

COMMUNITY AND ENRICHMENT CENTER

Weekly Newsletter

April 3, 2020

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SOCIAL DISTANCING: VIRTUAL TOURS

Fight boredom, l by taking a virtual tour to the zoo, an aquarium or National Park.



STAYING ACTIVE WHILE YOU'RE STUCK AT HOME

Find free online videos to keep you moving while you're stuck at home.



HEALTHY RECIPE: PESTO PASTA SALAD

This healthy three-ingredient pasta salad that will brighten up any meal.

SOCIAL DISTANCING: VIRTUAL TOURS TO FIGHT BOREDOM

People all over the world are staying home to fight the spread of the Coronavirus. But, even though we are all trying to keep our distance from each other, we can still have a little fun! Fight boredom, learn and see new things by taking a virtual tour!

VISIT A MUSEUM

According to [USAToday](#), Google Arts and Culture partnered with over 2,500 museums and galleries from all over the globe to offer virtual tours. Some of these include New York's [Museum of Modern Art](#) and Amsterdam's Van Gogh Museum. [The Louvre](#), based in Paris, is also offering its own virtual tour online for free.



VISIT THE ZOO

Zoos and aquariums like the [San Diego Zoo](#), the [Georgia Aquarium](#) and the [Monterey Bay Aquarium](#) are offering live webcam viewings of their animals like pandas, penguins and beluga whales.

Even the [Denver Zoo](#) has a new virtual tour: Google Expedition, *The Birds of Denver Zoo*.

VISIT A NATIONAL PARK

You can experience nature without traveling or going outside. National parks are offering virtual tours of the most popular parks. Virtual visitors can experience [Yellowstone National Park](#), as well as [Yosemite National Park](#).



STAYING ACTIVE AT HOME

According to MedlinePlus, exercise may help your immune system in a lot of ways. Working out flushes bacteria from your lungs and airways, increases your white blood cell count and raises your body temperature. All of these could help your body to better fight infection.



FREE ONLINE VIDEO GUIDES TO KEEP YOU MOVING

SilverSneakers

Click below for individual SilverSneakers short workout videos.

[8 min Cardio Flow & GoYour](#)
[Daily Workout: 11-Minute Chair Flow](#)
[Your Daily Workout: 30-Minute Strength Circuit](#)

Healthline

Click here for [free videos to keep seniors active.](#)

QUOTE OF THE WEEK

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Breathe. The universe is taking care of the rest.

HEALTHY RECIPE: PESTO PASTA SALAD



Ingredients:

16 oz. bow tie pasta
3/4 cup prepared pesto
1 pint cherry tomatoes halved or quartered.

Instructions

Cook pasta according to directions in salted water. Drain pasta and mix with pesto and tomatoes.

Serve warm, at room temperature or cold over leafy greens.

Nutrition Information:

Calories: 348 | Carbohydrates: 47g | Protein: 12g | Fat: 13g