

Beyond 2020 - Reimagine



Futures for life, work, learning and play

Reimagine our futures for life, work, learning and play Beyond 2020.

Introducing to the panel a more meaningful activities to keep the mind and body active from the comfort and safety of home. All of these activities can be accessed through a smartphone or a computer, and will open their eyes to a virtual world of possibility. If the screen is too small, you can mirror with your smartTV for a bigger screen from the comfort of staying home.

Providing the best care to an aging loved one, we need to take care of yourself first. I have included a list of activities that will keep not only you physically and mentally strong, and for those of you who have children, elderly parent, I have also included a possible online virtual examples list of active learning and engagement in all areas, for all ages.

Presented by Peter Tan

"The meaning of life is to find your gift. The purpose of life is to give it away."

Pablo Picasso

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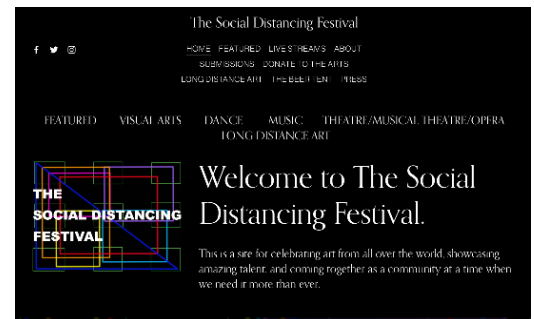
Bringing the **real virtual** to you



Virtual Activities You Can Do to Stay Engaged

Social Distancing Festival celebrations

An online artist's community made to celebrate and showcase the work of many artists worldwide who have been affected by the need for social distancing that has come about due to the spread of Coronavirus (COVID-19). Check out their live-streams page to see events from all over the world. There are multiple events happening each day.



Social Distancing Festival at <https://www.socialdistancingfestival.com>

Live stream at <https://www.socialdistancingfestival.com/live-streams>

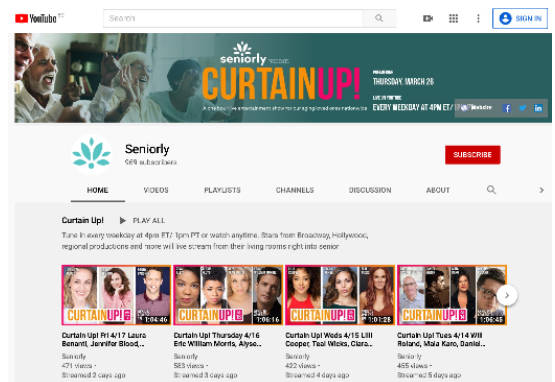
Presents Free Live-Streaming Show, specially Produced for Seniors

Examples, a group of performers from Broadway, Hollywood and all across the country who are volunteering their time to entertain and connect with seniors.

One example [is Seniorly](#)

A subscription base for their YouTube channel to watch the shows that air at 1pm PT/ 4pm ET every day.

<https://live.seniorly.com/curtainup/>



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Special Episode: Real Story Will Make You Feel Less Bad

Have our own episode of story to listen in.

Example, This [Tom Hanks Story](#) Will Make You Feel Less Bad
Taffy Brodessor-Akner, *New York Times* feature writer, hosts a nearly 40 minute podcast where stories about Tom Hanks, who is currently under coronavirus quarantine in Australia, are read. Listen to this feel good episode about a man many of us know through the big screen, who embodies kindness and consideration.



The story will provide much comfort in a time of uncertainty and worry.

<https://www.nytimes.com/2020/03/15/podcasts/the-daily/tom-hanks-coronavirus.html?showTranscript=1>

Yayoi Kusama Infinity Mirrors

If you have two minutes to spare, we highly recommend watching this YouTube video featuring Japanese artist, Yayoi Kusama's, Infinity Mirror Rooms. Known for her repetitive polka dots and peep-show-like chamber rooms that create the illusion of infinite space, this virtual tour of six of the rooms will open your eyes and expand your imagination.



Youtube at https://www.youtube.com/watch?v=8VwJMw_fLvl

Reading at **Arts and Life** at [NPR.ORG](https://www.npr.org)

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Virtual Museum Tours – locally or around the world

A more enriching way to spend our day ...it's truly astounding what is at your fingertips through the [Google Arts and Culture Collections](https://www.google.com/cultural/institution/). From the MoMA in New York, White house to the Van Gogh Museum in Amsterdam to the Musée d'Orsay in Paris, the exhibits and artwork are amazing. Set aside time each day to explore one or more museums and learn something new.

Locally, we have Singapore Philatelic Museum - Virtual Tours

<https://www.nhb.gov.sg/spm/who-we-are/resources/virtual-tours>

Google Arts and Culture collections

<https://artsandculture.google.com/partner?hl=en>



The Royal Opera House

[The Royal Opera House](https://www.royaloperahouse.com/) will be bringing ballet and opera to every home and device around the world, offering free online broadcasts, musical master classes and cultural insights that audiences will surely enjoy. The following productions will be offered on-demand via the ROH's YouTube Channel and their Facebook page.



Youtube

<https://www.youtube.com/user/royaloperahouse>

Facebook

<https://www.facebook.com/royaloperahouse/>

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Zoo Live Cams

Calling all animal lovers out there! Who doesn't enjoy watching our furry and fuzzy friends play around at the Zoo? Live cameras set-up all over the park, so you can select the animal you would like to see depending on which ones are your favorite. Make it part of their routine to check the live cameras throughout the day and see what they are doing in the morning, afternoon and evening.

Example is the [San Diego Zoo Live Cam](#)



■ Live Cams ■



Those prefer watching via Facebook Live

Example at [Cincinnati Zoo Home Safaris via Facebook Live](#)

Learning Lab, Art and Culture

In addition to the vast collections and research surrounding us, The Smithsonian Learning Lab puts the treasures of the world's largest museum, education, and research within your reach. The Lab is a free, interactive platform for discovering millions of authentic digital resources, creating content with online tools, and sharing it with the Smithsonian's community of knowledge and learning. The content on the Smithsonian's website is so expansive, it would take a lifetime and then some to even scratch the surface!



Visiting the Smithsonian



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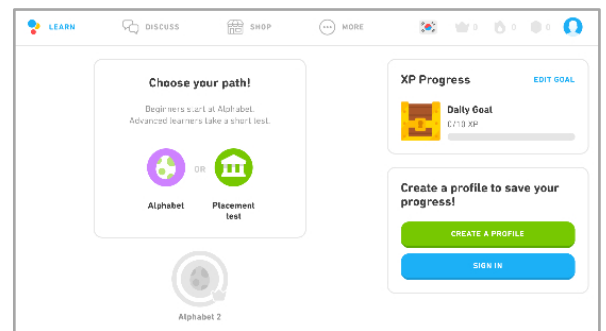
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Learn a New Language with Duolingo Learning a new language is a fantastic way to engage and challenge the brain. With Duolingo, a fun and intuitive app, you can learn close to 25 different languages. Users are incentivized to learn through points and levels. Download this free app and get started learning that language you always wanted to today.



website at <https://www.duolingo.com/learn>

Lunch Doodle Series

Mo Willems, the children's book author and illustrator (the Pigeon, Knuffle Bunny and Elephant and Piggie series) has launched a series that streams from the Kennedy Center YouTube page at 1pm daily. This fun and engaging series allows you to safely social distance while also providing comic relief and drawing techniques. [Watch this series over lunch](#) and try drawing along as Mo guides you. You can also download his materials, [see examples](#)



Watch at <https://www.youtube.com/watch?v=RmzjCPQv3y8>

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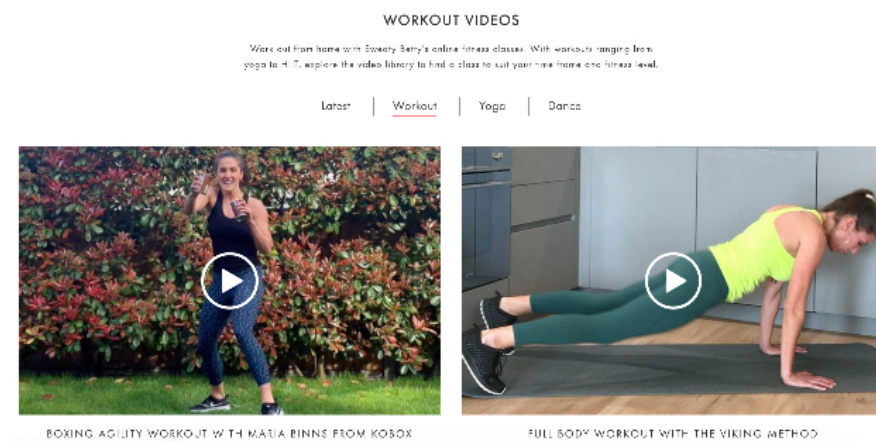
Virtual Activities You Can Do to Stay Engaged

No better way to clear the mind and relieve anxiety than a **good workout!**
Learn from [Sweaty Betty](#)

This resource offers wonderful online classes that are full of easy exercises to do at home. Sweaty Betty provides yoga workouts, HIIT routines, and many other types for you to try.

No matter whether you have experience doing fitness classes or are a complete beginner, Sweaty Betty has something that will get you working at an appropriate level.

Work out from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT, explore the video library to find a class to suit your time frame and fitness level.



website at <https://www.sweatybetty.com/us/workout-videos.html>

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GET connected

