



Try a new recipe or use a new ingredient.

Make a picture for your window, then go for a walk to see what others have put in their windows.

Video chat with friends and play a game of pictiary or trivia.

Walk on the spot during the commercial breaks while watching TV.

Go for a walk on a different route in your neighbourhood.

Order take-out from a new local restaurant

Join a FREE Dance class on Fridays @ 12:30 PM.
<http://artsandhealth.ca/free-online-dancing-for-older-adults/>

Drive by a friend's house and play their favourite song on the car stereo! Social distance dancing!

Make a greeting card and leave it on a neighbours door step.

Pick, buy or make some flowers for a neighbour or friend.

Measure something in your house that is 2 meters, 5 meters & 10 meters

Spice up your water! Try one of these ideas to boost your water intake: lemon or cucumber slices, mint leaves, frozen berries.



Dance and sing along to your favourite song from the 1990s.

Binging Netflix? At the end of each episode get up and walk or be active for 5 minutes.

Bake some cookies and leave some on a friends door step.

Call a friend or family member that you haven't called this week.

Reading a great book? At the end of each chapter walk to your door or window and take 5 deep breaths of fresh air!

Take some time and reflect on something positive.

Post a positive message for your community to enjoy! Either online or on your windows.

Working from home? Eat lunch with a view: on your deck, by a window, or outside your front door.

Thank a local health care worker or front line worker

Cook up an extra batch of something yummy and share it with a senior.

Reading a magazine or paper? Call someone to talk about an article you thought was interesting!

Stream one of our workouts from our fabulous Fitness Programmers.