

**Last Updated: 4/17/2020**

With the help of LeadingAge New York, LeadingAge Massachusetts has compiled a list of online resources for seniors and loved ones to use while practicing social distancing. We know that this is a difficult time. Social isolation is a growing issue for everyone, especially older adults that may be living alone or in a residential community.

Fortunately, many organizations are rising to the occasion and are offering free entertainment and virtual learning opportunities. We hope this guide will help you navigate the many online resources that are available to you. The resources linked below include online workshops, virtual tours of famous museums, live musical performances, mindfulness exercises and more!

If you have suggestions of things you'd like to see on our resources page, please contact Sarah Lacasse at [slacasse@leadingagemass.org](mailto:slacasse@leadingagemass.org)

## TRAVEL

### **Virtual Museum Tours**

Google Arts & Culture teamed up with over [2500 museums and galleries](#) around the world to bring you virtual tours and online exhibits of some of the most famous museums around the world.

Below, we have linked you directly to 12 virtual tours and exhibits that were reviewed in [an article](#) from Travel and Leisure.

[British Museum, London](#)

[Isabella Stewart Gardner Museum, Boston](#)

[Guggenheim Museum, New York](#)

[Rijksmuseum, Amsterdam](#)

[National Gallery of Art, Washington, D.C.](#)

[Van Gogh Museum, Amsterdam](#)

[Musée d'Orsay, Paris](#)

[The J. Paul Getty Museum, Los Angeles](#)

[National Museum of Modern and Contemporary Art, Seoul](#)

[Uffizi Gallery, Florence](#)

[Pergamon Museum, Berlin](#)

[MASP, São Paulo](#)

[Museum of Fine Arts, Boston](#)

[National Museum of Anthropology, Mexico City](#)

### **Tour World-Famous Monuments**

If outdoor heritage sites are more your thing, Google has that covered, too. First, the search engine has a wide variety of landmarks you can visit through their street view, including [Stonehenge](#), [Machu Picchu](#), [the Roman Colosseum](#) and [the Egyptian Pyramids](#). The platform also recently launched the [Heritage on](#)



[the Edge](#) initiative, which features five Unesco World Heritage sites under threat from climate change. The project includes 3D maps, augmented reality features, and expert opinions on how we can protect these treasured landmarks.

### **Connect with Nature**

Explore.org offers free live streaming of exotic locations and wildlife around the world; including oceans, African plains, animal sanctuaries and more. [Click here to begin your exploration!](#)

The [San Diego Zoo](#) is offering Live Cams of a wide variety of animals, as well as virtual tours.

The National Park Foundation has set up [Virtual Visits](#) to several national parks, including Yellowstone National Park and the Statue of Liberty National Monument

The New England Aquarium is holding [live presentations every day at 11:00 a.m.](#) showcasing exhibits throughout the aquarium.

### **MUSIC & THEATER**

[Boston Symphony Orchestra](#)

[NPR's Daily List of Online Concerts](#)

[Metropolitan Opera](#)

[Broadway World Living Room Concerts](#)

[New York Philharmonic](#)

[YouTube Series: Stars in the House](#)

[The Apollo Theater](#)

[Caveat Comedy Shows](#)

[New York Theatre Workshop](#)

[Bake w/ Milk Bar's Christina Tosi](#)

### **CLASSES AND WORKSHOPS**

#### **Free Online Classes w/ Coursea**

Free online college courses are also available with [Coursea](#). Once you sign up, Coursea asks for your employment and education history so they can provide relevant course recommendations. [Click here](#) to join for free!

#### **HEARTS - Holocaust Educational Arts**

Holocaust Educational Arts is a virtual art gallery featuring the artworks of 17 Holocaust survivors. The artwork not only teaches us about the crucial history of the Holocaust, it also offers lessons on human resilience. The gallery has been cultivated by Selfhelp Community Services, and they invite you to share



this with your friends, family, and community. It is free of charge and can be accessed on your laptop or smart phone. You can view the virtual viewing room [here](#).

An interview with Fred Terna, a Holocaust survivor whose art is featured in the HEARTS virtual gallery, is also available on [Selfhelp's Holocaust Education](#) website. His piece "Late Cloud" is a powerful reflection on Fred's memory of Auschwitz chimney flames. Over video chat, Fred discusses everything from his personal history to what COVID-19 feels like for survivors.

### **Cooking with Survivors Series**

Cooking with Holocaust Survivors is a video series that follows Holocaust survivors as they cook recipes that carry food memories from their lives before the war. [Click here](#) and scroll down to watch two free episodes online.

## **MENTAL HEALTH**

### **Mindfulness & Meditation**

[Headspace](#) is providing a free series of mindfulness exercises, meditations, and sleep experiences designed for people that are trying to cope in this uniquely stressful time.

To get started with headspace and begin accessing these helpful resources, [click here](#).