

Resources for Our Times

Here are some online accessible and mostly free resources to share to remind of us of art, beauty, fun, and our connection to each other! These are free and recorded unless otherwise noted. And if you are not sure where to start, try [this](#) overview of possibilities.

Arts

- Broadway shows (7 days free; monthly subscription fee-\$8.99): <https://www.broadwayhd.com>
- Great Performances on PBS: a collection of theatre, opera, concerts, and more: [click here](#)
- Metropolitan Opera: nightly live stream <https://www.metopera.org>
- Musical Festivals live stream: You have to navigate through the various events to get to recordings of the full event [click here for event schedule](#)
- National Cathedral concerts: [click here for collection](#) click here for [Mozart Requiem](#)
- National Theatre (London) recorded shows: [click here](#)
- The Public, Play-at-Home, short plays online: [click here for listing](#)
- Royal Shakespeare Theatre, online: [click here for listing](#)
- Stage shows online: [Stage shows, musicals and opera you can watch online now for free](#)
- The Virtual Instructor offers inexpensive drawing and painting courses that anyone can understand: <https://thevirtualinstructor.com/>
- Alliance of the Arts Creativity Crate: [Sign up here](#)

Movement & Exercise

- Gentle Exercise with Adrienne: <https://www.youtube.com/user/yogawithadriene/playlists>

Senior Fitness

- Chair Exercises: <https://youtu.be/8BcPHWGQO44>
- Standing exercises: <https://youtu.be/mQLzNf8VOIc>
- Tona: <https://www.youtube.co/watch?v=sEk8bZbeZao>

T'ai Chi

- Siobhan Hutchinson: <https://www.youtube.com/watch?v=RK371S3Fg2>
- Cate Morrill (seated or standing): <https://www.youtube.com/watch?v=FEC357DTNnA>

Yoga

- Yoga with Adrienne, a brief intro: <https://www.youtube.com/user/yogawithadriene>
- Kandy Love: Local yoga expert offers real-time online daily classes using chair yoga method as well as online private sessions. To get information, email her at: yoginikandy62@gmail.com

Museums

- Art Institute of Chicago, [online tours](#)
- Berlin Museum Island [explore all the museums](#)
- British Museum [British Museum Collection Online](#)
- European Museums [click here for lists of online tours](#)
- High Museum of Art, Atlanta <https://www.youtube.com/user/HighMuseum/videos>
- The Louvre <https://www.louvre.fr/en/visites-en-ligne>
- Metropolitan Museum of Art [Current Exhibitions](#)
- MoMA (Museum of Modern Art) [Online courses](#)
- Museum Mindfulness Tours [click here](#)
- The Museum of Fine Arts, Destiny Boston <https://www.mfa.org/collections>
- National Gallery, London [virtual tours](#)
- Smithsonian Natural History Museum: [tour the collection](#)
- Tenement Museum tours: [Visit by clicking here](#)
- Wonders of the World [Tours](#)
- The Vatican Museum [virtual tours](#)

Nature, including Gardens and Architecture

- Claude Monet's gardens: https://youtu.be/fE_2KXdMcac
- "Ding" Darling Wildlife Sanctuary Camera - <https://dingdarlingsociety.org/webcam>
- Fallingwater & Frank Lloyd Wright: <https://youtu.be/UDmlzRtyVNM>
- Garden at Sissinghurst Castle: <https://youtu.be/PQfhZFqonH4>
- Fort Myers Beach - Live beach cameras give you a real-time view of the beaches. Click here or copy/paste into your browser: <https://www.fortmyersbeach.org/fort-myers-beach-webcams/>
- Harriett the Eagle Webcam, Ft. Myers: <https://dickpritchettrealestate.com/eaglecam360.html>
- The Islands of Sanibel & Captiva - Island webcams provide a live look at the beaches. Click or copy/paste into your browser this link to see the island from some of your favorite spots: <https://sanibel-captiva.org/sanibel-island-webcams/>
- More Live Cameras - This website hosts live webcams from Bokeelia, Cape Coral, Matlacha, and other spots. Click the link or copy/paste into your browser: <https://www.capeweather.com/webcam.html>
- National Parks [Virtual tours](#)
- Natural Wonders of the World [tours](#)
- New York Botanical Garden Tour of Orchid show: <https://youtu.be/cCXkVDt7m1l>
- Sanibel Captiva Conservation Foundation (SCCF): [sign up for newsletters and podcast info](#)

Games

- Bridge: <https://www.bridgebase.com/>
- Canasta: <https://www.canasta-palace.com>
- Mahjong: <https://www.free-play-mahjong.com/>