

### Enjoy the Arts Virtually

Human beings are social beings, but between self-quarantines, museum closures, event cancellations, and warnings about venturing out and about, your recreational, social, and entertainment options may feel limited. As you follow best practices to help prevent the spread of illness, several online resources offer ways to enjoy culture, get out, and learn something new.

### Museums with Virtual Tours

Thanks to technological advances, you can visit several museums for free and get an up-close look at your favorite works of art. Here are about a dozen museums with virtual tours and online exhibits to get you started:

- **British Museum** in London, England (<https://britishmuseum.withgoogle.com/>)
- **Guggenheim Museum** in New York using Google Street View (<https://bit.ly/3d3DfWG>) (Note: This link is case-sensitive)
- **J. Paul Getty Museum** in Los Angeles, Calif. (<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>)
- **Louvre** in Paris, France (<https://www.louvre.fr/en/visites-en-ligne>)
- **Musée d'Orsay** in Paris, France (<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>)
- **National Gallery of Art** in Washington, D.C. (<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>)
- **Museu de Arte de São Paulo (MASP)** in São Paulo, Brazil (<https://artsandculture.google.com/partner/masp?hl=en>)
- **National Museum of Anthropology** in Mexico City, Mexico (<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>)
- **National Museum of Modern and Contemporary Art** in Seoul, Korea (<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>)
- **Pergamon Museum** in Berlin, Germany (<https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>)
- **Rijksmuseum** in Amsterdam, Netherlands using Google Street View (<https://bit.ly/2TWO8lr>) (Note: This link is case-sensitive)
- **Van Gogh Museum** in Amsterdam, Netherlands (<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>)
- **Uffizi Gallery** in Florence, Italy (<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>)

Concierge: 253.313.0700

Facilities: 253.313.0798

Penrose Harbor: 253.313.0800

Syren's Grille: 253.313.0797

Resident Services: 253.313.0793

Security: 253.313.0799

Transportation: 253.313.0792

Housekeeping: 253.313.0795



HERON'S KEY  
March 17, 2020

Google offers thousands of more opportunities to explore museums and historical sites using Street View (<https://artsandculture.google.com/search/streetview?hl=en>). The tech giant also gives you the chance to see more than 2,500 museum galleries around the world (<https://artsandculture.google.com/partner?hl=en>).

## Concerts

The Seattle Symphony is rebroadcasting its performances via its Facebook page (<https://www.facebook.com/seattlesymphony>) and YouTube channel (<https://www.youtube.com/seattlesymphony>). It will organize additional free live-streams and rebroadcasts until the orchestra can return to the Benaroya Hall. You'll find more details at <https://seattlesymphony.org/live>.

The Metropolitan Opera is offering free virtual performances through March 22, 2020, which you can watch on the theater's homepage (<https://www.metopera.org/>). It is streaming encore presentations each night at 7:30pm. After the Met streams a performance, it will be available on the Met's homepage for 20 hours.

Upcoming shows include:

- **Tuesday, March 17:** Puccini's *La Bohème*
- **Wednesday, March 18:** Verdi's *Il Trovatore*
- **Thursday, March 19:** Verdi's *La Traviata*
- **Friday, March 20:** Donizetti's *La Fille du Régiment*
- **Saturday, March 21:** Donizetti's *Lucia di Lammermoor*
- **Sunday, March 22:** Tchaikovsky's *Eugene Onegin*

Another way to get your music fix is to look for your favorite musicians and bands on Facebook, YouTube, and other social media channels. Since many aren't performing at public events, they're streaming their performances or releasing videos of their concerts for their fans.

## Free E-Books and Audiobooks

While Pierce County Library locations are closed to help halt the spread of illness, you can still enjoy audiobooks, e-books, and e-magazines if you're a library-card holder. Using this free service, you may download the digital media to your computer, tablet, or smart device. Learn more about the local library's digital media at <https://www.piercecountylibrary.org/books-materials/audiobooks-ebooks/Default.htm>.

Not a library member? You can apply online for an eCard that grants you immediate access to e-books, audiobooks, and e-magazines (<https://www.piercecountylibrary.org/ecard.aspx?id=1502>).

## Get Outside

Social distancing doesn't mean you have to stay in your residence. With the days getting longer and the weather getting warmer, it's a great time of year to go outside, breathe in some fresh air, and explore. The following websites provide information about local parks:

- **PenMet Parks** (parks and trails in Gig Harbor): <https://www.penmetparks.org/trails/>
- **Key Pen Parks** (parks and trails on the Key Peninsula): <https://www.keypenparks.com/parks.html>

- Parks and trails in Pierce County: <https://www.piercecountywa.org/1292/Parks-Facilities-Trails>
- Parks and trails in Kitsap County: <https://www.visitkitsap.com/public-parks>

On days when you don't feel like going out, check out virtual tours of these national parks:

- Bryce Canyon National Park in Utah (<https://artsandculture.withgoogle.com/en-us/national-parks-service/bryce-canyon/sunset-point-tour>)
- Carlsbad Caverns National Park in New Mexico (<https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>)
- Dry Tortugas National Park in Florida (<https://artsandculture.withgoogle.com/en-us/national-parks-service/dry-tortugas/near-little-africa-tour>)
- Kenai Fjords National Park in Alaska (<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>)
- Hawai'i Volcanoes National Park in Hawai'i (<https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>)

## Get Moving

Exercise is a great way to relieve stress and improve overall fitness. According to the U.S. National Library of Medicine, it's also a good way to boost your immune system (<https://medlineplus.gov/ency/article/007165.htm>).

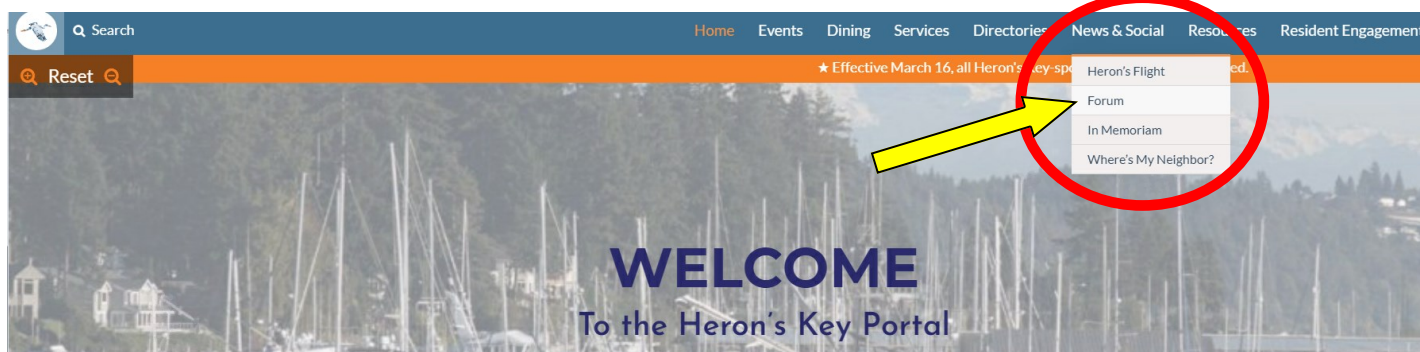
Planet Fitness recently announced it is offering free workout videos taught by certified trainers through its Facebook page (<https://www.facebook.com/planetfitness/>) and YouTube channel (<https://www.youtube.com/planetfitness>). The exercise classes are open to everyone, will feature special guests, and offer tools to stay motivated and beat stress. Each workout is 20 minutes or less.

If you'd like recommended exercises you can do in your apartments, contact Heron's Key Fitness Specialist Chuck Abbey for a Home Exercise Program (HEP), which he will deliver to your door. You may contact Chuck by calling 253.313.0781.

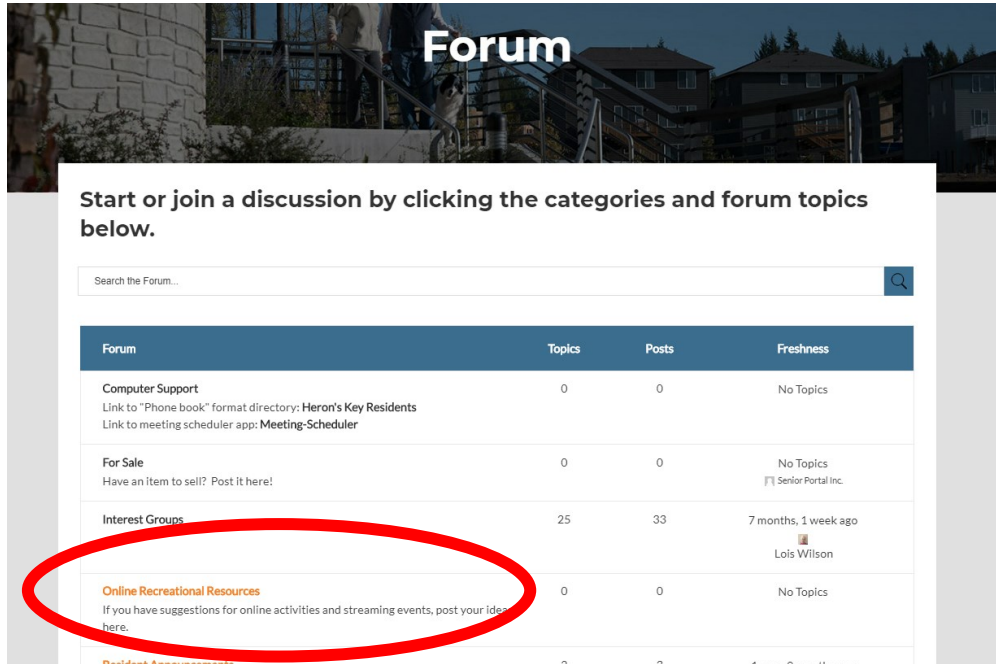
## Share Your Ideas

If you have suggestions for online activities and streaming events, we encourage you to post your ideas in the Resident Portal's Forum, in the "Online Recreational Resources" section (<https://residents.heronkey.org/forums/forum/online-recreational-resources/>). Here's how:

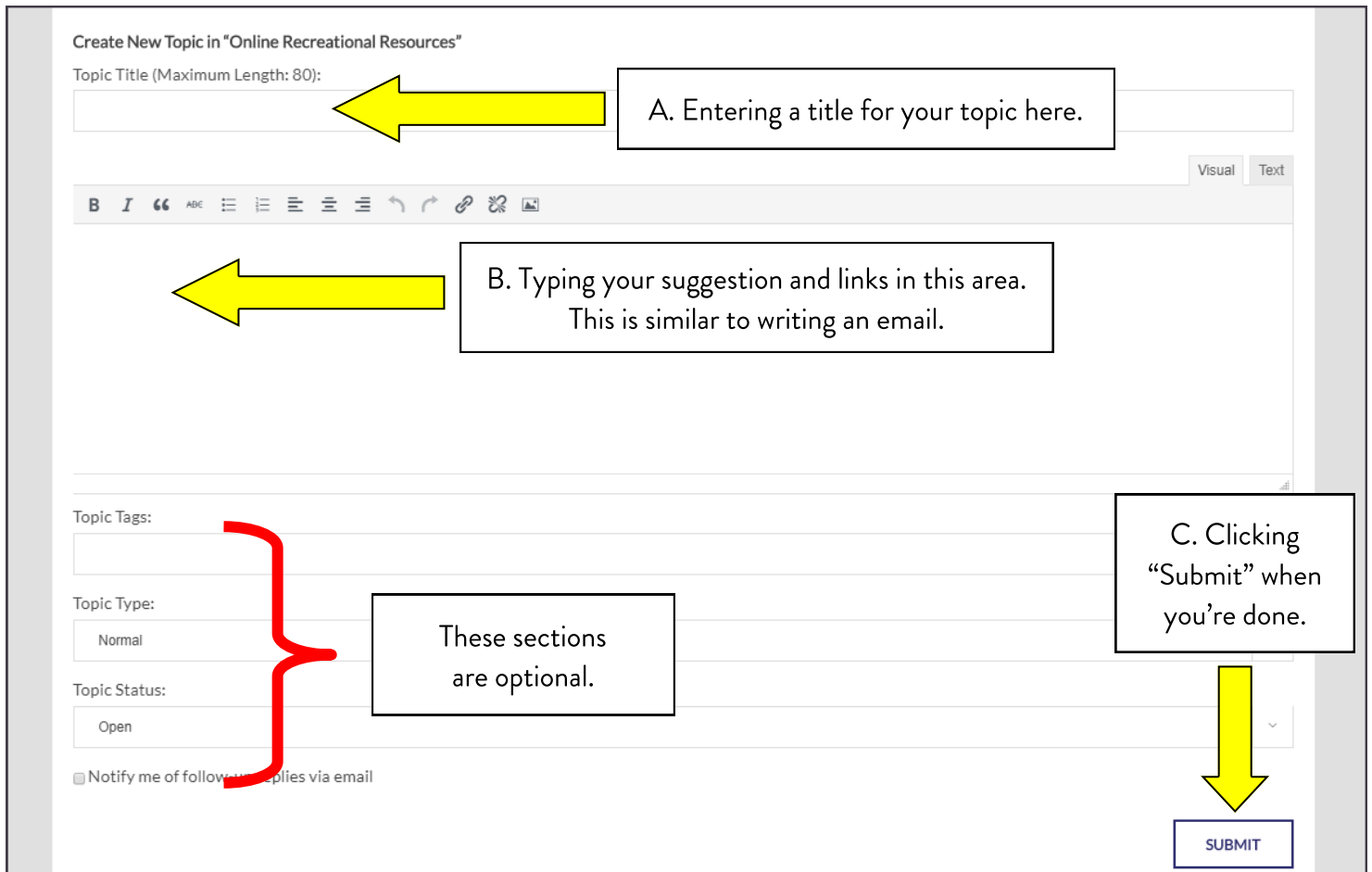
- 1) Log into your Resident Portal account.
- 2) Hover your mouse cursor over the "News & Social" tab and click on "Forum." (If using a tablet or smart device, tap on the menu icon. Then tap on "News & Social," followed by "Forum.")



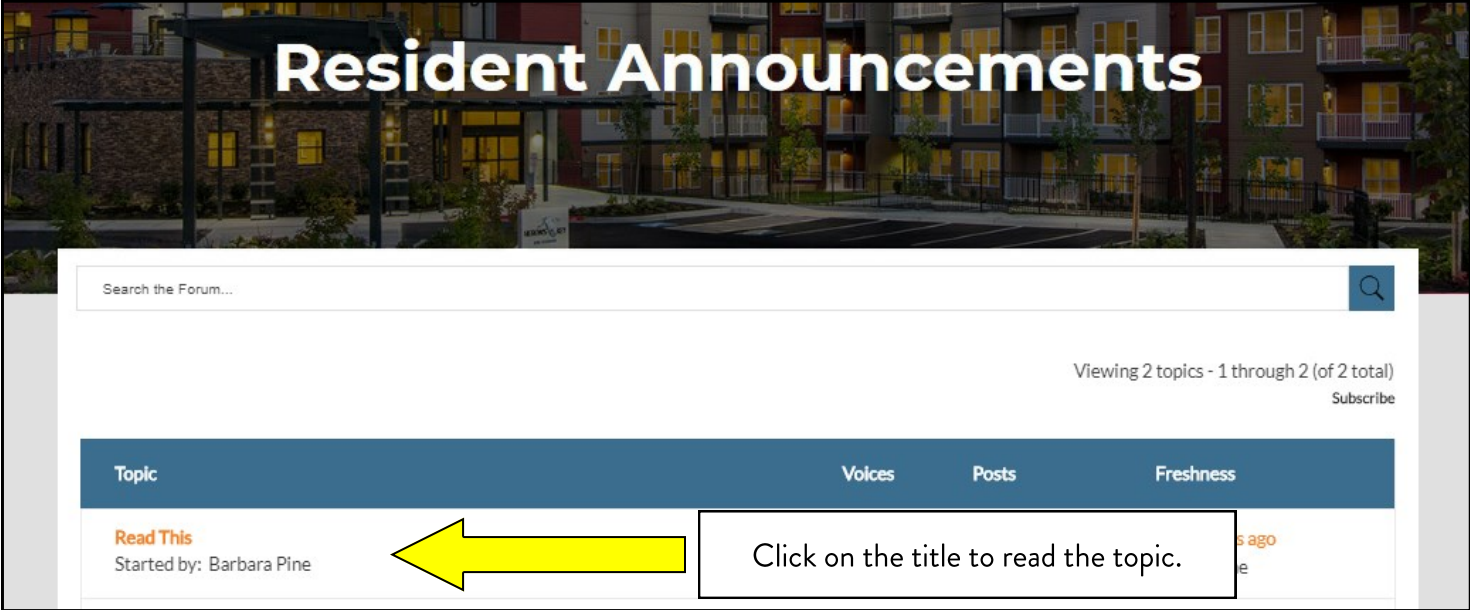
3) Click on the “Online Recreational Resources” link toward the bottom of the list of forum topics.



4) Post your online recreational resource recommendations by:



After you enter a new topic, it will appear in the list of topics in the respective forum section. Your neighbors can read what you posted by clicking on the topic's title. Here's of an example of how this looks in the "Resident Announcements" forum section:



Respond to a neighbor's forum post by using the text box toward the bottom of the screen:

