



Things to do While Physical-Distancing*

*note: we need to physically distance ourselves during this pandemic but can still be social (phone people, videochat, wave from the window, smile at people while out for a walk etc.) without physically being close!

Do a Puzzle, Sudoku, or a Crossword

[Crossword Puzzles](#)

Play online or click **Print** at the top of the puzzle board to play with pen and paper. There are links to all types of crossword puzzles on this website.

[Sudoku](#)

You can play online or click on **Menu** in the top right corner of the playing grid and click **Print** to play with pen and paper.

Read a Book or the Newspaper

[Audible](#)

Audible is an online service that has spoken audio entertainment, information and educational programs including audiobooks, radio and television programs. Right now, you can try your first Audible for **FREE**.

[JSTOR](#)

This is a **FREE** digital library that has allowed the public access to 6,000 eBooks and over 150 journals.

[The Globe and Mail](#)

Keep up to date with what is happening in Canada and the rest of the world.

Write or Journal Your Thoughts, a Story, a List, or a Poem

[Journaling for Mental Health](#)

One way to process overwhelming emotions, thoughts, and feelings, especially during a time like this, is to find a healthy way to express yourself. This article shares with you some beginning steps on how to begin journaling!

Draw, Paint or Colour

Get in touch with your creative side with the free tutorials below!



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[Learn How To Draw](#)

This article has over 20 YouTube channels that will teach how to draw.

[Learn How To Paint](#)

This article includes over 10 different YouTube channels that will teach you how to paint.

Watch Television or a Movie

Make sure to have a healthy balance of listening to the news to stay informed

[Kanopy](#)

This streaming service gives you access to 30,000 documentaries, classic, and popular films. It is required that you sign in with a library card or university login information.

[Monterey Bay Aquarium Live Camera](#)

There are 10 live cameras to watch. From sea otters to jellyfish, you can experience the sensations of the ocean from the comfort of your home.

[Museum Tours](#)

From Louvre in Paris, France to State Hermitage Museum, in St. Petersburg, Russia, you can now tour these museums, art galleries, and more right from your computer or television screen.

[YouTube.com](#)

Many television shows and movies are available online on YouTube. Feel free to type in your favourite show or movie into the search bar on the website. Or, you can click on some of our favourite shows: [Ellen DeGeneres Show](#), [Whose Line Is It Anyway](#), and [America's Funniest Home Videos](#).

Meditate and Practice Gratitude

Namaste! Namaste means, "I bow to you." The spiritual meaning of namaste conveys that "the divine in me respectfully recognizes the divine in you." Namaste invokes the feeling of spiritual oneness of heart and mind.

[Guided Meditations](#)

Meditation can help calm your body, mind, and soul. Have your pick at the 7 audio meditations, where someone will walk you through step-by-step a guided meditation. Or, go to [youtube.com](https://www.youtube.com) and type in 'guided meditations' to discover other videos you may enjoy!



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Grounding Practice

If you prefer to meditate on your own, you can follow the 5-4-3-2-1 Breathing Technique that helps to ease feelings of anxiety.

Cook or Bake

Limit your trips to the grocery store by preparing simple recipes that only require few ingredients.

Click [here](#) for a list of simple recipes that you can make with minimal ingredients!

Take a relaxing bath or shower

Even though we are spending more time inside, it is still important to practice good self-hygiene. Taking a shower or bath can help you feel refreshed!

Safety Tips for a Relaxing Bath

As we age, safety in the bathroom is a top priority. Follow along these simple steps to ensure safety in the bathroom when taking a bath or shower.

Call or Videoconference/Facetime with a Family Member or Close Friend

During these times as we are not able to visit family members or close friends, calling or videoconferencing is a great alternative that allows you to stay connected with your loved ones.

Listen to Music

[YouTube.com](#)

YouTube is **FREE** and easy to navigate. Start by typing in any genre of music in the search bar at the top of the website and have your pick of songs. Listening to music is a great way to boost your mood or create a calm environment while you are at home.

Knit, Sew or Needlepoint

[How to Knit: For Beginners](#)

Follow along this tutorial on how to begin knitting. Even if you are an experienced knitter, follow along for some refreshing



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[How to Needlepoint](#)

Follow along this detailed article for all the basics on how to begin or continue needlepointing.

[Do a Home Workout](#)

Safety note: always proceed with caution when moving your body. If you do not feel comfortable doing these physical movements, choose to exercise your mind with some meditation.

[15-Minute Sample Workout for Older Adults](#)

Here is a 15-minute video from the National Institute on Aging that includes great exercises for older adults over the age of 50. These exercises are designed specifically for older adults and can be done in your home.

[Exercises](#)

This website includes numerous exercises designed specifically for older adults that will help you add physical activity into your daily life.

[Teach Your Pet a New Trick](#)

[10 Tricks to Teach Your Dog](#)

Are you a pet owner or an animal lover? Or, maybe you just enjoy watching animals doing cool tricks? Watch the video for your own education or amusement!

[Take a Walk around your Neighbourhood or in a Familiar Area](#)

Here are some tips to make sure you are safe when outside of your home:

- ♥ Around your neighbourhood or to a familiar spot is a great place to get some fresh air
- ♥ Make sure you are not going to a popular local park or somewhere that many people are occupying
- ♥ If you see someone you know, keep a 2 arm's length distance and wave hello as a greeting
- ♥ Dress appropriately for the weather

[Get a Start on Spring Cleaning and Declutter Your Home](#)



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[10 Amazing Tips to Tidy Your Home](#)

This video is of Marie Kondo, who is an expert at organising and decluttering your space. Follow these 10 helpful tips to make space in the clutter that may have crept into your home.

[Knock Something Off Your To-Do List](#)

[How to Create a To-Do List](#)

Have you always wanted to clean out your basement, start that book, or organize your computer but thought 'if only I had the time?' Now you do! Start with a list and check-off as you go!

[Learn a New Skill](#)

[Duolingo](#)

Have you always wanted to learn another language, but you were not sure where to start? Duolingo offers a **FREE** and accessible website and mobile app that makes learning another language fun.