

HORIZONS

M A R I N A D I S T R I C T

Dear Residents:

We know these are trying times for everyone here at Horizons and around the world. We realize that it can be stressful to find ways to stay physically and mentally active as well as finding information from special hours for at-risk individuals at grocery stores to finding delivery/curbside pickup options for prepared food.

There are hundreds of websites with helpful information, and we know that that can cause a lot of stress and anxiety in itself. In an effort to ease those feelings Management has compiled some relevant information all in one place for you. Below, you will find internet links on how to stay physically and mentally active from live Facebook workouts from the folks at Planet Fitness to virtual tours from world-class art facilities to the Great Wall of China.

In this helpful list, you will also find local grocery stores that have special hours for "at-risk" groups as well as local restaurants that offer delivery and or curbside pickup. We hope this list of activities and general community information helps ease the mind and bring you comfort during this time.

As a reminder, if anyone needs assistance running any errands, Management and the Security Kiosk have a list of residents who have volunteered to assist you. If you need help, please contact the management office or security, and we will put you in contact with your helpful neighbors.

Work Out Options

- 24 Hour Fitness offers a workout App so that you may exercise in the comfort of your own home.
For more information, please visit: <https://www.24hourfitness.com/>
- Planet Fitness is live streaming "Work-Ins" at 7 p.m. ET every day on Facebook. The company said its trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone.
For more information, please visit: <https://www.facebook.com/planetfitness/>
- 305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12 p.m. and 6 p.m. ET, and are hosted by the founder of the studio, Sadie Kurzban.
For more information, please visit: <https://www.youtube.com/user/305Fitness>

Mental Stimulation

- **The Great Courses:**
Learn everything about anything! Stream unlimited courses on topics from science, history, philosophy, photography, cooking, literature, and more. Free for one month.
For more information, please visit: www.thegreatcoursesplus.com
- **British Museum, London:**
This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's virtual tour.
For more information, please visit: <https://britishmuseum.withgoogle.com/>

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- **Guggenheim Museum, New York**

Google's Street View feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

For more information, please visit: https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=30.75703204567916&sv_p=0.06928383072430222&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=0.9645743015259166

- **National Gallery of Art, Washington, D.C.**

This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

For more information, please visit: <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

- **Musée d'Orsay, Paris**

You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others. **For**

more information, please visit: <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

- **National Museum of Modern and Contemporary Art, Seoul**

One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.

For more information, please visit: <https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

- **Pergamon Museum, Berlin**

As one of Germany's largest museums, Pergamon has a lot to offer – even if you can't physically be there. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.

For more information, please visit: <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

- **Rijksmuseum, Amsterdam**

Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a Street View tour of this iconic museum, so you can feel as if you're actually wandering its halls. **For more information, please visit:**

https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1

- **Van Gogh Museum, Amsterdam**

Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.

For more information, please visit: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

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- **The J. Paul Getty Museum, Los Angeles**

European artworks from as far back as the 8th Century can be found in this California art museum. Take a Street View tour to discover a huge collection of paintings, drawings, sculptures, manuscripts, and photographs.

For more information, please visit: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

- **Uffizi Gallery, Florence**

This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world.

For more information, please visit: <https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

- **MASP, São Paulo**

The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a virtual tour to experience the wondrous display for yourself.

For more information, please visit: <https://artsandculture.google.com/partner/masp?hl=en>

- **National Museum of Anthropology, Mexico City**

Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are 23 exhibit rooms filled with ancient artifacts, including some from the Mayan civilization.

For more information, please visit: <https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

- **Yosemite National Park**

While parts of the park are still open for the season, those who can't make it to California's Sierra Nevada region can still tour the park — complete with sound — and visit some of Yosemite's iconic landmarks, including the Mariposa Grove of Giant Sequoias, the top of the Half Dome and the eponymous Yosemite Falls. **For more information, please visit:**

<https://www.virtualyosemite.org/about-virtual-yosemite/>

- **The Great Wall of China**

China's most famous attraction offers virtual tours of some of the most visited sections of the wall, 3,000 miles of which are walkable. With much of the country under quarantine measures, the virtual tour [offers](#) a reprieve from the crowds who normally come from all over the world to see the 2,000-year-old marvel.

For more information, please visit: <https://www.thechinaguide.com/destination/great-wall-of-china>

- **Yellowstone National Park**

National parks are known for their dazzling views and historical landmarks, and Yellowstone holds some of the nation's most iconic ones. The virtual [tour](#) takes visitors through the first national park, showing Wyoming's most treasured sites including its canyons, hot springs and geysers, the most famous being Old Faithful.

For more information, please visit: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

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Grocery Options

Several grocery stores have started special shopping hours to make sure those most vulnerable to the coronavirus pandemic get supplies without worry.

Here's a list of where those at-risk populations can shop before the general public:

- **COSTCO**: Will open special hours for those 60 and up effective on Tuesdays and Thursdays, 8-9 a.m. No guests will be admitted.
- **Target**: Opening each Wednesday to "vulnerable guests," including the elderly and those with underlying health concerns, an hour early.
- **Walmart**: Walmart will offer hour-long senior shopping every Tuesday from March 24 through April 28, for customers aged 60 and older. This will start one hour before the store opens, so check location hours before going.
- **Albertsons**: Will open to 7 a.m. to 9 a.m. for "vulnerable shoppers," including senior citizens and other at-risk populations, such as pregnant women or those with compromised immune systems, every Tuesday and Thursday.
- **Vons**: Will open to 7 a.m. to 9 a.m. for "vulnerable shoppers," including senior citizens and other at-risk populations, such as pregnant women or those with compromised immune systems, every Tuesday and Thursday.
- **Ralphs**: Ralphs will dedicate 7:00 a.m. to 7:30 a.m. daily at all locations, solely for the shopping needs of senior citizens until further notice. Ralphs also encourages and appreciates customers allowing senior citizens to move to the front of the line throughout the day.
- **Whole Foods**: Will open one hour early for customers who are 60 and older under each store's new adjusted hours. (Check your store's new hours online)
- **Barons Market**: Open to seniors 65 and older, pregnant women, and those with disabilities at 9 a.m.
- **Northgate Gonzales Market**: Open for senior citizens and disabled customers at 7 a.m.
- **Vallarta Supermarkets**: Open to seniors 65 and over, pregnant women, and those with disabilities at 7 a.m.

Restaurants in San Diego Available for Pick Up or Delivery

- **Pho Ca Dao Restaurant**, which is offering its full menu for curbside pickup and free delivery through DoorDash. Pho Ca Dao has locations in Mira Mesa, Rancho Bernardo, Poway and Mission Valley.
- **Farmer's Table**— and **all** of its locations in San Diego County — is offering 10% off all takeout orders now through March 31, with curbside pickup available by request. (There is one in little Italy)

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- **Pop Pie Co.** in University Heights (and sister eatery Stella Jean) are taking orders by phone, with curbside delivery available.
- **The Great Maple** in Hillcrest is staying open for takeout and curbside pickup Monday through Sunday from 8:30 a.m. to 1 p.m., and dinner service from 5 p.m. to 8 p.m. on Friday and Saturday.
- **Kansas City BBQ** is open for delivery and pick up! 619-231-9680
- **Athens Market Taverna** is open for pick up 619-234-1955
- **Toscana Café and Wine Bar** has Italian home cooking available for takeout or delivery. 619-231-5788
- **JR's Grill** has amazing Mediterranean food available for pick up. 619-232-5513

This is just a sampling of the restaurants providing this service. For more information, please visit:

<https://sandiego.eater.com/maps/san-diego-restaurants-adding-takeout-delivery-off-premise-dining-coronavirus>