



Inspir | CARNEGIE HILL

MODERN SENIOR LIVING

STAYING ENGAGED DURING COVID-19



As we all find ourselves with more time indoors, we want to ensure that we remain engaged and stimulated, knowing the benefit it will have for our overall health and well-being. Below are a variety of offerings for your enjoyment.

EDUCATION

92Y Lectures and Programming:

Watch and participate in select 92Y programs with free live broadcasts! [View programs](#)

Doodling Class with The Kennedy Center:

Learn to draw with famed writer, animator, and Kennedy Center Education Artist-in-Residence every day at lunchtime.
kennedy-center.org/education/mo-willems/

New York Public Library:

While the library is closed, many resources, including e-books, are available now.
[View e-books](#)

Yale University:

The Science of Well-being class—free multi-class course, simply sign in/log on and choose option with no certificate (free). This is Yale's most popular class. [View courses](#)

Looking for further assistance? Inspir is here for you.
Feel free to reach out at info@inspirsl.com or 646.978.9040.



MUSEUMS

British Museum of the World:

This London-based museum has a collection of galleries you can view online. Simply click on collection, then galleries, then virtual galleries.

[View galleries](#)

Dalí Museum:

The Dalí Museum in St. Petersburg, FL, featuring more than 2,400 works by Salvador Dalí, offers virtual tours of its grounds and gallery. [View tour](#)

The George Washington University Museum:

You can browse more than 5,000 pieces of handmade textile art from all over the world without leaving home. [View collection](#)

Google Arts & Culture:

Features content from over 1,200 leading museums and archives that have partnered with Google Cultural Institute. [Visit site](#)

Jewish Museum:

Tour the Jewish Museum exhibits from the comfort of your own home. [View exhibits](#)

Louvre:

The Louvre Museum in Paris, France, offers virtual tours of some of their galleries. [View virtual tours](#)

Metropolitan Museum of Art:

The Metropolitan Museum of Art has an award-winning series of YouTube videos set to calming music, to view the incredible architecture within the museum. [Watch videos](#)

The Museum of Modern Art:

Check out one of New York's finest museum's virtual exhibits available now.

[View exhibits](#)

Smithsonian National Museum of Natural History:

View exhibits in the Smithsonian National Museum of Natural History, via virtual tours online.

[View virtual tours](#)

Virtual Museum Tours:

Twelve museums from around the world. [View virtual tours](#)



MUSIC & THEATRE

Broadway Musicals:

Let's keep Broadway alive while the lights are down. [View shows](#)

The Metropolitan Opera:

The renowned Metropolitan Opera in New York City is streaming a performance every night at 7:30 pm EST. The recordings then remain available for 20 hours (until 3:30 pm the following day). [Visit website](#)

OTHER

Alzheimer's Foundation of America (AFA):

Connect to free, dementia-friendly live streamed social programming. (Follow AFA on Facebook at @Alzheimersfoundationofamerica.)

[View programming](#)

San Diego Zoo:

Choose which animal you want to see live from one of the country's greatest zoos!

[View live cams](#)

Gardens from around the World:

Take in the best of the world's botanical gardens.

[View virtual tour](#)

PBS:

Ken Burns' Baseball Documentary "Calling all baseball fans"—18 hours of this well-known documentary available for FREE.

[Watch documentary](#)

Monterey Bay Aquarium:

Live-streaming penguins, otters, jellyfish, and more. Click the tab that says "ANIMALS", then on the bottom of the list, click "LIVE CAMS".

Here you can select which animal habitat you'd like to observe and enjoy! Live cameras are available from 10 am to 10 pm PST daily.

[View live cams](#)

United States Botanic Garden:

As a museum with a living collection, our exhibits, displays, and plants are always changing. No two visits are exactly alike.

[View virtual tour](#)

AMAZON PRIME OFFERINGS



Amazon Prime Video has a great search feature. If you are looking for a specific show, enter it into the search bar. You can filter on the left-hand side all free content by clicking the box that states "Included with Prime". If Amazon Prime does not have the title, they will make recommendations for similar shows or programs. If you are looking for a specific genre, such as nature or sports, entering this into the search bar will provide a list of programming in these areas.

TELEVISION

30 Rock

Curb Your Enthusiasm

Downton Abbey

The Andy Griffith Show

The Carol Burnett Show

The Marvelous Mrs. Maisel

MOVIES

Annie Hall

Book Club

Clue

Funny Face

Love Story

Manhattan

Moon Struck

Murder on the Orient Express

Some Like It Hot

Swiss Family Robinson

The Apartment

The Birdcage

The Great Escape

The Little Princess

To Catch a Thief

DOCUMENTARIES

A Classic Tour of Scotland

American Grand

Dior and I

In Search of Beethoven

In Vogue: The Editor's Eye

Rick Stevens Europe

The Painting Life of
Vincent Van Gogh

MUSICALS

A Star Is Born (1937)

Carousel

Chitty Chitty Bang Bang

Elvis: Blue Hawaii

Fiddler on the Roof

Les Miserables

NETFLIX OFFERINGS



Netflix has a great search feature. If you are looking for a specific show, enter it into the search bar. If Netflix does not have the title, they will make recommendations for similar shows or programs. If you are looking for a specific genre, such as nature or sports, entering this into the search bar will provide a list of programming in these areas.

TELEVISION & GAME SHOWS

Cheers
The Andy Griffith Show

Twilight Zone
Monty Python

Star Trek
Jeopardy

MOVIES

A Little Princess
Driving Miss Daisy
Guess Who's Coming
for Dinner

Dirty Harry
The Natural
Benji

Tootsie
Indiana Jones:
Raiders of the Lost Ark

DOCUMENTARIES

Our Planet
Terra
Oceans
Vietnam War
Roman Empire

World War II in Colour
Ted Williams
Jack of All Trades
Chef's Table
The World's Most
Extraordinary Homes

Wild Alaska
Chasing Coral
72 Dangerous Animals
The Universe
Nature's Weirdest Events

MUSICALS

Hairspray
Jersey Boys

Sweeney Todd
Chitty Chitty Bang Bang

Mary Poppins Returns

HULU OFFERINGS



Hulu has a great search feature. If you are looking for a specific show, enter it into the search bar. If Hulu does not have the title, they will make recommendations for similar shows or programs. If you are looking for a specific genre, such as nature or sports, entering this into the search bar will provide a list of programming in these areas.

TELEVISION

Barefoot Contessa:
Back to Basics
Dennis the Menace
Golden Girls

I Love Lucy
Iron Chef America
Seinfeld
The Bob Newhart Show

The Dick Van Dyke Show
The Mary Tyler Moore Show
The Odd Couple

MOVIES

MASH
Phantom of the Opera
Standing in the Shadows
of Motown

The Beatles -
Eight Days a Week
The French Connection
The Hangman

The Hunchback of
Notre Dame
When Harry Met Sally

DOCUMENTARIES

Amazing Grace:
Aretha Franklin
Anthony Bourdain:
No Reservations
Ask Dr. Ruth
Ballet Now
Crazy About Tiffany's

Crime and Punishment
Dior and I
Hillary
Kusama: Infinity
Mike Wallace Is Here
Neat: The Story of Bourbon

RBG
Scotch: A Golden Dream
Sohm
Steve Jobs:
The Man in the Machine
The Champion Within

GAME SHOWS

Ellen's Game of Games

Jeopardy

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