
- Google Duo- Video Calls
- Zoom- Video Calls

### **Concerts:**

- [Live YouTube Concerts](#) [youtube.com]
- [Concerts](#) [npr.org]

### **Ideas for Family Entertainment and Gift Giving:**

- [Family Game Night Ideas](#)
- [DIY Cooking Classes for the kiddos](#)
- For those having birthdays during this time apart who may not already have Amazon Prime...[Gift Amazon Prime for binge watching & fast ordering – it's \\$38.97 for 3 months of a subscription](#)

### **Ideas and Free Educational Materials for Kids at Home:**

- Scholastic's Free Learn at Home Program:

<https://classroommagazines.scholastic.com/support/learnathome.html>  
[\[classroommagazines.scholastic.com\]](https://classroommagazines.scholastic.com)

- Khan Academy Free Learning
  - <https://www.khanacademy.org/>

### **Virtual Tours:**

- [Monterey Bay Aquarium \[montereybayaquarium.org\]](https://montereybayaquarium.org) - Live cams of animals
- [Virtual Farm \[origin.americandairy.com\]](https://origin.americandairy.com) - tours grouped by age!
- [Museums, Operas, & Symphonies \[cntraveler.com\]](https://cntraveler.com)
- [12 Museums Offering Virtual Tours \[travelandleisure.com\]](https://travelandleisure.com)
- [National Parks Tours \[totallythebomb.com\]](https://totallythebomb.com)
- [Concerts \[npr.org\]](https://npr.org)
  - Via Facebook Link:
    - Saint Louis Zoo- Bring the zoo to you- <https://www.stlzoo.org/about/blog>
    - Pittsburgh Zoo & PPG Aquarium – Webcams and Videos <https://www.pittsburghzoo.org/bringing-the-zoo-to-you/>
    - [Cleveland Zoo \[facebook.com\]](https://facebook.com) - Virtual Classroom at 11am & virtual exploring at 1pm
    - [Cincinnati Zoo \[facebook.com\]](https://facebook.com) - Virtual Safari 12pm Daily and replays available
  - Via Google Doc Link:
    - [30 Virtual Field Trips \[docs.google.com\]](https://docs.google.com)

### **Free Fitness Classes:**

- [Yoga with Adriene \[youtube.com\]](https://youtube.com)
- [SELF Workouts \[youtube.com\]](https://youtube.com)

**Last but not least, learn the dance routines of some iconic songs and get a workout in at the same time:**

- [Never Stop Dancing \[youtube.com\]](#)



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**Our mailing address is:**

Parkhurst Financial Services, Inc.  
10950 Pearl Rd, Suite A-6  
Strongsville, OH 44136

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