SOHO and TriBeCa are among contemporary art’s storied neighborhoods, but their recent histories are full of microshifts, if not seismic disruptions. The nonprofit Artists Space was forced to close for several months this past year because of construction in its building, while Jeffrey Deitch, the gallery impresario and former director of the Los Angeles Museum of Contemporary Art, has announced he’s returning to the SoHo space where he mounted some epic events, displacing the Swiss Institute at 18 Wooster Street at the end of the summer. (Mr. Deitch will mount a survey of Tom Sachs’s work on May 5 in his gallery at 76 Grand Street.) SoHo remains a shopping mecca. Nestled among the flagship stores and designer boutiques, however, are fantastic opportunities for viewing art in little museums, alternative spaces and galleries — or touring the only single-occupancy building left in SoHo, the Judd Foundation.

**Recess** The artist Marie Lorenz is best known for her works on New York’s waterways, like her “Tide and Current Taxi,” a rowboat that transports people around the region. Here she touches down in a gallery with “Flow Pool,” an elliptical enclosure you can float in that is a centerpiece for projects and events involving writers, musicians and scientists — and for drop-in “pool parties.”