

Creative Living

celebrating all good things

Stay sane during isolation with activities, virtual and real

by Kate Goldsmith

It's been a long couple of weeks since the COVID-19 outbreak changed our lives forever; and we'll be hunkering down for the foreseeable future.

If "social distancing" is starting to grate on your nerves, there are still ways to stay engaged in isolation. Here are a few ideas:

ARTS ONLINE

"We encourage art making as a means of communication, an outlet for stress, and something to keep our minds occupied and our spirits bright," says Nicole Fenichel-Hewitt, executive director of The Art Effect.

Some of the ways The Art Effect is doing that include posting daily activities and challenges for all ages, and sharing "media and resources to inspire your own projects." Find them on Facebook at Feel The Art Effect

Other organizations are hosting online arts and crafts activities, from libraries to art galleries. Check your favorites on Facebook for more information.

GET OUT FOR SOME FRESH AIR & EXERCISE, WHILE PRACTICING SOCIAL DISTANCING

•While state parks are open, for the safety of all visitors and to stop the spread of

COVID-19, all State Park playgrounds, athletic courts and sporting fields are closed.

The NYS Department of Parks, Recreation and Historic Preservation says on its Facebook page: "When visiting a park it should be for a solitary nature break, avoid all group activities and maintain at least six feet of space between others. If you arrive at a park and crowds are forming, choose a different park, a different trail or return another time/day to visit.

Visit @nystateparks on Facebook or visit <https://parks.ny.gov/covid19/> for updates.

•The grounds of Hyde Park's three national historic sites (Home of Franklin D. Roosevelt, Eleanor Roosevelt's Val-Kill and Vanderbilt Mansion) are currently open for walking and hiking.

•Some municipalities have kept their passive parks open. Check you locality for more information.

•Art Omi Sculpture Park Open: Those living near Art Omi in Ghent, Columbia County, are invited to combine exercise and art with a trip to its Sculpture & Architecture Park. Take a self-guided audio tour of the Sculpture & Architecture Park, which provides insights and curatorial information highlighting a variety of works. Those living farther away can enjoy a series

of make-at-home projects highlighting contemporary artists and artworks. Visit www.artomi.org for more information.

LIGHTS, CAMERA, ACTION!

The Moviehouse is working with its partners in distribution to be able to present exclusive theatrical films as part of a new series, The Moviehouse @Your House. These films are not yet available on any other platform, so you get to watch them at home first. Purchasing a ticket for these films is also a great way to support The Moviehouse as a percentage of the ticket price comes back to them.

How this works: For \$10, the cost of a bargain matinee movie ticket, Oscilloscope will email you a link to the film, which is viewable on any internet-connected device including laptops, tablets and smartphones. If you have the appropriate technology, you may be able to stream this to your television at home from your computer or phone. The link will give you access to the film for 48 hours after it is emailed to you.

The Moviehouse is also working on an online Movie Club so the community can engage in post screening discussions. Visit www.themoviehouse.net for more information.

VIRTUAL TOURS

You can visit world-class museums near and far at <https://artsandculture.google.com/project/virtual-tours>.

LIVE STREAMING

Unable to tour, resourceful musicians and other performers are reaching their fans

via Facebook, YouTube and other channels. Some are offering live-streamed concerts for a nominal fee. Most entertainers rely on touring for a good portion of their income; and while everyone is being impacted by the coronavirus outbreak, these folks have seen their industry dry up overnight. Keep in touch with your favorites and help to support them during these trying times.

LOCAL LIBRARIES

Technology has allowed libraries to service communities in a myriad of ways. With a library card, you can access e-books and magazines, do research, learn a language and more. Check out midhudson.org for information.

GARDENING

While garden centers are not considered essential businesses at this time, you can still get out in the garden, get some fresh air and make plans for the future. You can find plenty of information about this topic online; Google "gardening in isolation" and learn more.

ATTENTION PERFORMING & VISUAL ARTISTS:

We'd like to know how you are keeping your work in the public eye during the present challenge. Are you live-streaming concerts or workshops? Offering virtual gallery tours? Email creativeliving@s Dutchessnews.com and tell us about it; photos welcome, too.



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