

VIRTUAL PROGRAMMING GUIDE

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ARTS & EDUCATION

- **Google Arts & Culture**

- **What you Need**

- Tablet, Laptop, or smart phone

- **Features**

- Explore with Street View: Check out famous landmarks and national parks up close and interactive with street view
 - Art Camera: explore high-definition artwork up close
 - 360 degree videos
 - Various educational topics including over 10,014 different artist bios, search art work databases by art medium, different art movements in history, historic events and historic figures

- **Virtual Tours**

- **Museums**

- **Examples:**

- **National Gallery of Art, Washington DC**

- Online Exhibits that are currently on display at the museum:

- <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

- Fashioning a Nation

- Vermeer and the masters of Genre Painting

- **Musee d'Orsay, Paris France**

- Virtual Tour: You can walk through the museum!

- https://artsandculture.google.com/streetview/mus%C3%A9e-d%E2%80%99orsay-paris/KQEnDge3UJkVmw?hl=en&sv_lng=2.327089926444344&sv_lat=48.85968476784497&sv_h=272&sv_p=0&sv_pid=FjndSjvI55w81vbNYu5DfA&sv_z=1

- **Van Gogh Museum, Amsterdam**

- Online Exhibits currently at the museum
 - Which Books did Van Gogh Read
 - Vincent Van Gogh's Love Life
 - Virtual Walk Through of the museum



4 museum views



Van Gogh Museum Ground Floor



Van Gogh Museum First Floor



Van Gogh Museum Second Floor



Van Gogh Museum Third Floor

- **Metropolitan Museum** www.metmuseum.org
 - Features, the Met Anywhere
 - Guided virtual and audio tours
 - Videos of past and current exhibits



- **National Parks on Google Arts & Culture**
 - **Virtual Tours via Street View**
 - Yellowstone
 - Redwoods
 - Yosemite
 - **360° Interactive tours with audio tour guides and videos**
 - Carlsbad Caverns, New Mexico
 - Kenai Fjords, Alaska
 - Hawaii Volcanos, Hawaii
 - Bryce Canyon, Utah
 - Dry Tortuga, Florida



- **ONE DAY UNIVERSITY**

- <https://www.onedayu.com/video-library/?category=Arts>
- With hundreds of fascinating topics taught by the most remarkable professors in the country, One Day U events inspire, enlighten and entertain – all in a few hours. Whether attending a Live Event or watching a Video Event, you will explore new ideas, discover new passions and have a great time doing it.
- What you Need
 - Laptop, Tablet
 - Log In Info
 - Username: juniper@onedayu.com
 - Password: jill
 - Here is how to sign in:
 - Go to onedayu.com
 - Click sign-in/sign up (where the line reads Contact Us)
 - On sign-in page input your email address as username: see above
 - Enter Password: see above
 - Then go to Videos and click there
 - Click View Digital Events
 - Click View Library
 - You will see a whole selection of videos, each of which says "Watch Now". Make your selection
 - Log out when you are finished.



- **COURSERA**

- Popular Free online classes from over 207 colleges, Universities, museums and companies in over 52 different countries on a wide variety of subjects

- <https://www.coursera.org/collections/popular-free-courses>

- **What you need**

- Computer or tablet
- Must create a log in
 - Click the “Join for Free” icon at the top right of the screen
 - Could create one log in for all residents to use



- **Features**

- A large online catalog of actual college courses taught around the world
- Variety of levels from beginner to advanced classes
- One time lectures or weekly installment classes
- Subjects include social sciences, economics, arts and culture, science, health and more!

- **Books and Reading**

- **NY Public Library**

- **300,000 books available for downloading for FREE**

- www.nypl.org

- **What you need**

- Tablet, smartphone or e-reader

- **Celebrities story time**

- A variety of celebrities is reading popular books on video! Check out the full list of celebrities here including Betty White!

- **Story time Online Youtube Channel**

- <https://www.youtube.com/channel/UCnBdzaRy-Ky9Vh54XJIFz1Q>

- **PODCASTS**

- A podcast is an episodic series of digital audio files that a user can download to a personal device in order to listen. Platforms such as iTunes, Spotify, and Google Podcasts provide a convenient, integrated way to manage a personal consumption queue across many podcast sources and playback devices

- **What you need:**

- Tablet, smartphone, computer

- **How to download podcasts**

- On apple devices: all come with a pre-installed Podcast app
 - <https://www.wikihow.com/Download-Podcasts>
- On Android Devices: Access through Spotify app
 - Download the Spotify app on your app store
 - https://support.spotify.com/us/using_spotify/features/podcasts/



- **Popular Podcasts to Check out**

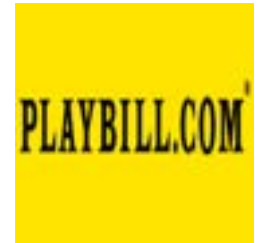
- **1. Lux Radio Theatre**



- To familiarize yourself with podcasts, it might be helpful to start with a program similar to radio dramas that you may have heard growing up. Look no further than Lux Radio Theatre. Originally a radio show running from 1934 to 1955, it featured adaptations of Broadway plays and Hollywood films, voiced by a diverse range of stars from John Wayne to Judy Garland. Iconic filmmaker Cecil B. DeMille hosted the series from June 1936 to early 1945, after which William Knightley and Irving Cummings took over. The podcast episodes feature vintage radio ads and, in many but not all cases, the original narration.
- **2. Freakonomics Radio**
 - According to Alert One, this program has become the top-rated podcast for adult and senior listeners. You might've heard of the book on which it's based: "Freakonomics," by Steven Dubner and Stephen Levitt. The authors now host this podcast to have continued discussions of the ways in which economic concepts fit into nearly every other aspect of life, from pop culture to health and leisure activities.
- **3. Stuff You Missed in History Class**
 - Produced for the website How Stuff Works, the podcast hosted by Tracy V. Wilson and Holly Frey focuses on the premise that in history's broad tapestry, there are so many events of social, cultural and political importance that simply don't get taught or emphasized in general history classes. Everything from psychiatric oddities and the people who discovered them to obscure royalty and the Hawaiian pineapple trade is discussed here, so you're guaranteed to find something fascinating.
- **4. The Handyguys Podcast**
 - If carpentry, construction or general home improvement are hobbies of yours, then The Handyguys Podcast might be right up your alley - in part because podcasts' nature makes it easy to listen while doing other things. Handymen Brian and Paul offer tips and tricks for home upkeep tasks alongside anecdotes about their family lives and miscellaneous topics.
- **5. The Alton Browncast**
 - Amateur cooks (or, perhaps, retired chefs) should try the podcast hosted by Food Network star and renowned chef Alton Brown. You'll hear news about the latest culinary trends as well as recipes and best practices on The Alton Browncast, and Brown often brings fellow cooking masters to aid the discussion.
- **6. Good Job, Brain!**
 - Are you a trivia buff? If so, Good Job, Brain! will be your new favorite. This podcast functions as an interactive quiz show and showcase of strange trivia facts across a diverse range of subjects, making it a potential family activity as well as a method for keeping your mind limber. New episodes air infrequently - usually once or twice a month - but more than 190 shows have already been recorded, so you won't run out of material any time soon.
- **7. This American Life**
 - Ira Glass's journalism and human interest program, produced by NPR, is one of the most famous radio programs ever, and certainly one of the most popular, with 2.4 million people downloading every episode. The stories on This American Life range from the daily habits of a Navy vessel's crew to ruminations on summer camp. You may like some stories more than others, but there are so many different topics you're bound to enjoy many of them.
- **8. Planet Money**
 - Another NPR podcast, Planet Money focuses on economics but doesn't get quite as out there as Freakonomics. But it's every bit as engaging and diversely informative. You're

just as likely to learn about immigration's effect on the South Florida economy as you are the difficulties of raising free-range chickens.

- **9. Guided Meditations**
 - Tara Brach, a psychotherapist and student of Buddhist philosophy, created and hosts this podcast. If you have interest in meditation to deal with life's stresses or simply to decompress at the end of the day, Guided Meditations can be a big help, providing calm discussions of body and mind in fairly brief episodes lasting between 9 and 25 minutes.
- **10. AND MORE! CHECK OUT 19 most popular podcasts for seniors and baby boomers**
- **Performing Arts**
 - **Performance streaming**
 - **What you Need**
 - Tablet, computer or smartphone
 - Internet browser
 - **Live Concerts**
 - Many artists are giving live performances from their homes! Check out this NPR article that is updated daily with upcoming live performances by well-known and indie musicians. The link says the date, time and gives a link of where to watch it
 - <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
 - **Broadway/Theater**
 - **Playbill.com Stars In The House:** The daily series, created by Seth Rudetsky and James Wesley, offers mini concerts and conversations in the wake of the coronavirus pandemic.
 - **How to watch:** <https://www.playbill.com/category/stars-in-the-house>
 - **American Theater**
 - www.Americantheater.org
 - Large online catalog if music and videos of previously recorded Broadway and theater performances
 - **Virtual Broadway Backwards Concert**
 - And Encore performance of the March 16
 - Watch the full playlist of videos here https://www.youtube.com/playlist?list=PLtHnJHHPnhP_3Xt-u0nOhYzoyLAC_SfaQ
 - To learn more check out Playbill.com <https://www.playbill.com/article/enjoy-a-virtual-broadway-backwards-concert-on-youtube?fbclid=IwAR3PEolu-tZYAuKiOR17beTFSw-8BoAjAgf0zuqh59AmiFga2a2EFnsQV9c>
 - **Stream Broadway performances**
 - <https://www.timeout.com/newyork/theater/the-best-theater-you-can-watch-from-home-on-march-22>
 - **Center for Puppetry Arts**
 - Paris Opera



MIND & BODY

- **Yale Universities most popular class: The Science of Well-being**
 - **What you need**
 - **Computer or tablet**
 - **Sign up online at** <https://www.coursera.org/learn/the-science-of-well-being?authMode=signup&ranEAID=EHFxW6yx8Uo&ranMID=40328&ranSiteID=EHFxW>

[6yx8Uo-Ayw85Ki.WQemEI8o0r.b9g&siteID=EHFxW6yx8Uo-Ayw85Ki.WQemEI8o0r.b9g&utm_campaign=EHFxW6yx8Uo&utm_content=10&utm_medium=partners&utm_source=linkshare](https://www.youtube.com/watch?v=6yx8Uo-Ayw85Ki.WQemEI8o0r.b9g&siteID=EHFxW6yx8Uo-Ayw85Ki.WQemEI8o0r.b9g&utm_campaign=EHFxW6yx8Uo&utm_content=10&utm_medium=partners&utm_source=linkshare)

- **Must create a log in**
- **Class includes Weekly installments of the following topics:**
 - Misconceptions about happiness
 - Why our expectations are so bad
 - How we can overcome our biases
 - Stuff that really makes us happy
 - Putting strategies into practice
 - They include video lectures, optional readings, and "re-wirement" activities to do each day to build happier habits. Research suggests that if you do these re-wirements as prescribed, you should get a boost in your mood and overall well-being.
- **Podcasts on Mindfulness**
 - **The Mindful Minute:** Trying mediation for the first time can be intimidating, especially if you have no idea what to do. Fortunately, there are teachers like Meryl Arnett of The Mindful Minute podcast, that take you through simple and concise guided meditations that allow you to get out of your own head (and your own way) while learning how to live in the moment.
 - **I Should Be Meditating:** If you've ever thought to yourself: "I Should Be Meditating," then this podcast is for you. Adopting a daily practice of meditation takes passion and commitment, something that Alan Kilma, the host of I Should Be Meditating knows all too well. Based on decades of experience, his talks and guided meditations can help you learn new tips and approaches to being present in life while moving towards a deeper understanding of your own meditation journey.
 - **The Daily Meditation Podcast:** We all have 8-minutes to spare, so why not use that time to start your day out right with a daily guided meditation. The Daily Meditation Podcast, hosted by meditation teacher Mary Meckley, guides listeners through a daily meditation that focuses on different styles and techniques to help you manage stress, sleep better, gain focus, and find clarity.
 - **Happy Mind Podcast:** When you need a quick mental break during the day, the Happy Mind Guided Meditations podcast might be the answer. Each episode provides listeners with a variety of meditations that can help you feel more energetic, mentally sharp, mindful, and happy. And the best part? They are appropriate for anyone from beginner to advanced levels.
- **FREE Mindfulness Apps**
 - Calm
 - Headspace
 - Insight timer
 - Smiling Mind
- **In-Room Exercises**
 - Sliver Sneakers Online
 - Check out their youtube channel with a large online catalog of workouts
 - <https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag>
 -

ARTS & CRAFTS

- **Pinterest**
 - Create your own digital bulletin board of ideas. Browse thousands of crafts and recipe ideas and pin to your virtual board to try later.
 - www.pinterest.com
- **DIY Craft How To Videos**

- Check out these popular step-by-step. Make individual kits to hand out so residents can craft in their rooms along with the videos
 - **Lunch Time Doodles with Mo Williams:**
 - Popular children's author posts daily on weekdays at 1pm ET easy to follow step-by-step doodling lessons. www.kennedy-center.org/mowillems
 - **What you need**
 - Paper
 - Marker or crayon
 - Tablet, computer or smartphone
 - **Kraft Story:** <https://www.youtube.com/channel/UCsR9csH-2YzvaetVNHRIQzw/videos>
 - **Origami:** <https://www.youtube.com/channel/UC3ICcukYYeSn26KICRnhOhA>
 - **Blueprint:** <https://www.youtube.com/user/becraftsy/videos?reload=9>
 - **Michael's Live Stream Classes** <https://www.facebook.com/Michaels/>
 - Daily Facebook LIVE videos
 - Alzheimer's Foundation of America
 - Daily online classes and tips on YouTube <https://www.youtube.com/channel/UCEOBSqYM6VD-kVwwgPOUs7g>
- **Coloring**
 - **Apps**
 - **Lake**
 - It's well documented that coloring can help relax and with Lake you can also support independent artists while doing so. Lake has over 60 coloring books from different artists to choose from. It's easy to use interface and range of brushes you can really make each illustration you color your own.

SOCIAL

- **Video Chatting**
 - **What you need**
 - **Tablet, smart phone or computer**
 - **Houseparty App**
 - Houseparty is a video chat based social network. Create house parties with your friends and get alerts when they are "in the house" to chat and play games. You can chat with up to eight friends or friends of friends. The panelled interface makes it feel like you are all in the same room together and with new games added, including "Quick Draw!", where one member draws and the others have to guess what it is.
 - **Zoom** www.zoom.us
 - **Skype** www.skype.com
 - **Facetime**- Use on Apple devices only
- **Movies**
 - **Netflix Party:** Miss watching movies with your friends? Now you can watch the same movie and chat through instant messages at the same time!
 - **Find out what and how here** <https://www.cnn.com/2020/03/22/us/netflix-party-chrome-extension-coronavirus-trnd/index.html>
 - **What you need**
 - Computer only



- Must have a Netflix account
- Must use Google Chrome. For info on how to get Google chrome, click here <https://www.wikihow.com/Download-and-Install-Google-Chrome>
- Download netflix party extension. Click here to find out how <https://www.wikihow.com/Add-Extensions-in-Google-Chrome>

SCIENCE & TRAVEL

- **Learn to code**
 - Free Code Camp: 5,000+ tutorials on how to code like a pro!
 - <https://www.freecodecamp.org/>
- **Geo-Guesser**
 - **What you need**
 - Tablet, smartphone or computer
 - Get virtually dropped in the middle of nowhere and use google earth to walk around and guess what country you are in! Look at road signs for clues!
 - <https://geoguessr.com/world/play>
- **Radio Garden**
 - Hear what is playing right now on radio stations around the world!
 - **What you need**
 - Tablet, computer or smart phone
 - <http://radio.garden/live/kayseri/kaytv/>
- **What Language is This**
 - Think you're good at guessing languages? Put your ears to the test
 - **What you need**
 - Tablet, computer or smart phone
 - <https://greatlanguagegame.com/play/>
- **The True Size**
 - Put in the name of a country and The True Size will show you exactly how big that country is in comparison to others. It's fascinating.
 - **What you need**
 - Computer, tablet or smartphone
 - www.thetruesize.com
- **Zoos & Aquariums**
 - **Documentaries and Info: Google Arts & Culture Natural History**
 - <https://artsandculture.google.com/project/natural-history>
 - **Tours & Live Cams**
 - USC Wrigley Catalina Marine Reserve <https://explore.org/livecams/oceans/catalina-marine-reserve>
 - Reid Park Zoo <http://reidparkzoo.org/cameras/elephant-cam/>
 - Smithsonian National Zoo <https://nationalzoo.si.edu/webcams>
 - Decorah Bald Eagle Cam https://www.youtube.com/watch?v=UmclL6funN8&feature=emb_logo
 - Manatee Cam at Blue Springs State Park, FL <https://explore.org/livecams/save-the-manatee/manatee-cam-under-water>

SPIRITUAL

- Reach out to your local churches or regular worship volunteer leaders.
 - Many offering Live Stream worship services
 - Some offer Facebook Live events
 - Ask your volunteers if they can do a personal video chat prayer visit via tablet
- Daily Live Stream Mass
 - Word on Fire

- www.wordonfire.org
 - Offers daily 25min long Mass
 - Other previously recorded Mass to watch at any time
- EWTN television <https://www.ewtn.com/tv>
 - Daily Mass on TV
 - Also archived past recorded services
- Virtual Bible Study
 - <https://virtualbiblestudy.com/>
- Live Stream Shabbat Services
 - Central Synagogue, NYC
 - Regular live stream Shabbat services
 - <https://www.centralsynagogue.org/assets/downloads/OOS3.20.20FINAL.pdf>