



## Boredom Busters for Adults - March 18th Edition

### Music the Firehall Staff Are Listening To

#### **Sarah**

- Sturgill Simpson
- Fred Eaglesmith
- Warren Zevon
- Planet Smashers

#### **Darcy**

- Lucero
- Wilco
- The Weakerthans
- Justin Townes Earle

#### **Christy**

I'm usually listening to Spotify playlists. Here are my favourites:

- "The most beautiful songs in the world"
- "Winter Acoustic"

#### **Matt**

- Daft Punk - Random Access Memories
- Mac Miller - Circles
- Tokyo Police Club - Elephant Shell
- Arcade Fire - Suburbs

### TV Shows We've Been Enjoying

#### **Sarah**

- Schitt's Creek (Netflix)
- Letterkenny (Netflix)
- Ugly Delicious (Netflix)
- The Chef Show (Netflix)
- Life in Pieces (Netflix)
- The Kominsky Method (Netflix)
- Broadchurch (Netflix)

#### **Darcy**

- Hunters (Amazon)
- The Man in the High Castle (Amazon)
- Bad Blood (Netflix)
- The Office (Netflix)

#### **Christy**

- Westworld (You may want to read the L.A. Times article "Confused by Westworld? That's a feature not a bug.")
- The Mandalorian (Disney)
- Hunters
- The Golden Compass

#### **Matt**

- The Last Kingdom (Netflix)
- The Office (Netflix)
- Hunters (Amazon)
- The Simpsons (all 30+ seasons on Disney+)
- The Clone Wars (Disney+)

### Books the Firehall Staff Recommend

#### **Luke**

- **Reading the "Wheel of Time" series by Robert Jordan.** A 14-book fantasy series, like Game of Thrones with more magic.

#### **Darcy**

- I haven't read it yet but will be soon. It is on our Book Club list for next meeting: **The Girl Who Reads on the Métro by Christine Feret-Fleury**



- **Educated by Tara Westover**
- **Free Country: A Penniless Adventure the Length of Britain by George Mahood**

#### **Matt**

- **Sunshine Sketches of A Little Town by Stephan Leacock.** Short novel that satirizes daily life in a small Ontario town.
- **The Last Kingdom Series by Bernard Cornwell.** Great novels that take place in early England. There is a Netflix series if you do not want to commit to the 12 novels in the series.

#### **Christy**

- **The God of Small Things by Arundhati Roy.** I've been meaning to read this for a while and look forward to it. I was fortunate to live in India for 1 ½ years during the years this book takes place.
- **Walden by Henry David Thoreau.** I originally read this book in university, lost it and recently replaced it. The goal of living as simply as possible in nature, with little other than the necessities (which is the plot), is an inspiring one to me right now.

#### **Sarah**

- **The Book of Awesome by Neil Pasricha.** If you need some positivity and reminders of the little things in life that are awesome, this book helps.
- **The Rolling Stone Interviews.** This book features interviews from Rolling Stone magazine with a multitude of people like George Lucas, Joni Mitchell, and David Letterman.

#### Trying to Stay Fit?

Luke has found a few resources for you. He says there are a tonne of great YouTube channels posting fitness videos you can follow along with.

Here are a few:

- **STRONG by Zumba**  
<https://www.youtube.com/channel/UCQkaczRlyBjl3UKBH59W3XQ/videos>
- **YMCA360**  
[https://www.youtube.com/channel/UCOGt\\_lpceP\\_xQhhCMCrut\\_A/videos](https://www.youtube.com/channel/UCOGt_lpceP_xQhhCMCrut_A/videos)
- **Planet Fitness (hosting them every evening on their Facebook Live then posting to Youtube)**  
[https://www.youtube.com/watch?v=M\\_u\\_I\\_UIFtt0](https://www.youtube.com/watch?v=M_u_I_UIFtt0)

#### Other Activities to Consider

##### **Sarah**

- Cook that dish you've always wanted to try and make. I'm going to try my hand at cooking some Indian dishes.
- I've also picked up my guitar for the first time in a long time. I'm trying to learn Fast Car by Tracy Chapman and Copperhead Road by Steve Earle at the moment.

##### **Darcy**

- I enjoy the website [sporcle.com](http://sporcle.com). It has a ton of quizzes that can be done from your computer (and phone I believe). I personally enjoy the geography and music quizzes and find it an educational time waster.



- Podcasts: I have a few podcasts that I listen to regularly. One that is enjoyable and interesting is **Stuff You Should Know**. They cover a variety of topics and even what may sound like a boring topic is anything but.
- Now is the time to get some work done around the house. I am looking to do some cosmetic fixes around the house and maybe even get the paint buckets out.
- Music solves all! Going to get the guitar out and practice some tunes.

### **Christy**

- I just got a new puppy, Ollie, so a lot of my time, now that we can't socialize him nor take puppy classes, is watching youtube videos on puppy training and then putting the videos into practice. Well trying anyway!
- I'm also teaching my parents about Facetime and trying to get them online in person a bit more just to change up our regular communication a bit.
- "Braingames" and "Left vs Right" are some fun logic and quiz apps.
- I'm always checking out new podcasts also. Currently listening to "Radiolab" and "Canadaland".

### **Fun Links We Found**

- **Virtual Museums, Art Galleries, etc.:**  
<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>
- **Lynda.com** is free to login to with your OPL card, and has thousands of hours of online instruction on tons of topics. If you ever wanted to learn to code, learn CAD, etc. now is the time  
<https://www.lynda.com/portal/sip?org=ottawa.ca>
- The **Ottawa Public Library** has some great online eBooks and Audiobooks  
<https://bibliooottawalibrary.ca/en/downloading-materials>