

Eating out is great, but dining in your pajamas is even better!

Check out these dining options for take-out. Ask if they have low salt choices.

FREE downtown 15-minute parking for pick-up orders donated by EasyPark!

Many more restaurants are open. Call your favorite to see if they deliver or have curbside pickup.

Altura Bistro: Delivery service for orders over \$50 will be available from 2-9pm in the Anchorage area, 7 days per week. Place your orders via the phone (907) 561-2373

49th State Brewing, Sun-Thurs: 11am-10pm, Fri-Sat: 11am-1am, 907-277-7727, Beer and food takeout, plus food delivery anywhere in Anchorage, 49statebrewing.com

Alaska's Gourmet Subs, Mon-Sat: 10am-3:30pm, 907-297-7827, Take-Out, <http://www.akgourmetsubs.com>

Arctic Sushi, 11am-10pm, 907-248-4011, Take-Out, Delivery, <https://www.eatarctic.com>

Bernies' Bungalow Lounge, 11am-7pm, 907-276-8808, limited take out menu for the next two weeks, <http://www.bernieslounge.com>

Club Paris, Limited takeout menu available Noon to 8pm, Mon-Sat.; 907-277-6332

Conveniently park and pickup at our back door; <https://www.facebook.com/clubparisrestaurant/>

Crush Bistro, Tue-Sat: 12-8pm, 907-865-9198, Crush Take n' Bake menu is live!!!

Delivery available soon. www.crushak.com

DAMI, Mon-Thurs: 11am-10pm, Fri: 11am-11pm, Sat:12-11pm, Sun:12-10pm,

907-274-5211, Take-Out, Delivery, <https://damisushi.com/users/login>

Dark Horse Coffee, 6:45am-5pm, Mon-Fri, take-out, 907-279-0647,

Fat Ptarmigan, Tue-Sun: 11am-8pm, 907-777-7710; Delivery; Grubhub, DoorDash.

Discounts for large orders and impacted service employees. <https://fatptarmigan.com>

Flattop Pizza + Pool, 11am-9pm, 907-677-7665, Take-out

Fletcher's, 11:30-11pm, 907-343-2218, To-Go Orders, <https://captaincook.com/dining/fletchers/>

Ginger, 5-9pm, 907-929-3680, Take-out, gingeralaska.com

Gumbo House, 11am-9pm, 907-222-2930, Take-out,

Humpys Great Alaskan Ale House, 11am-9pm, 907-276-2337, Take-out, <https://www.humpysalaska.com>

Kumagoro Restaurant, Mon-Fri : 11am-10pm, Sat-Sun: 12-10pm, 907-272-9905, Take-out and Delivery Service, <https://www.kumagoroak.com>

Midnight Sun Cafe, Mon-Fri 9am-2pm, 907-743-0572, Take-out, DoorDash, and Delivery (one block radius), <http://www.midnightsuncafeak.com>

Moose A'la Mode, 6am-5pm, 907-274-4884, Pick-up, <https://www.moosealamode.com>

myThai, 11am-9pm, 907-333-0684, Take-Out

Originale, Lunch Hours Mon-Sat:10am-3:30pm, Dinner Hours Thurs-Sat, 5pm-8:30pm, Online Ordering for Take-out, originaleak.com

Pangea, 11am-11pm, 907-222-3949, Curbside Takeout from 12-8pm. We have reserved the parking spaces in front of Pangea for curbside pickup; <https://pangearestaurantandlounge.com>

Pil's Deli, Mon-Sat: 7am-7pm, 907-272-6900, Take-Out

Roscoe's Catfish and Barbecue, Fri-Sat: 11am-10pm, Sun-Thurs:11-8pm,
907-279-8961, Take-Out, Delivery through Grub-Hub, <https://>

roscoescatfishandbarbeque.webs.com

Scotties Sub Shop, Mon-Sat: 10am-9pm, (907) 276-2784, Take-out

Side Street Espresso, Mon-Sat: 7am-3pm, 907-258-9055, Take-out, [Side Street Espresso](#)

Snow City Cafe, Daily 8am-5pm, Curbside take-out and delivery

To order online: snowcitycafe.com/order-online/ or call: 907-272-2489.

South Restaurant + Coffeehouse, Daily 8 am to 8 pm, Curbside take-out or delivery to your home. Curbside take-out, call: 907-770-9200; Delivery: Grubhub and Doordash.

[Southak.com](https://southak.com)

Spenard Roadhouse, Daily 11 am to 8 pm, Curbside take-out or delivery to your home.

Curbside take-out, call: 907-770-7623; Delivery: Grubhub. [Spenardroadhouse.com](https://spenardroadhouse.com)

The Red Chair Cafe, 7am-3pm, 907-270-7780, Delivery (limited areas and starting at 9am) & Curbside. Full Breakfast and Lunch menu, to go items and coffee; <http://>

theredchaircafe.com

Uncle Joe's Pizzeria, Mon-Thurs: 11am-10pm, Fri-Sat: 11am-11pm, Sun:12-10pm,

907-279-3799, Order Online for Delivery, www.unclejoespizzeria.com

Urban Greens, Mon-Fri: 9am-3pm, 907-276-0333, Online Ordering and Take-out. Free

Downtown Delivery, <https://www.urbangreensak.com>

Urban Sushi, Mon-Fri: 11am-8pm, Sat:12-8pm, 907-258-5326, Take-Out, <http://>

www.akurbansushi.com

White Spot, Mon-Sat: 7am-3pm, 907-279-3954, Take-Out, [White Spot](#)

Williwaw & Alaska Burger Company, 11am-8pm, 907-868-2000, To-go service; free
15 min parking on the West side of F Street in front of Williwaw & AK Burger Co.

Xalos Mexican Grill, M-S 11a-9pm, Sun 11am-8pm Online Ordering and Take-out.
3048 Mountain View Dr #140, Anchorage, AK 99501. DOOR DASH

Oh, the Places You Will Go

---Dr. Seuss

Go visit a museum from the comfort of your couch!

Museums around the world are letting people take in art and history through virtual tours.

1. THE LOUVRE

The Louvre is not only one of the world's largest art museums, but it's also one of Paris's most iconic historic monuments. The museum offers [free online tours](#) of some of its most important and popular exhibits, such as its Egyptian Antiquities and works from [Michelangelo](#). You can take a 360-degree look at the museum, and click around the rare artifacts to get additional information on their histories.

2. THE SOLOMON R. GUGGENHEIM MUSEUM

While the architecture of the Guggenheim's building itself, designed by Frank Lloyd Wright, is quite impressive, you don't have to visit the Big Apple to get an up-close view of some of the priceless pieces of artwork inside. The museum makes some of its [collections and exhibits](#) available online for people who want to get a taste of what the museum has to offer, including works from Franz Marc, Piet Mondrian, Pablo Picasso, and Jeff Koons.

3. THE NATIONAL GALLERY OF ART

Founded in 1937, the [National Gallery of Art](#) is free and open to the general public. For those who aren't in Washington, D.C., it also provides virtual tours of its gallery and exhibits. You can view its current exhibitions and listen to audio and video recordings of past lectures online.

4. THE BRITISH MUSEUM

With a collection that totals more than 8 million objects, London's British Museum makes some of its [pieces viewable online](#). The museum also teamed up with the Google Cultural Institute to offer [virtual tours](#) using Google Street View technology.

5. SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY

Washington, D.C.'s National Museum of Natural History, one of the most-visited museums in the world, offers a peek at its wonderful treasures with an [online virtual tour](#) of the entire grounds. Viewers are welcomed into its rotunda and are greeted with a comprehensive room-by-room, 360-degree walking tour of all its exceptional exhibits, including the Hall of Mammals, Insect Zoo, and Dinosaurs and Hall of Pale biology.

6. THE METROPOLITAN MUSEUM OF ART

The Met is home to over 2 million works of fine art, but you don't have to be in New York City to enjoy them. The institution's website features an [online collection](#) and virtual tours of some of its most impressive pieces, including works from Vincent van Gogh, Jackson Pollock, and Giotto di Bondone. In addition, The Met also works with the [Google Cultural Institute](#) to make even more artwork (that's not featured in its own online collection) available for view.

7. THE DALÍ THEATRE-MUSEUM

Located in the town of Figueres in Catalonia, Spain, the Dalí Theatre-Museum is completely dedicated to the artwork of [Salvador Dalí](#). It features many rooms and exhibits surrounding every era of Dalí's life and career, and the artist himself is buried here. The museum offers [virtual tours](#) of the grounds and a few exhibits.

8. NASA

NASA offers free virtual tours of the [Langley Research Center](#) in Virginia, as well as of Ohio's [Glenn Research Center](#). The Space Center Houston also has an [app](#) that provides virtual tours, augmented reality experiences, and videos and audio stories about space exploration.

9. THE VATICAN MUSEUMS

The Vatican Museums feature an extensive collection of important art and classical sculptures curated by the Popes over many centuries. You can take a [virtual tour](#) of the museum grounds and iconic exhibits, including Michelangelo's ceiling in the [Sistine Chapel](#).

10. THE NATIONAL WOMEN'S HISTORY MUSEUM

The mission statement of the National Women's History Museum in Alexandria, Virginia, is to educate, inspire, empower, and shape the future "by integrating women's distinctive history and culture in the United States." Part of that mission is delivered through well-curated [online exhibits](#) and [oral histories](#).

11. THE NATIONAL MUSEUM OF THE UNITED STATES AIR FORCE

As its name suggests, the [National Museum of the United States Air Force](#) is the official museum of the United States Air Force. Centered on Wright-Patterson Air Force Base in Dayton, Ohio, it houses a wide array of military weapons and aircraft, including the presidential airplanes of Franklin D. Roosevelt, Harry Truman, Dwight D. Eisenhower, John F. Kennedy, and Richard Nixon. The museum also offers [free virtual tours](#) of its entire grounds, letting you glimpse objects like decommissioned aircraft from World War II, Vietnam, and the Korean War.

12. THE GOOGLE ART PROJECT

To help its users discover and view important artworks online in high resolution and detail, Google partnered with more than 1200 cultural institutions from around the world to archive and document priceless pieces of art and to provide virtual tours of museums using Google Street View technology. The [Google Art Project](#) features fine art from the White House, the Museum of Islamic Art in Qatar, and even São Paulo street art from Brazil. [Here's](#) a complete list of museums you can visit virtually.

Go see the Animals

Watch penguins go on a "field trip to meet other animals" in a closed Chicago aquarium.

Penguins at Chicago's Shedd Aquarium went on a small "field trip" to explore the building after it closed its doors to visitors. The aquarium shared videos of a group of Rockhopper penguins taking a walk inside the facility and visiting the other animals.

<https://www.sheddaquarium.org/programs-and-events/virtual-field-trip-penguins-at-shedd>



Brookfield Zoo launches 'Bringing the Zoo to you' during social Isolation

BROOKFIELD doors temporarily close. The Brookfield Zoo has started daily Facebook live chats.

On Thursday, zookeepers introduced viewers to Casper the leucistic ball python. Staff members also took questions from Facebook viewers.

Upcoming live chats will feature Mexican wolves, dwarf Nigerian goats, California sea lions and a tamandua

The live chats will take place on the [zoo's Facebook page](#) on weekdays at 11 a.m. central time.

The videos will also be posted on YouTube.

A conservatory in Seattle is live streaming its botanical gardens



If you need a little digital escape, now's the time to follow the [Volunteer Park Conservatory](#) on

Instagram.



During any other time the conservatory, located in Seattle, would welcome guests with open arms. There, guests can explore the historic landmark and

its Victorian glasshouse, which it calls "a true jewel in the crown of Seattle Parks."



In the spirit of St. Patrick's Day, you can take a tour of Blarney Castle in Cork, Ireland.

<https://www.virtualvisittours.com/blarney-castle/>



Relax during golden hour by viewing the sunset off the Cliffs of Moher in Ireland.

<https://www.cliffsofmoher.ie/virtual-visit-tour/>

Take a guided virtual walking tour through one of five national parks, including the picturesque rainforest of Hawai'i Volcanoes National Park.

Google's online Arts & Culture activation includes a program called "The Hidden Worlds of the National Parks" in partnership with the National Parks Services, and it quite literally brings the outdoors inside.



The digital exhibit features five national parks, including Hawai'i Volcanoes National Park, Carlsbad Caverns National Park in New Mexico, Bryce Canyon National Park in Utah, Kenai Fjords National Park in Alaska, and Dry Tortugas National Park in Florida. (THIS IS ONE IS A SUPER COOL ONE, MUST CHECK IT OUT)

<https://artsandculture.withgoogle.com/en-us/national-parks-service>

Disney World and Disneyland are closed for the time being, but fans can still virtually roam the magical theme park.



Disney previously launched Google Street View imagery of Disney World in Orlando, Florida, and Disneyland in Anaheim, California.

Fans dreaming of a day spent in the lovable theme parks can virtually enjoy Magic Kingdom, Hollywood Studios, and even Disney World's global Epcot "countries."

<https://disneyarks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>



Transport yourself to a world landmark, like the Taj Mahal.

Google's Arts & Culture section has crystal-clear views of the Taj Mahal in New Dehli, India, as well as several other renowned spots around the world. You can look down from the top of the Eiffel Tower or relax with a view of the Sydney Opera House.

Exercise!

Try our home exercises that our own Greg is demonstrating.

Yoga: Besides our Kristianne's Cardiac Rehab chair yoga on YouTube, there is an entire universe of free yoga classes on YouTube (including the uber-popular Yoga with Adriene), and some instructors are live-streaming their classes from home

Body Renew: Virtual Daily Classes, Mon-Fri, 5am, 8am, 10am, 12pm, and 5:30 for FREE Virtual Daily Classes <https://bodyrenewalaska.com/>

The Alaska Club: Since you can't come to us, we will come to you, providing resources to help you and your family stay healthy through exercise. Our fitness team is creating online workouts that showcase your favorite fitness professionals. We will offer yoga, Zumba, Youth P.E. classes and more to keep you moving. We will always have a fitness expert available to answer your questions and help you stay strong. <https://www.thealaskaclub.com/covid-19> ZOOM APP

Meditate! – There are many apps for this

Limit your time online

Installing a website blocker will temporarily force you off news and opinion websites that can leave one with terrible anxiety.

Take a bath

A relaxing bath can be made even better with bubbles, salts, oils, candles, and face masks.

Start a Journal about what you're grateful for

Writing down one gratitude a day, or doodling people, pets, and other things you're grateful for. Quartz's Katherine Foley has done this in the form of a "happiness jar".

Embrace a hobby

Partake in a hobby that you really do just for fun: don't be tempted to show it off on Instagram or turn it into a side-hustle. I'm fairly certain no one will ever wear the scarf I am currently knitting. Try doing something with your hands: crocheting, beading, embroidery, woodworking can provide a great release.

Cook and bake

Take a cue from Quartz's food reporter Chase Purdy, who writes: "For many, cooking at home is intimidating—and nobody wants a recipe to go wrong when they're already

managing the stress of the world beyond their front doors. But instead of being an added source of stress, in a time of self-imposed isolation, cooking can be an act of self-care.”

Do video therapy

Many therapists are offering videoconferencing as an option for their patients, during what is a highly anxious and isolating time for many.

De-clutter

Organize the drawer that has been begging for order, rearrange the living room furniture, or finally get your filing cabinet in order.

Watch something upbeat

It’s highly tempting to catch up on prestige TV right now, but a lot of current critically-acclaimed shows tend to be depressing or stressful. So throw in something fun, like a musical. I’ve been watching some old Fred Astaire and Ginger Rogers movies. Nothing takes your mind off an epidemic like a mind-blowing tap number.

Read a cozy mystery

“Cozy” mysteries—featuring murder but not too much violence.

If you're feeling trapped by the necessity of avoiding your usual hangouts during the coronavirus pandemic, books offer a mental escape when you can't physically go out and about.

Hang out with your pet

Just look at how cute your guinea pig is. Or teach your dog a new trick. As the internet has proven again and again, there is nothing more amusing than a cat.

Learn something new

There’s a nearly unlimited number of online classes on websites

Activity ideas for kids during self-isolation

Craft ideas for kids

Here are a few crafts for kids that should keep them entertained for a while:

- A paper aero plane competition. Compare different designs and see how well they fly and land.
- Create a family tree together, to explore the different branches of your family and their generations. Print out photos of each person and stick them on.
- Make a set of bookmarks to encourage their reading.
- Use insulating or masking tape to create a road map on your floor. Drive toy cars around your imaginary town and use other toys as landmarks and local characters.
- Challenge your child to create an artistic collage – cut out from magazines and catalogues, use stickers and paint to bring it to life. If you have an empty picture frame it can go on their wall.
- Raid the garden for decent sized stones and do some rock paintings.
- Order white t-shirts and fabric dye to create some tie-dye masterpieces

Fun activities for kids involving exercise

If the challenge for your brood is to get them moving and away from screens, here are some suggested physical activities for children:

- Choose a song for a choreography challenge. Work together to create a funky dance and see if you can remember it all!
- The floor is lava. Even older children are obsessed with this game. Put cushions and tea towels on the floor to help you make your way around the room without touching the floor.
- Musical bumps or statues. The perfect opportunity to revive these favorite party games.
- Fun circuit training. Draw pictures of different activities and place them around the room – or all over the house. The children need to visit each picture and do the activity – e.g. hop on one leg 10 times, do 10 star jumps, 10 squats, 2 roly-polies etc. See how many circuits they can manage.

- Dodge ball or catch in the garden