

Week 8: Take Advantage of Your Time at Home Series



You are in quarantine. The good news is, the internet is responding with more options for social gatherings than ever before, including free online concerts and ways to create your own sense of community. Here are some ways to stay entertained if you're self-quarantined or practicing social distancing in the weeks to come.

Stream a concert, opera or TV show Performers are trying to find a way to share their art during this social distancing era. Artists like Pink, Coldplay, Keith Urban and John Legend are streaming live concerts on Instagram.

The Grammy Museum is putting some of the recorded Q&A performances online from artists like Billie Eilish and Brandi Carlile. The initial rollout will include nine artists. All of the sessions were filmed in the 200-seat Clive Davis Theater inside the museum, located in the LA Live complex.

Take a digital museum tour Thanks to technology, spending the day at a museum is still an option, even if you can't leave the house. Travel and Leisure has a list of [12 museums that offer virtual tours](#). You can check out famous locations in the US or abroad in Seoul, Berlin, Florence and more. The Georgia Aquarium and the Monterey Bay Aquarium have turned on webcams so you can still watch otters, fish and penguins without the crowds.

Host a Netflix viewing party If you and your friends or family have a Netflix subscription, you can schedule a time to watch a movie or show synced together.

A [free Google Chrome extension called Netflix Party](#) syncs video playback so you can play and pause at the same time. It also has a group chat feature so you can keep the conversation going while you watch. Everyone in the party has to have a Netflix account.

Free entertainment to help you survive social distancing HBO, MasterClass, Marvel comics, and lots more, including movies, books, concerts, exercise and guitar lessons. [Free entertainment to help you survive coronavirus social distancing](#).

Remember, we're all in this together! Best Care EAP counselors are here to help if you need it. Schedule your confidential appointment by calling **(402) 354-8000** or **(800) 801-4182** or **send an email to eap@bestcareeap.org**.

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