

Virtual Museum Tours

Google Arts & Culture teamed up with over <u>2500 museums and galleries</u> around the world to bring you virtual tours and online exhibits of some of the most famous museums around the world. Or, enjoy any of 12 virtual tours and exhibits from around the world.

Guggenheim Museum, New York Van Gogh Museum, Amsterdam

National Gallery of Art, Washington, D.C.

The J. Paul Getty Museum, Los Angeles

Musée d'Orsay, Paris Uffizi Gallery, Florence

National Museum of Modern and MASP, São Paulo

Contemporary Art, Seoul

National Museum of Anthropology, Mexico

Pergamon Museum, Berlin City

Emotional Support Hotline

The Michigan Department of Health and Human Services (MDHHS) launched a statewide mental health hotline for Michigan residents. The hotline or, as the state calls it, "warmline" will connect individuals with certified peer support specialists who have lived experiences of behavioral health issues, trauma or personal crises, and are trained to support and empower the callers.

The "warmline" will operate seven days a week from 10 a.m. to 2 a.m. at 888-PEER-753 (888-733-7753).

World Heritage Sites

Google has created some wonderful touring opportunities. This search engine has a wide variety of landmarks you can visit through their street view technology, including Stonehenge, Machu Picchu, Roman Colosseum and the Egyptian Pyramids. The platform also recently launched the Heritage on the 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

<u>Explore.org</u> offers free live streaming of exotic locations and wildlife around the world; including oceans, African plains, animal sanctuaries and more!

Parental Sanity

<u>Joe Wicks</u> has become the online PE teacher to the kids across the globe. Get you children connected to Joe for help them release some of their excess energy in a positive and fun manner.



Music and Theater

Links to recordings offering operas, theaters, concerts, and other live virtual performances. Some theatres are also offering classes or workshops.

Metropolitan Opera NPR's Daily List of Online Concerts

<u>Detroit Symphony Replay</u> <u>Broadway World Living Room Concerts</u>

<u>Chamber Music Society of Lincoln Center</u>

YouTube Series: Stars in the House

The Apollo Theater New York Theatre Workshop

Online College Courses

Free online college courses are also available with <u>Coursea</u>. Once you sign up, Coursea asks for your employment and education history so they can provide relevant course recommendations.

HEARTS - Holocaust Educational Arts

Holocaust Educational Arts is a <u>virtual art gallery</u> 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.

Mindfulness & Meditation

<u>Headspace</u> 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.

Enjoy your weekend from your LeadingAge Michigan family.