**Free Apps for Mental Health**

Getting out of your head is hard. Here are some apps that might help. Remember, mindfulness is a practice – stick with it!

Mindfulness

* **Headspace** - Guided meditations, additional free content during the COVID pandemic
* **Mindfulness Coach** - Guided meditations

Apps to Improve Mood and Reduce Stress

* **Mindshift CBT** – Skills to reduce anxiety
* **Mood Coach –** Skills to improve mood
* **PTSD Coach -** Skills to target PTSD symptoms
* **Virtual Hope Box** – Coping skills and guided meditations

**Free Streaming Fitness**

Exercise is a great way to relieve stress. Here are some at-home options you can try. All have options for beginners!

* **YMCA -** Free workout videos from Bootcamp to Tai Chi <https://ymca360.org/>
* **Core Power Yoga** - Free yoga videos at

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

* **Planet Fitness -** Free live streaming classes accessed on their facebook page <https://www.facebook.com/planetfitness>
* **Peloton -** Offering a free 90 trial for free classes <https://www.onepeloton.com/app>
* **Golds Gym -** Free Access to its app Gold’s AMP until end of May.To enroll, individuals should head to goldsamp.com/promo and redeem the code FIT60 at check out. The promo code must be activated by April 30 and users will have free GOLD’S AMP access until May 31.
* **Pure Barre -** The barre-studio chain is offering [Pure Barre On Demand](https://ondemand.purebarre.com/) for free for 30 days. To enroll, use the code EXTENDEDTRIAL. A credit card is required to enroll, and be sure to cancel before the free trial ends to avoid getting charged.

**Free Socializing Apps**

* **House Party** – Hosts up to 8 people for virtual games night.
* **Caribou** – Family video-calling app integrating children's books and activities - a truly engaging experience for kids and their families.

**Free Entertainment/Cultural Events**

**Broadway**

* **BroadwayHD -** Did you know you can stream broadway shows through Amazon, iTunes, YouTube and other streaming services? You can also check out BroadwayHD,[a special streaming service that brings you the greatest from the Great White Way](https://www.broadwayhd.com/). It's $8.99 a month, but there's a one-month free trial. <https://www.broadwayhd.com/>
* **Broadway-On-Demand** - In May, a new Broadway-related platform will be joining the ranks of available streaming services. Broadway on Demand will premiere with an inaugural content series, “30 Days of Opening Nights,” which will kick off with a live stream concert event. The event will take place in Hollywood’s Bourbon Room and will employ strict social distancing protocols. The concert will raise funds to benefit performers, playwrights, composers, musicians, and stagehands who have been affected by the COVID-19 pandemic. The event will be free to view, as part of Broadway On Demand’s Free [**Membership**](https://www.broadwayondemand.com/) at <https://www.broadwayondemand.com/>
* **Broadway Musicals by Andrew Lloyd Webber -** Each feature-length show will begin streaming on [YouTube](https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/videos) at 2 p.m. EST and remain accessible—free of charge—for the next 48 hours. Last week’s feature was Jesus Christ Superstar and The Phantom of the Opera was posted today! Head over to <https://www.andrewlloydwebber.com/the-shows-must-go-on/>

**Reading/TV**

### Audible and Kindle - Audible has launched a free collection of audiobooks for children. Amazon’s Kindle is offering [two free months](https://www.amazon.com/kindle-dbs/promoLanding?linkCode=w61&imprToken=SD1PvcoQAl3nCLJQjeqTdw&slotNum=0&campaignId=907ea992-8e47-45f1-bacf-eeee592e4423&promoCode=907ea992-8e47-45f1-bacf-eeee592e4423&tag=nypost-20&tag=nypost-20&mod=article_inline) to its unlimited ebook service for new users.

### NHL - Hockey season is on pause for now, but sports fans can still get their fix for games. The National Hockey League is providing [free streams of full replays of games](https://www.nhl.com/news/nhl-to-keep-fans-connected-during-pause/c-316219230) from the 2019-2020 regular season.

### Scribd - Scribd is offering its library of ebooks, audiobooks, magazine articles and more to anyone, [for free, for the next 30 days](https://blog.scribd.com/home/2020/3/17/a-letter-from-the-scribd-ceo-to-our-community). The online reading tool has millions of titles and programs available and can be accessed via online or through its app.

### SHOWTIME - SHOWTIME is offering a [free 30-day trial to new customers](https://www.showtime.com/) who sign up before May 3. A credit card is required to sign up, but a SHOWTIME rep tells Forbes that individuals can cancel at any time before the 30 days period ends to avoid being charged.

* Check out even more here: <https://www.cnet.com/news/free-entertainment-to-help-you-survive-coronavirus-social-distancing-april-14/>

### Free Art Gallery Tours

* **Guggenheim Bilbao virtual tour -** [Google Arts and Culture has collated](https://artsandculture.google.com/project/guggenheim-bilbao) a number of virtual art tours and museum exhibits from around the world. Their exploration of the Guggenheim Bilbao is a must-see and features cinematographic photos and videos captured by freerunners. Guided tours of masterpieces from the collection is also available. <https://artsandculture.google.com/project/guggenheim-bilbao>
* **Curator-led tours of Tate's exhibit's** - The [Tate](https://www.tate.org.uk/) is to launch free online film tours of Andy Warhol (April 6) and Aubrey Beardsley (April 13) exhibitions on [their YouTube channel](https://www.youtube.com/user/tate/featured). The virtual tours are to showcase over 100 artworks from Warhol and will be led by Director of Tate's Collection of International Art, Gregor Muir. Their [online collection](https://www.tate.org.uk/whats-on/tate-modern/exhibition/andy-warhol), featuring nearly 80k artworks is also available to view, from Salvador Dali to David Hockney as part of their Staying Inspired At Home initiative. <https://www.youtube.com/user/tate/featured>
* **Musée d'Orsay: Paris** - Take in [278 masterpieces here](https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en). Our suggestions: Vincent Van Gogh's[self portrait](https://artsandculture.google.com/asset/self-portrait/9gFw_1Vou2CkwQ?hl=en), and Éduoard Manet's [legendary nude, "Olympia."](https://artsandculture.google.com/asset/olympia/ywFEI4rxgCSO1Q?hl=en) Don't worry about clicking aimlessly, all the pieces have extensive descriptions and notations. <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>
* **National Gallery of Art: Washington, D.C.** - View [online exhibits and more than 42,000 works here](https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en). Our suggestion: [A selection of fashion watercolors](https://artsandculture.google.com/exhibit/fashioning-a-nation/ggJCDunxd5wXLw?hl=en) from the Index of American Design.
* **Uffizi Gallery: Florence, Italy** - Take a [virtual walk through Florence's artistic gem](https://artsandculture.google.com/story/cQVh5Rbqa2Q3dg) before stopping to admire some of the museum's most famous inhabitants. Our suggestion: [Sandro Botticelli's "Birth of Venus," of course](https://artsandculture.google.com/asset/the-birth-of-venus-sandro-botticelli/MQEeq50LABEBVg). But also, in the tour, don't forget to drag the screen and look up at the beautiful frescoes on the ceiling, painted by Alessandro Allori. <https://artsandculture.google.com/story/cQVh5Rbqa2Q3dg>
* **Johannesburg Art Gallery: Johannesburg** - Browse more than 500 works from Africa's largest art gallery. Our suggestion: The museum houses plenty of works form Dutch and other European artists, but it also offers an array of works [from South African artists](https://artsandculture.google.com/asset/township-scene-1-ephraim-mojalefa-ngatane/dAHEnAF7JgdACg). For a more historical angle, [browse their online exhibit about the role of photography and resistance](https://artsandculture.google.com/exhibit/the-evidence-of-things-not-seen-photography-and-resistance-%C2%A0/oAJScEI-O01qKQ) in the era of Apartheid. <https://artsandculture.google.com/exhibit/the-evidence-of-things-not-seen-photography-and-resistance-%C2%A0/oAJScEI-O01qKQ>
* **National Portrait Gallery: Washington, D.C.** - The intimate nature of portraiture makes this museum [a particularly great option for a home browse](https://artsandculture.google.com/partner/national-portrait-gallery). Our suggestion: Now's the time to take a closer look [at the Obama portraits](https://artsandculture.google.com/asset/first-lady-michelle-obama-amy-sherald/fQHkATEgyUnC-A) everyone [raves about](https://artsandculture.google.com/asset/president-barack-obama-kehinde-wiley/kgGqONkp0JVsCA). <https://artsandculture.google.com/partner/national-portrait-gallery>
* **National Gallery Victoria: Victoria, Melbourne** - After a [6-year digitization project, more than 75,000 works](https://www.ngv.vic.gov.au/virtual-tours/) from the gallery's collection are available online. Also on offer are free[curator-led virtual exhibition tours](https://www.ngv.vic.gov.au/virtual-tours/), which are added to regularly. This weekend visit 'KAWS: Companionship in the Age of Loneliness' (from Saturday March 21), and 'Keith Haring | Jean-Michel Basquiat: Crossing Lines' (as of Saturday March 28). <https://www.ngv.vic.gov.au/virtual-tours/>
* **Rijksmuseum: Amsterdam, Netherlands** - [Get up close with some of the world's most loved artworks](https://www.rijksmuseum.nl/en/masterpieces-up-close), including Rembrandt's "The Night Watch" and Vermeer's "The Milkmaid" via a new online platform, Rijksmuseum Masterpieces Up Close, which allows visitors to browse artworks from the Amsterdam museum, accompanied by videos, audio clips and 360º images. <https://www.rijksmuseum.nl/en/masterpieces-up-close>
	+ **EXTRA COOL PERK:** The Rijksmuseum also has a platform called the[Rijksstudio](https://www.rijksmuseum.nl/en/rijksstudio), which allows participants to download artwork images to create masterpieces of their own. There are more than 700,000 high-resolution images to choose from.
* **Tate Galleries: UK** - The UK-based art powerhouse is offering downloadable exhibition guides, including for the recently opened [Aubrey Beardsley](https://www.tate.org.uk/whats-on/tate-britain/exhibition/aubrey-beardsley) and [Andy Warhol](https://www.tate.org.uk/whats-on/tate-modern/exhibition/andy-warhol) exhibitions. Tate Modern has an [online-only performance available](https://www.tate.org.uk/whats-on/tate-modern/exhibition/bmw-tate-live-exhibition-2020?utm_source=facebook&utm_medium=organic_social&utm_campaign=bmw_tate_live&utm_content=faustin_linyekula_performance&fbclid=IwAR3fektkqmZW207FEGT9zm9kQ8KXViEYvRakEQzFc6PS5V6zDvj1OKAUD-k) to watch by Congolese dance artist and choreographer Faustin Linyekula. "My Body, My Archive" centers around social and political tensions in the performer's home country. <https://www.tate.org.uk/whats-on/tate-modern/exhibition/andy-warhol>

### Museums

* **British Museum: London -** [Explore a stunning visual timeline of the world](https://britishmuseum.withgoogle.com/), with an array of annotated objects. Our suggestion: This timeline pairs nicely with "[A History of the World in 100 Objects](https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads)," a podcast narrated by the Director of the British Museum, Neil MacGregor. (If your ears are craving more, [here are some more culture podcasts to enjoy](https://www.theartnewspaper.com/feature/top-podcasts?utm_source=The+Art+Newspaper+Newsletters&utm_campaign=0308dadb2f-EMAIL_CAMPAIGN_2020_03_16_02_26&utm_medium=email&utm_term=0_c459f924d0-0308dadb2f-61461449).) <https://britishmuseum.withgoogle.com/>
* **African American History and Culture - Washington, D.C.** - If you've ever wanted to visit an extremely popular museum but couldn't seem to nab tickets, a virtual tour is the next best thing! This one [gives you just a taste of what the museum has to offer,](https://www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/) and where in the museum each feature is located. <https://www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/>
* **Victoria and Albert Museum: London** - Ever wanted to don a big 18th-century hairpiece? Here's your opportunity, with the V&A's [Design a wig](https://www.vam.ac.uk/designawig/) activity. <https://www.vam.ac.uk/designawig/>
* **Smithsonian Museum of Natural History - Washington, D.C.** - Dinosaurs! Snakes in jars! Giant diamonds! [This is a good option for kids](https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits). Our suggestions: The Ocean Hall, The Hall of Mammals, and the [Hall of Fossils](https://naturalhistory2.si.edu/vt3/NMNH/z_tour-031.html). Or, [mix it up with minerals](https://naturalhistory2.si.edu/vt3/NMNH/z_tour-118.html).

<https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits>

<https://naturalhistory2.si.edu/vt3/NMNH/z_tour-031.html>

<https://naturalhistory2.si.edu/vt3/NMNH/z_tour-118.html>

* **Russia's State Hermitage Museum - St. Petersburg, Russia** - Got five hours to kill? [Enjoy this extensive video tour of the largest museum in Russia](https://www.youtube.com/watch?v=49YeFsx1rIw), complete with 45 galleries and 588 artistic masterpieces.

<https://www.youtube.com/watch?v=49YeFsx1rIw>

* **Other Museum Tours** - [From the Mikhail Bulgakov Museum in Russia](https://artsandculture.google.com/project/streetviews) to the National Palace of Sintra in Portugal, Google Arts & Culture provides around 500 panoramic tours of some of the most famous heritage sites and museums. For example, explore [landmark exhibition "Faces of Frida,"](https://artsandculture.google.com/project/frida-kahlo) curated by Google Arts & Culture in collaboration with 33 museums and organizations. The free digital exhibition offers a glimpse into the pioneering artist's life and legacy, with artworks from multiple collections around the world. <https://artsandculture.google.com/project/streetviews>

### Art Experiences

* **Alexander McQueen launches 'McQueen Creators'** - [Finding creative new ways to engage with their audience, the brand's newly launched McQueen Creators](https://www.alexandermcqueen.com/experience/en/mcqueencreators/) initiative sets artistic tasks for fans online. This week the McQueen team asked people to sketch, paint or draw the Autumn-Winter 2019 Rose dress and upload their art to Instagram (hashtagging #McQueenCreators) for a chance to be featured on their feed. <https://www.alexandermcqueen.com/experience/en/mcqueencreators/>
* **Kusama's Infinity mirrors** - If you missed one of the hottest traveling museum exhibits of the past few years, ooh and ahh at a brisk [room-by-room rundown of the hypnotic, multi-faceted work](https://www.youtube.com/watch?v=8VwJMw_fLvI) of Japanese artist Yayoi Kusama.
* **Van Gogh's Starry Night at the Museum of Modern Art in New York City** - [These close-up looks at famous paintings](https://blog.google/outreach-initiatives/arts-culture/art-zoom-masterpieces-through-eyes-famous-musicians/) are so intense, you may think a docent will start yelling at you. Few paintings are suited to such a treatment than the bold, textured lines of The Starry Night. <https://blog.google/outreach-initiatives/arts-culture/art-zoom-masterpieces-through-eyes-famous-musicians/>
* **Street Art -** [Explore](https://streetart.withgoogle.com/en/audio-tours) the stories behind street art across the world with audio-guided tours and online exhibitions, offered by the Google Cultural Institute. <https://blog.google/outreach-initiatives/arts-culture/art-zoom-masterpieces-through-eyes-famous-musicians/>
* **Banksy Murals around the world** - [Go on an artistic treasure hunt](https://artsandculture.google.com/theme/12-banksy-murals-you-can-see-on-street-view/NwLyuEgokJgAKQ) -- without the hunt part. With something like street art, it's much more interesting to see the work it its full context, than just through a close-up. <https://artsandculture.google.com/story/NwLyuEgokJgAKQ>

### Classical Concerts

* **Vancouver Symphony** - The Vancouver Symphony live streamed [its final performance from their BeethovenFest](https://www.vancouversymphony.ca/vso-livestream), and it's available for your viewing -- and listening -- pleasure any time. <https://www.vancouversymphony.ca/vso-digital-performances/>
* **Berlin Philharmonic** - With a special limited-time code, [you can enjoy a treasury of online performances](https://www.digitalconcerthall.com/de/concert/52535) from one of the best orchestras in the world. Our suggestion: You can't go wrong with anything from the trifecta of national B's: Bach, Beethoven and Brahms. But Gustav Mahler's second symphony,[The Resurrection Symphony](https://www.digitalconcerthall.com/de/concert/51843), seems apt in these trying time. <https://www.digitalconcerthall.com/de/concert/52535>

### Operas, Plays, Ballets

* **Alvin Ailey launches 'All Access'** - The Alvin Ailey Dance Theater has launched [#AileyAllAccess](https://www.alvinailey.org/performances-tickets/ailey-all-access) in celebration of the theater's anniversary, and has made a range of digital content, including dance tutorials and performances, available for viewing. In addition to this, a full-length recording of Ailey's acclaimed piece ['Revelations' is now available to watch for free on YouTube](https://www.youtube.com/watch?v=uAGFJCW_Toc). <https://www.youtube.com/watch?v=RrPJ4kt3a64>
* **Royal Opera House - London** When it comes to high culture, don't underestimate YouTube! [The Royal Opera House's channel](https://www.youtube.com/user/royaloperahouse) has a selection of some of the top performances from famous operas and ballets, just a click away. Our suggestions: [The Caterpillar from Alice's Adventures in Wonderland](https://www.youtube.com/watch?v=gOiK2G88sbw), and [The Dance of the Knights from Prokofiev's Romeo and Juliet](https://www.youtube.com/watch?v=SyDo3h1Tu7c), if just for the incredible costumes. <https://www.youtube.com/user/royaloperahouse>
* **Vienna State Opera** - If you can't be in Vienna, you can at least[treat yourself to full streams of some of the Vienna State Opera's latest performances](https://www.staatsoperlive.com/live). A reminder, for people who don't like opera: These works are almost always as much a treat for the eyes as much as the ears. <https://www.staatsoperlive.com/live>
* **Metropolitan Opera: New York City** - Arts lovers, if appointment viewing is more your thing,[the Met is putting on nightly opera streams](https://www.metopera.org/). But you better not be late! They're only available until 3:30 p.m. ET the next day. And there's something to be said for such ephemerality. <https://www.metopera.org/>
* **The Social Distancing Festival** - Want more live streamed arts? A theater artist has created [The Social Distancing Festival](https://www.socialdistancingfestival.com/), which gathers live streams and videos of all different types of performances in one place, on one calendar. <https://www.socialdistancingfestival.com/>

### Cultural Sites

* **The White House: Washington, D.C.** - [Hang out in the Oval Office? Don't mind if we do!](https://artsandculture.google.com/partner/the-white-house)By the way, the online exhibit sections of Google Arts & Culture's offerings are like having your own personal tour guide. Our suggestion: [The Virtual Tour of the Eisenhower Executive Office Building](https://artsandculture.google.com/exhibit/virtual-tour-of-the-eisenhower-executive-office-building/xgJi0RWsaoFSJg) will get you acquainted with stunning spaces you've only ever seen on TV. <https://artsandculture.google.com/partner/the-white-house>
* **Palace of Versailles: Versailles, France** - Explore one of France's national treasures and [all of the Baroque art, architecture and finery within](https://artsandculture.google.com/partner/palace-of-versailles). Our suggestion: Go outside of the palace interior [for an early birds-eye-view of the grounds](https://artsandculture.google.com/story/the-first-aerial-view-of-the-palace-of-versailles/xAISwhHIDve1Lw), to get your bearings. <https://artsandculture.google.com/partner/palace-of-versailles>
* **The Prambanan Temple: Yogyakarta, Indonesia** - [There's so much to behold in this iconic, intricate Hindu temple complex](https://artsandculture.google.com/exhibit/prambanan-architectural-magnificence/eQIyCjd9u0u8Lg). Good thing you're in no rush! Step up to the spires with the arrow marks, and drag your cursor to get a good look at the carvings. <https://artsandculture.google.com/exhibit/prambanan-architectural-magnificence/eQIyCjd9u0u8Lg>
* **The Sistine Chapel: Vatican City** - There are [a lot of museum collections to explore on the Vatican's virtual site](http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html). But first, go straight to[zooming in on all of the detail on the Sistine Chapel](http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina.html). <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei.html>

### Zoos and Aquariums

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* **The Cincinnati Zoo** - Every day while school is out, the Cincinnati Zoo ([home of the famous Fiona the hippo](https://www.cnn.com/travel/article/cincinnati-zoo-coronavirus-fiona-hippo/index.html)), [will be hosting a Home Safari on their Facebook Live Feed](https://www.facebook.com/cincinnatizoo/) at 3 p.m. ET. They'll have up-close animal experiences, plus activities to do at home. <https://www.facebook.com/cincinnatizoo/>
* **The Shedd Aquarium: Chicago, Illinois** - The Shedd Aquarium has already captured hearts with the antics of its resident penguins, which have been filmed roaming the now-empty halls of the aquarium, looking at all of the other exhibits. But [animal lovers will want to follow their Facebook page](https://www.facebook.com/sheddaquarium/), too: They're sharing all kinds of behind-the-scenes videos and fun virtual experiences. <https://www.facebook.com/sheddaquarium/>
* **The San Diego Zoo** - Want to have something fun going on in the background while you're working? Your favorite zoo probably has live cams so you can check in on all the animals. [The San Diego Zoo is a great start](https://animals.sandiegozoo.org/live-cams). <https://animals.sandiegozoo.org/live-cams>
* **The Georgia Aquarium: Atlanta** - [The Georgia Aquarium has live streams, too](https://www.georgiaaquarium.org/webcam/african-penguin-cam/)! And you can pick what animal you want to watch. We're partial to the African Penguins. <https://www.georgiaaquarium.org/webcam/african-penguin-cam/>

**Free Education/Learning/Activity**

* **MasterClass Live:** MasterClass just dropped their new series where members can connect with MasterClass instructors and outside experts, taking their learning beyond the set MasterClass curriculum. On Wednesdays at 5 pm PT, members and non-members can tune into live streams which will spotlight instructors. This past week featured Dan Brown! You can submit questions too! <https://learn.masterclass.com/masterclasslive>
* **Milk Street Cooking School** – You can take a variety of free online cooking classes at <https://www.177milkstreet.com/school>
* **Ivy League Courses -** Ivy League schools have made nearly 500 online courses free to keep individuals occupied while stuck indoors. [The online courses can be found on Class Central](https://www.classcentral.com/collection/ivy-league-moocs) and include subjects in mathematics, programming, personal development, education and more. <https://www.classcentral.com/collection/ivy-league-moocs>
* **Scholastic -** Scholastic has launched a free, online learning hub to encourage students to keep learning while their regular school schedules are affected by the COVID-19 pandemic. The hub, Scholastic Learn At Home, features daily learning activities for students in Pre-K and up. [The free service can be accessed on all devices with no sign-up required](http://mediaroom.scholastic.com/press-release/scholastic-creates-free-open-access-digital-hub-help-keep-students-learning-while-scho). <http://mediaroom.scholastic.com/press-release/scholastic-creates-free-open-access-digital-hub-help-keep-students-learning-while-scho>

### A list of really awesome FREE additional things can be found here: <https://dullesarea.com/2020/03/24/weathering-covid-19-free-learning-and-entertainment-resources/>

**Cultural Podcasts:**

### [Bow Down: Women in Art History](http://plinkhq.com/i/1485180302%22%20%5Ct%20%22_blank)

There is a lot of movement in the art world right now to pay homage to women artists—both living and from the past—who may not have received the recognition they deserve. The Bow Down: Women in Art History podcast from Frieze, hosted by the magazine's editor-at-large Jennifer Higgie does exactly that. There are currently eight episodes available, each 20 minutes long, and some of the women artists discussed include the surrealist photographer and resistance worker Claude Cahun; the avant-garde artist and designer Natalia Goncharova; and Kathleen Collins, the first African-American woman to write and direct a feature film.

The episode on Cahun is a particular highlight. Higgie speaks with Juliet Jacques, the writer of the book Trans: a Memoir, who describes Cahun as “somebody who it might be anachronistic to describe as gender neutral or non-binary, but who wrote in her book Disavowals or Cancelled Confessions [1930]: ‘neuter is the only gender that suits me’.” Jacques’s analysis of Cahun’s approach to her identity, her connection with Surrealism and her influence on Jacques’s own writing are essential listening. <https://plinkhq.com/i/1485180302?to=page>

### [The Great Women Artists](http://plinkhq.com/i/1480259187)

Another podcast that is working to bring women artists to the fore is The Great Women Artists, which is presented and produced by Katy Hessel, the creator of the hugely popular Instagram account of the same name. The first episode, an in-depth conversation with the Barbican curator Eleanor Nairne about her show dedicated to Lee Krasner, sets the tone for the series. Nairne is a passionate and eloquent guest, not only animating Krasner’s life and work but reflecting fascinatingly on the intricacies of presenting her paintings in the Barbican’s idiosyncratic spaces, and exploring the social and cultural forces that have shaped the curating of Krasner’s work.

Reflecting on the Whitney Museum’s 1975 Krasner retrospective, Nairne says: “When the Whitney’s doing that show, and when other exhibitions of that kind are being staged, it feels like what are sometimes called ‘herstories’—trying to take women’s stories and insert them into this largely white male history, rather than feeling like we might also be showing them because they’re a great artist.” She also describes “a hesitancy” among visitors about the motives behind showing women artists. “It’s OK to say: we’re doing this because institutions need to have better balance in terms of their programming, in terms of diversity, but we’re also doing this because this is exceptional work and it needs to be seen.”

Although Hessel interviews several women artists, the curator discussions—including Tate Modern director Frances Morris on Agnes Martin, the Whitechapel Gallery director Iwona Blazwick on Anna Maria Maiolino and new Chisenhale director Zoe Whitley on Betye Saar—have been the series’ best! <https://plinkhq.com/i/1480259187?to=page>

### [Recording Artists](http://plinkhq.com/i/1485620901)

Another all-women-artist podcast, but one with a difference. In season one of Recording Artists, called Radical Women, the host, curator Helen Molesworth, introduces archival recordings of major women artists and interprets them alongside expert guests including artists and art historians. The six artists, Alice Neel, Lee Krasner, Betye Saar, Helen Frankenthaler, Yoko Ono and Eva Hesse are, Molesworth tells us, united in working in a transformative moment in American society, with feminism and civil rights among the many cultural contexts in which they made their work. But the impact of the series, produced by the Getty, is also emotional: there is something profoundly moving about hearing Eva Hesse talking about her work just before her death in 1970, for instance, knowing that her life was then coming to an end, even as her work remains so alive and vital today. <https://plinkhq.com/i/1485620901?to=page>

### [Fake Heiress](http://plinkhq.com/i/1491349699)

“After her crimes were eventually exposed, Anna Sorokin told the New York Times that her transformation into Anna Delvey was motivated not by money, but by power.” So begins the third episode of the BBC podcast Fake Heiress, a six-part series looking into the extraordinary story of a Russian-born young woman who created a fake identity as a German heiress aiming to use her multi-millions to start an art foundation in New York.

Presented by the investigative reporter Vicky Baker, with dramatised sequences by Chloe Moss—“Well, what’s Anna Delvey’s story without a bit of make believe?”, Baker says—the sequence of events is astonishing. Sorokin propels herself, with nothing more than her own chutzpah, others’ gullibility and kindness, and the potential illusions offered by social media, into glamorous parties, expensive fashion boutiques, high-powered meetings and swish hotels, and even onto private jets, before she comes crashing down to earth. The art world is only one colour in the palette she uses to paint this fake picture.

But her activities were anticipated: in 2016, the artist Amalia Ulman created a fake Instagram identity, drawing thousands of people into her imagined world and prompting much anger when she revealed that it was an art project. Art, as so often, had anticipated real life. <https://plinkhq.com/i/1491349699?to=page>

### [Secret Artists with Annie McGrath](http://plinkhq.com/i/1484654152)

Annie McGrath is both a comic and a painter, and presents a hugely enjoyable podcast, Secret Artists with Annie McGrath, in which she and a fellow comedian-cum-artist draw or paint together while holding meandering conversations about art, comedy and much else. The objects they depict vary hugely. Among the highlights of the first series is McGrath and Mae Martin grappling with painting Saint Sithney, the patron saint of mad dogs, based on a medieval illumination. There’s much amusing chatter about Sithney and the legend of how he chose his patronage­­—that God offered him the chance to be patron saint of “girls who are looking for husbands” and he chose mad dogs instead. While drawing him, the pair speculate whether Sithney’s decision to avoid being the saint for unmarried women was feminist or sexist, and ponder the personality of a man who has the self-assuredness to reject God’s ideas for patronage in favour of rabid canines.

Amid McGrath’s conversations, a consistent thread emerges, about the highs and lows of making, whether that is the works of art that develop through the podcast or the stand-up routines or comedy scripts that occupy most of McGrath and her guests’ time. Philosophical nuggets emerge unexpectedly amid off-the-cuff conversations. “Whilst we’re doing the art it takes you to another place," McGrath told The Art Newspaper Podcast when she appeared on [our an art-and-comedy special](https://www.theartnewspaper.com/podcast/bananaman-who-is-maurizio-cattelan-plus-art-and-comedy). "You’re less conscious about what you’re actually saying because you’re concentrating on trying to draw a cat.” <https://plinkhq.com/i/1484654152?to=page>

### [Last Seen](http://plinkhq.com/i/1413228088)

Made in 2018 by WBUR radio and the Boston Globe, this podcast tells the story of the 1990 heist at the Isabella Stewart Gardner museum in Boston. It takes us deep into the robbery itself, the lax museum security that allowed it to happen and the mobsters that might have been responsible. Full of spine-tingling revelations, unforgettable characters and teasing cliffhangers, Last Seen is as thrilling as podcasting gets. <https://plinkhq.com/i/1413228088?to=page>

### [The Way I See It](http://plinkhq.com/i/1482786878)

An art podcast dream-team: the BBC and the Museum of Modern Art (MoMA) in New York partnered late last year to create The Way I See It. In each of the 30 episodes (all available now) a person of note discusses a favourite work from the museum's collection. Hosted by the art critic and broadcaster Alastair Sooke, accompanied by MoMA's curators, the guests include the actor and comedian Steve Martin, the Minimalist composer Steve Reich, and the artist Richard Serra.

In his episode, Reich chooses Serra’s Floor Pole Prop (1969) and remembers being particularly close to the artist. “In 1965 I moved into a loft on Duane St and the corner of Greenwich [St] and Richard lived around the corner on Greenwich… One day he calls up and the conversation goes: ‘Piece of lead on the floor, roll it up to a pole; other piece of lead, put it on the wall, the pole is laid up against it so it holds it in place. You got it? What do you think?’ I said: ‘Richard, I’ve got to see it.’ He said: ‘Come on over.’” He found Floor Pole Prop, now in the collection of the San Francisco Museum of Modern Art, exactly as Serra described it, he said. But in its precariousness, “the effect of it is like magic”.

In the first episode—and one of the best—the cosmologist Janna Levin talks about how Vincent van Gogh’s The Starry Night (1889) has inspired her and how the artist and the scientist are not as different as one might think. The aim of the podcast is "to provoke, inspire, and startle us into new ways of seeing art and our world"—something we have never more needed than now during this health crisis. <https://plinkhq.com/i/1482786878?to=page>

### [The Art Newspaper Weekly Podcast](http://plinkhq.com/i/1280469178)

This podcast covers breaking art news and brings you insider insights on exhibitions and events from around the world. Every week we invite special guests to join our host Ben Luke and our colleagues Margaret Carrigan and Nancy Kenney in New York, to look at the big topics from the art world. <https://plinkhq.com/i/1280469178?to=page>

**Phone/TV Deals**

### AT&T - AT&T is waiving domestic plan overage charges for data, voice or text. The waiver applies to residential or small business wireless customers who are facing economic hardship related to the coronavirus pandemic. The company is also waiving any late payment fees on wireless, home phone or broadband residential or small business customers who can’t pay their bill due to hardship; additionally, no service will be terminated due to inability to pay. [All resolutions offered by AT&T will be in effect for the next 60 days](https://about.att.com/pages/COVID-19.html?cjevent=d338c72a6d1b11ea816005bb0a24060c&source=EC1NAT10600aff12A).

### Cox Communications - Cox is offering a low-income internet tier with no annual contract to individuals who need internet during the COVID-19 pandemic. There are no qualifications for the service. It costs $19.00 per month, but will have a temporary[boost up to 50 Mbps, for free](https://newsroom.cox.com/Cox_expands_coronavirus_relief_for_remote_workers_and_students?_ga=2.107220994.1013308947.1584978860-1541562080.1584978860), through May 15. Additionally, customers unable to pay their bill at this time will not have their service terminate and will not incur any late fees due to their economic circumstances related to the COVD-19 pandemic.

### Sprint - Sprint is providing assistance to customers affected by COVID-19. The company is offering [unlimited data for 60 days](https://www.sprint.com/en/landings/covid-19.html) to customers with metered plans (in effect as of March 18). Additionally, Sprint is giving 20 GB of free mobile hotspot to customers with devices capable of becoming a hotspot, and is also waiving per-minute toll charges for international long-distance calls from the U.S. to CDC-defined Level 3 countries (effective 3/17).

### Xfinity - Xfinity is making hotspot connectivity free, including for non-Xfinity internet customers. Additionally, the internet service company is pausing data plans through May 13 and [giving all customers unlimited data for no additional charge](https://www.xfinity.com/prepare).

### T-Mobile - All T-Mobile customers as of March 13 who have plans with data will be given [unlimited smartphone data for the next 60 days](https://www.t-mobile.com/brand/ongoing-updates-covid-19#customers), excluding roaming. Additionally, customers with smartphone mobile hotspots can add 20GB of data by adding the COVID-19 Response High Speed Smartphone Mobile HotSpot feature for each voice line. T-Mobile customers who need more time to pay their bills can set up a payment arrangement online.

### Verizon - [Verizon is not charging late fees or terminating service](https://www.verizonwireless.com/support/covid-19-faqs/) for individuals who cannot pay their bill in full due to hardship faced from the COVID-19 pandemic. Additionally, the servicer is offering free international calling to countries identified by the CDC as level 3 impacted by COVID-19 (exception: a maximum of 300 minutes of free calling will be provided for calling Iran, Latvia, Lithuania and Slovenia).