



COVID Boredom Buster Ideas

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LOW TECH OPTIONS

These are things that require little to no technology use, but don't forget to share the ideas and the new things you have tried with your friends and family!

Public Library

Most public libraries are now open and offering online and curbside options. They also host events. Call your local library to see what options they have available that interest you.

Senior Centers/ Adult Day

Although this option may be limited for in person options in your area at this time, they may still have limited services available as well as resources for ways to stay engaged and entertained from home so do not count them out.

Gardening

Now is a great time to try out your green thumb! You can brighten up the room with a potted plant and there are plants to suit almost any conditions.

10 Easy House Plants to Grow Indoors

1. Christmas Cactus - (Schlumbergera) Can be propagated from a stem cutting. Produces lovely flowers for a couple of months every year. Enjoys bright indirect sunlight.
2. African Violet - (Saintpaulia) Has a reputation of being temperamental - not so easy to get to bloom but has lush foliage all year around.
3. Wandering Jew - (Tradescantia) Requires little care, grows profusely and uncontrollably if left untrimmed. It is an invasive plant so discard trimmings accordingly. A good plant for hanging pots.
4. Begonia - (Rhizomatous Begonia) Enjoys morning sun and afternoon shade. Water only when the soil feels dry. Use potting mixture and peat moss.
5. Spider Plant - (Chlorophytum Comosum) One of the most popular house plants for easy care. Can be used as a hanging plant as well. It works as an air purifier.
6. Rosemary - (Salvia Rosmarinus) Thrives on a sunny window sill or similar. Use sandy, well drained soil and provide at least four hours of sunlight daily. Place the pot in a drainage pan with gravel in it.
7. Snake Plant or Mother-in-law's Tongue - (Sansevieria Trifasciata) A natural and elegant air purifier excellent for bedrooms.
8. Aloe Vera - Improves air quality. Needs little watering. The gel can treat minor cuts and is good for facial masks.
9. Lady Palm (Rhapsis Excelsa) The easiest palm to grow, enjoys bright indirect sunlight, and little water.

10. Jade Plant (Crassula Ovata) Also known as Lucky Plant or Money Tree. Easy to care for. They get heavy as they grow so choose a sturdy pot with moderate depth. Use potting mixture and volcanic gravel (perlite).

7 Herbs That Grow Great Indoors

1. Mint
2. Parsley
3. Chives
4. Lemongrass
5. Oregano
6. Basil
7. Thyme

All you will need for these is regular watering, some fertilizer twice a year, and occasional leaf dusting. For best results studies have found that plants respond to kindness, so don't forget to talk to them also! And for the herbs, look for ways to use them in your cooking or around the house.

Try a New Restaurant

Expand your horizon and try something new in the comfort and safety of your home! So many places other than just pizza are now offering no contact delivery or curbside pickup options. For places who are not doing delivery there are options such as Door Dash, Grub Hub and Uber Eats that will bring the meal to you for a small fee.

Movie Night

Watch something new, new to you, or an oldie but goodie! Pick a night/day to enjoy a favorite snack and a movie. You can plan to see something playing on TV (antenna, cable, satellite etc), rent something, borrow it from the library, or use one of the many online or streaming options.

Go for a walk/drive/ride

However, you choose to get around for a change of scenery get outside! Check out a park, visit a friend/family member from a distance, or just waive at the neighbors. Mix things up by going somewhere new/different

Birdwatch

Get a birdfeeder and a chair by the window and this can be a year round activity! Chickadees, Nuthatches, Cardinals and Blue Jays are year-round residents in Michigan. A bird book or website can help you to identify your visitors or even adjust the food in the feeder based on the season.

Keep Active

Stay moving! Get some at home workout or physical therapy worksheets from your doctor and keep up on staying fit at home. Join the Area Agency on Aging of Western Michigan's Eaglecrest Healthy Aging Zoom classes. There is a full spectrum of classes offered in the coziness of your own home. Contact healthyaging@aaawm.org or visit our website at www.aaawm.org/ha

ONLINE/ TECHNOLOGY OPTIONS

Don't forget to share the links with friends and family so you can experience these things "together" while you are apart.

Audio Books, Podcasts, or Online Books

People who may have challenged vision but have access to a smart phone, tablet, computer, or other device with internet connection may enjoy listening to an audio book or podcast. There are thousands of audiobooks and podcasts online and most public libraries offer free audio and e book downloads/rentals.

- Audible <http://audible.com>
- Youtube <http://youtube.com>
- Full books online <https://ebookfriendly.com/sites-where-you-can-read-books-online/>

Video Chat Resources

Social distancing doesn't have to mean socially isolated. Staying in touch through video has never been easier, and there are free tools available.

- Facetime (on Apple devices) <https://apps.apple.com/us/app/facetime/id1110145091>
- Skype (for Microsoft users) <https://www.skype.com/en/>
- Facebook (available on multiple devices with the Facebook app)
- Google Hangouts (for Google or Android users)
<https://gsuite.google.com/products/meet/>

Armchair Travel

Google can help you travel the world! Maybe pair your "trip" with a search for some cultural cuisine or fun facts.

- Venice, Italy
<https://youtu.be/rMzNVtEeo6s>
- The Grand Canyon
<https://www.google.com/maps/@36.0650956,112.1371072,3a,75y,19.45h,87.56t/data=!3m6!1e1!3m4!1sFa-wHCWazJG6bn7ZjISQCA!2e0!7i13312!8i6656>
- Paris, France
<https://www.google.com/maps/@48.861192,2.2897057,3a,90y,160.04h,96.23t/data=!3m7!1e1!3m5!1sAF1QipMyceIPqRoBrWGBZ4sTdBc4laNamW3nsbyqIVNq!2e10!3e12!7i2508!8i1254>
- The Colosseum, Rome, Italy
<https://www.google.com/maps/@41.8902656,12.4923294,3a,73.7y,165.55h,88.41t/data=!3m7!1e1!3m5!1sAF1QipMfIOlujSkJ7NGjltIbIWPRpVj6tsVGwUZWWqHf!2e10!3e12!7i8704!8i4352>
- Seychelles

https://www.google.com/maps/@-4.2943174,55.6935368,3a,73.7y,293.66h,85t/data=!3m7!1e1!3m5!1sAF1QipOxcwFT4Tl-RP8vuBGZUTl_G4qac_R3FtwQ0-0!2e10!3e12!7i4000!8i2000

- Mount Fuji
https://www.google.com/maps/@35.3942926,138.7330293,0a,73.7y,179.52h,106.74t/data=!3m4!1e1!3m2!1sE95xjnnLx3DSqn__hjWNvA!2e0?source=apiv3
- Rio Negro
https://www.google.com/maps/@-3.137447,-60.4938794,3a,73.7y,305.84h,92.8t/data=!3m6!1e1!3m4!1sg8TNVDkJACvCVYV_9atscw!2e0!7i13312!8i6656
- Whistler Blackcomb, British Columbia, Canada
<https://www.google.com/maps/@50.0917483,-122.8850485,0a,73.7y,209.82h,89.53t/data=!3m4!1e1!3m2!1s0g-hTX4f7FIgRBuZyT-v5w!2e0?source=apiv3>
- Chichen Itza, Mexico
<https://www.google.com/maps/@20.682765,-88.5693064,0a,73.7y,408.73h,103.99t/data=!3m4!1e1!3m2!1slsRQ7vs1wcRWn-RIQpSv4w!2e0?source=apiv3>
- Cape of Good Hope, South Africa
<https://www.google.com/maps/@-34.3254845,18.4655821,0a,73.7y,9.11h,72.63t/data=!3m4!1e1!3m2!1sYmo6ImQtaeW0vLlKlz4Blg!2e0?source=apiv3>

Chair Zoo & National Park Virtual Tours

Google Arts & Culture partnered with five national parks in the U.S. so you can enjoy the beauty of the natural world across the country right from your home. Additionally, some zoos and major attractions are sharing live video feeds to enjoy.

- Kenai Fjords National Park, Alaska
<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>
- Hawai'i Volcanoes National Park, HI
<https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>
- Carlsbad Caverns National Park, NM
<https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>
- Bryce Canyon National Park, UT
<https://artsandculture.withgoogle.com/en-us/national-parks-service/bryce-canyon/sunset-point-tour>
- Dry Tortugas National Park, FL

<https://artsandculture.withgoogle.com/en-us/national-parks-service/dry-tortugas/near-little-africa-tour>

- Monterey Bay Aquarium, CA
<https://www.montereybayaquarium.org/animals/live-cams>
- San Diego Zoo, CA
<https://zoo.sandiegozoo.org/live-cams>
- Vancouver Aquarium, WA
https://vanaqua.org/live-cams?gclid=EAlalQobChMIxJbSr4Dn6wIVE77ACh1EJADYEAAyAAEglaO_D_BwE
- Smithsonian's National Zoo
<https://nationalzoo.si.edu/webcams>

Art Museum Virtual Tours

Google Arts & Culture also has provided this option to enjoy art from across the globe from the comfort and safety of your own home at no cost.

- The J. Paul Getty Museum, Los Angeles, CA
<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>
- Van Gogh Museum, Amsterdam
<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>
- Musee d'Orsay, Paris
<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>
- Nat'l Gallery of Art, Washington DC
<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>
- Guggenheim, New York, NY
https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=30.75703204567916&sv_p=0.06928383072430222&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=0.9645743015259166
- British Museum, London
<https://britishmuseum.withgoogle.com/>
- Palace of Versailles
<https://artsandculture.google.com/partner/palace-of-versailles>

Music & Theater Performances Online

If you miss live theater and music, there are online sources that can help to keep you entertained.

- The Metropolitan Opera
<https://www.metopera.org/>
- Vancouver Symphony
<https://www.vancouverSymphony.ca/vso-digital-performances/>
- Berlin Philharmonic

- <https://www.digitalconcerthall.com/de/concert/52535>
- Royal Opera House
<https://www.youtube.com/user/royaloperahouse>
- Broadway
<https://www.broadwayhd.com/>
- Living Room Concerts
<https://www.broadwayworld.com/topic/LIVING-ROOM-CONCERTS>
- Grammy Museum
<https://grammymuseum.org/>
- Billboard
<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online>

Keeping Active

Fitness doesn't have to stop when the gym or senior center closes. Some fitness facilities are offering free classes, and others are moving their services online temporarily.

- National Institute on Aging
<https://www.youtube.com/watch?v=Ev6yE55kYGw>
- YMCA
<https://ymca360.org/>
- Orange Theory
<https://www.youtube.com/channel/UC2mPx7FrMwWJ1utQEOX9z9w>
- PBS
<https://www.pbs.org/show/workout-home-wtjx/>
- Sit and Be Fit
<https://www.sitandbenefit.org/>
- Eaglecrest Healthy Aging
<https://www.aaawm.org/ha>

Online Games

Play some of your favorite games online for free

- AARP Games
<https://games.aarp.org/>
- Chess Online
<https://www.chess.com/>
- Scrabble
<https://www.pogo.com/games/scrabble>
- Cardzmania
<https://www.cardzmania.com/games/>