

Ideas to Occupy Your Time

Offline Activities:

- ❖ Read a book or magazine
- ❖ Listen to music
- ❖ Start a puzzle
- ❖ Call a friend
- ❖ Write a letter to a loved one
- ❖ Draw
- ❖ Look at old photos
- ❖ Have a bubble bath
- ❖ Spend time in your yard/balcony and enjoy the fresh air & sunshine
- ❖ Time to give the windows a wash, reorganize the pantry, clean the oven, wash the blinds, reorganize the furniture for a new layout. Wash the car. Wash the neighbour's car.
- ❖ Clean/redecorate your home. Some of those projects that you have been putting off because you haven't had time. Pull out the fridge and vacuum there, wash out the fruit & veg bins in the fridge. Re-organize your books/CDs/DVDs.
- ❖ If you're handy, re-grout the bathroom tiles, patch the wall & ceiling cracks, paint a wall. Getting productive can lead to satisfaction and a sense of self-efficacy!
- ❖ Kayak, fly a kite, take your gym routine outdoors
- ❖ Sit and practice mindfulness - Watch the clouds, do some stargazing, watch the birds. Engaging each of your senses, take note of what you see, hear, smell, taste or feel in the moment. Breathe.
- ❖ **Other ways to occupy your time in a meaningful way:** baking, painting, drawing, watch a show you enjoy, organize something at home you've been wanting to do, self care activities, journaling, go for a walk, learn a new hobby, Sudoku, spend time with a pet, cross stitch, knitting, crocheting, crosswords/word searches
- ❖ Start some Spring gardening, plant some seeds

Offline Activities that you can find on the Internet:

- ❖ Try a new recipe on <https://www.epicurious.com/> or use up ingredients you already have with <https://fridgetotable.com/>
- ❖ Write letters to strangers: With visitation limited at senior living communities, it may be nice for residents to hear from strangers. [Love for the Elderly](#) and [Write On](#) are great organizations that connect friendly letter writers (you!) with people who would love to receive them. <https://www.writeoncampaign.com/write-to-those-in-need>
<https://lovefortheelderly.org/letters>
- ❖ FaceTime or Skype with friends or family
- ❖ Listen to a podcast
- ❖ Adult colouring
<http://www.supercoloring.com/collections/coloring-pages-for-adults>

Online Resources:

General sites:

- ❖ Chatterpack – list of online resources for music, entertainment, spiritual, geography, courses, online tours, etc:
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
- ❖ Take courses, watch movies, or read books, all for free:
<http://www.openculture.com/>
- ❖ Download the Mindshift app (various tools to help with anxiety)
<https://www.anxietycanada.com/resources/mindshift-cbt/>
- ❖ Watch funny animal videos, learn a new skill, watch a documentary, do an exercise video, learn a new language on:
www.youtube.com
- ❖ Join a virtual group or start a new group with friends on
<https://www.meetup.com/> (type “virtual” in the search box)
- ❖ Read a blog, write in a blog

Animals:

❖ Live animal/nature webcams:

<https://explore.org/livecams> (bear cams, ocean cams, zen cams, sanctuaries, etc)

<https://www.montereybayaquarium.org/animals/live-cams>

<https://nationalzoo.si.edu/webcams>

<https://www.vanaqua.org/> (click on live cams)

Entertainment (music, movies, books):

❖ Access audio books, e-books, magazines through the local library; free online account registration by using your library card number

○ Port Coquitlam <https://www.fvrl.bc.ca/ebooks.php>

○ Coquitlam

<https://catalog.coqlibrary.ca/polaris/search/misc/esources.aspx?ctx=1.1033.0.0.1>

○ CreativeBug via the Coquitlam library

site. <https://www.creativebug.com/lib/coqlibrary> (open only to those with a Coquitlam Library card). Creativebug.com has thousands of award-winning art & craft video classes taught by recognized design experts and artists.

○ Port Moody

<https://www.portmoodylibrary.ca/en/borrow/magazines-and-newspapers.aspx>

<https://login.ezproxy.portmoody.ca/login?qurl=http%3a%2f%2fpressreader.com>

❖ Watch a free virtual concert:

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

<https://www.cbc.ca/music/music-in-the-time-of-covid-19-live-performances-you-can-stream-from-home-1.5500113>

- ❖ Stream the Ann Arbor Film Festival films for free (starting March 24)
<https://www.aafilmfest.org/>
- ❖ Free National Film Board films, documentaries, animation
<https://www.nfb.ca/films/>
- ❖ Social Distancing Festival – online events including concerts, storytelling, theatre
<https://www.socialdistancingfestival.com/>
- ❖ Free Cirque du Soleil shows:
<https://www.cirquedusoleil.com/cirqueconnect>
<https://www.youtube.com/channel/UCPiWIjwDZQo3UobMqvi4ggg>

Exercise:

- ❖ Do an online exercise class for free from the YMCA (yoga, tai chi, active older adult classes, etc) <https://ymca360.org/on-demand#/>
- ❖ Pain BC gentle classes <https://www.youtube.com/user/PainBC>
- ❖ <https://www.downdogapp.com/>
all apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - free until May 1st

Tour the World (or the Galaxy):

- ❖ Take a tour of a national park through Google Earth
<https://earth.google.com/web/@34.73253521,-94.20821963,312.21054557a,12000026.13152089d,35y,0h,0t,0r/data=Ci0SKxIgMzVhNjc1YmQ0NjVjMTFlOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M>
- ❖ 33 different national park tours: <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- ❖ Explore the NASA media library
https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR15jk0j42swVvjmNvPBxhXvwrnCofrfqj48bF8HL81xVqsK04RYygq_fU

- ❖ Take a virtual tour of historic buildings:
<https://totallythebomb.com/33-historic-tours-you-can-take-virtually-from-the-comfort-of-your-home>

Games:

- ❖ Try a virtual jigsaw puzzle <https://thejigsawpuzzles.com/>
- ❖ Do a word search <https://thewordsearch.com/>
- ❖ Free Video Games:
 - pogo.com
 - miniclip.com
 - kongregate.com
 - armorgames.com
 - pch.com
 - bigfishgames.com
 - shockwave.com
 - freeonlinegames.com
- ❖ If you have a smartphone, check the Apple App Store or Google Play for their free game section

Education:

- ❖ Take a free, online class from an Ivy League school <https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/>
- ❖ Khan Academy: free online classes <https://www.khanacademy.org/>
- ❖ A huge list of education resources that are currently free (mostly grade school-oriented):
<http://www.amazingeducationalresources.com/>

Museums / Arts & Culture:

- ❖ Google Arts & Culture <https://artsandculture.google.com/>
- ❖ Virtually volunteer at a museum: You can still be helpful while staying at home. If you have good typing skills, consider

volunteering with the Smithsonian Institute, which is always in need of volunteers to help [transcribe important documents](#)

<https://transcription.si.edu/>

- ❖ Museums around the world that offer virtual tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

- ❖ Opera broadcasts:

<https://www.metopera.org/>

Recovery meetings:

- ❖ Life Ring: <https://www.lifering.org/online-meeting-schedule>

- ❖ AA: <https://aa.org.au/meetings/find-meetings/>

- ❖ NA: <https://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/>

- ❖ CODA: <https://codacanada.ca/online-meetings/>

Mindfulness:

- ❖ Mindful Hand Drumming through Pain BC

<https://www.youtube.com/user/PainBC>

- ❖ UCLA mindful meditations

<https://www.uclahealth.org/marc/mindful-meditations>