

Did you know that there are more ways than ever for you to learn, explore, and stay active right from your home?

Somers Rec Department has consolidated a list of fun, informative, and engaging opportunities for you and your families to remotely enjoy recreational health and wellness opportunities.

Take a (free) online class at Yale, tour the Louvre, practice yoga, enjoy a story together, visit with some furry friends, and much more by accessing the links provided below.

We will try and provide a new list of cool, creative, and fun recreational opportunities to all Somers Rec participants once a week. Next week, we will aim to focus on remote recreation, health & wellness, and leisure opportunities created by local individuals and businesses.

Do you have a great remote recreation resource that you've been using that you'd like to share with others? Email us at: recreation@somersct.gov.

Art Museums

National Gallery of Art: [National Gallery of Art, Washington D.C.](https://www.nga.gov/)

Metropolitan Museum of Art virtual tour: <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

The Louvre virtual tour: <https://www.louvre.fr/en/visites-en-ligne#tabs>

Art Classes

Yaymaker virtual paint nite (there is a cost per class): <https://www.yaymaker.com/virtual/experience/101/>

Reading

The Story Barn daily story time: [www.Facebook.com/FriedaBHerself](https://www.facebook.com/FriedaBHerself)

Workouts

Norwich Fitness Center: <https://www.facebook.com/norwichfitnesscenter/>

Yoga

West Hartford Yoga: <https://www.facebook.com/westhartfordyoga/>

Educational

Yale free online course: <https://oyc.yale.edu/courses>

Discovery Education virtual field trips: <https://www.discoveryeducation.com/community/virtual-field-trips/>

Ellis Island virtual field trip: <http://teacher.scholastic.com/activities/immigration/webcast.htm>

Museums

CT Maritime Museum virtual interactive experiences: <https://www.facebook.com/maritime.aquarium/>

Mark Twain House & Museum: <https://marktwainhouse.org/about/the-house/virtual-tour/>

Stamford Museum & Nature Center virtual tour: <https://www.stamfordmuseum.org/virtual-tour/>

New England Air Museum virtual tour: <https://www.neam.org/virtual-tours.php>

Boston Children's Museum virtual tour: <https://www.bostonchildrensmuseum.org/museum-virtual-tour>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

Animals

CT Beardsley Zoo live cams: <https://www.beardsleyzoo.org/zoo-cams.html>

Mystic Aquarium every day live at 11:00 a.m.

Penguin live cam: <https://www.mysticaquarium.org/penguin-live-stream/>

San Diego Zoo live cams: <https://kids.sandiegozoo.org/videos>

Georgia Aquarium live cams: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

"Jellycam" at Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>

Agriculture

Canadian farm & food tour: <https://www.farmfood360.ca/>

Virtual Egg Farm field trip: <https://www.aeb.org/eggs-in-schools/classroom/farm-to-table-virtual-field-trips>

Science

Virtual Planetarium: <https://stellarium-web.org/>

Access Mars virtual tour: <https://accessmars.withgoogle.com/>

Nature

The Nature Conservancy: 11 virtual field trips: <https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/>

Virtual Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Virtual Great Lake tour: <https://www.greatlakesnow.org/educational-resources/virtual-field-trip/>

The Great Wall of China virtual tour: <https://www.thechinaguide.com/destination/great-wall-of-china>

We wish all of our recreation friends and families the very best. We encourage all of our participants to seek ways to stay engaged, stay active, and stay healthy while practicing social distancing and remaining safe.

We look forward to enjoying some recreation together again soon. Until then, we will be in touch next week with more fun, at-home recreation opportunities.

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