



STONY BROOK UNIVERSITY

VIRTUAL RESOURCES WHILE AT HOME



The entire e-mail message may get cut-off on the bottom. It will say **"MESSAGE CLIPPED"** on the bottom of the message. Click where it says **"VIEW ENTIRE MESSAGE"** and the remaining information and links will appear.

Greetings!

We hope you are all well and healthy during this time. We want to remind everyone that you are not alone. The OLLI family is in this together!



There are many ways to stay connected to friends and family and also find unique ways to stay entertained while at home. We have put together some Virtual Resources listed below that might spark your interest. We hope you enjoy some of these interesting links.

If you would like to share a website, recipe, favorite video or book online with other OLLI members, please send an e-mail to Liz Wilson at: elizabeth.wilson@stonybrook.edu

GOOGLE ARTS & CULTURE



Google is offering free virtual tours of museums, national parks, performing arts centers & more. Some of these are videos, some are digital tours, some are narrated. Have fun clicking around the site!

[CLICK HERE](#)

Once you are on the site, **click on the 3 bars on top left of the screen**

You are able to click by categories:

Collection, Theme, Experiment, Artist, Medium, Art Movement, Historical Events, Historical Figures, Places

Some of the collections can be viewed in **"Street view"** giving you the opportunity to see the actual museum displays, etc

[VIEW 360° VIDEO'S HERE](#)

THEATER

**11 Dramatic
Virtual Tours of**

Broadway

John F. Kennedy

PLAYBILL

**Stages Around
The World**

[CLICK HERE](#)

**Musicals
Released**

[CLICK HERE](#)

**Center for
Performing Arts**

[CLICK HERE](#)

[CLICK HERE](#)

NATURE

**San Diego
Zoo**

**Monterey
Bay
Aquarium**

**Royal
Botanic
Gardens**

**Georgia
Aquarium**

**The Hidden
Worlds of
the National
Parks**

WELLNESS

STONY BROOK UNIVERSITY

Healthier U

Live Wellness Program



**Fitness Studios Offering
Virtual Workout**

[CLICK HERE](#)

[CLICK HERE](#)

ESSENTRICS

*Essentrics is a full-body stretching and strengthening program. **Aging Backwards (below)** classes provide practical advice on how to keep your aging body feeling young, strong, healthy and pain-free, regardless of your chronological years.*

**#1-Straighten
Your Posture**
[CLICK HERE](#)

**#2-Speed
Your Weight
Loss**
[CLICK HERE](#)

**#3-Sooth
Your Joints**
[CLICK HERE](#)

**#4-Increase
Your Energy**
[CLICK HERE](#)

**#5 - Relieve
Your Pain**
[CLICK HERE](#)

MUSEUMS

**The Metropolitan
Museum of Art**

[CLICK HERE](#)

**Smithsonian
National Museum of
Natural History**

[CLICK HERE](#)

**The British
Museum**

[CLICK HERE](#)

The Dali Museum

[CLICK HERE](#)

**Art Institute
Chicago**

[CLICK HERE](#)

**The Louvre
Museum**

[CLICK HERE](#)

**The Morgan
Library &
Museum**

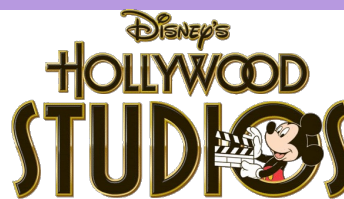
[CLICK HERE](#)

**The Metropolitan
Opera**

[CLICK HERE](#)

LIBRARY

DISNEY THEME PARKS



RELIGIOUS RESOURCES

**Catholic
Faith Network**

[CLICK HERE](#)

**Central
Synagogue**

[CLICK HERE](#)

**Unitarian Universalist
Fellowship**

[CLICK HERE](#)

**Setauket United
Methodist Church**

[CLICK HERE](#)

**Hope
Lutheran Church**

[CLICK HERE](#)

**Kadampa
Meditation Center LI**

[CLICK HERE](#)

OTHER GREAT WEBSITES

PBS Programs



Cooking Videos



TED Talks



We hope these websites are useful and provide some entertainment while you are home during COVID-19.

Enjoy Yourself