



BOREDOM BUSTERS FOR ADULTS - MARCH 20 EDITION

MUSIC WE'RE LISTENING TO...

Sarah

- Kathleen Edwards (Ottawa Gal!)
- The National
- Jenn Grant
- Dan Auerbach (singer of the Black Keys - he does some cool solo stuff)
- Caamp
- Dave Matthews Band
- The Avett Brothers
- Gentlemen of the Woods (shoutout to a local OOS band!)
- Wicked Grin (another Ottawa band!)
- JW Jones (another Ottawa guy!)
- Glorious Sons (From down the 416 - Kingston)

Christy

- I found out today that the Met Opera is streaming live operas every night at 7:30pm.
<https://www.metopera.org/user-information/nightly-met-opera-streams/>

Darcy

- Bonnie "Prince" Billy
- The Dandy Warhols
- Built to Spill
- Neutral Milk Hotel

Matt

- Bombay Bicycle Club
- The Kooks
- Jack's Mannequin

MOVIES WE RECOMMEND

Sarah

- A Star Is Born
- Bull Durham (I know - old)
- You've Got Mail (I know - also old)
- Hush (it is a spooky thriller - you've been warned)

Darcy

- The Highwaymen
- The Green Book
- The Irishman

Matt

- Kubo and the Two Strings

MORE TV SHOWS TO WATCH

Sarah

- Grace and Frankie
- Dark Tourist
- Blacklist
- Ozark

Darcy

- McMillions
- Dirty Money
- Murder Mountain
- Narcos

MORE WAYS TO STAY FIT

- Onepeloton is making their exercise app available for free for 90 days. The app offers virtual classes including yoga, (body weight) strength training, meditations, etc., so no bike required to take advantage of their offer: <https://www.onepeloton.ca/app>
- Free online dance lessons are available from CLI Studios: <http://www.clistudios.com/keepdancing>



- PopSugar Fitness: <https://www.youtube.com/user/popsugartvfit/videos?app=desktop>
- Yoga with Adriene: <https://yogawithadriene.com/>

OTHER ACTIVITIES

Sarah

- Sand down that piece of furniture that's been driving you crazy! I have an old desk in the middle of our living room that's been screaming "paint me" for about 6 years now
- Grab your camera and take some pictures of nature (not people, stay distanced, folks)
- I mean, it's fine to play video games too! My husband loves "The Witcher" right now

Darcy

- Organize the basement and get things ready for a garage sale (perhaps)
- Pester the cat (nicely)

MORE FUN LINKS TO VISIT

- Meditation and Mindfulness Videos:
<https://www.goodhousekeeping.com/health/wellness/g4585/meditation-videos/>
- [Twelve museums from around the world offering virtual tours](#): The Guggenheim Museum; The British Museum in London; Musée d'Orsay in Paris; The National Gallery of Art in Washington; National Museum of Modern and Contemporary Art, Seoul; Pergamon Museum, Berlin; Rijksmuseum, Amsterdam; Van Gogh Museum, Amsterdam; The J. Paul Getty Museum, Los Angeles; Uffizi Gallery, Florence; MASP, São Paulo; National Museum of Anthropology, Mexico City
- Scribd (largest online library) is offering a free 30 day membership right now (no credit card needed)
<https://blog.scribd.com/home/2020/3/17/a-letter-from-the-scribd-ceo-to-our-community>

ENJOY AND HAVE FUN!