



Boredom Busters for Adults - March 26 Edition

Top 5 Favourite TV Shows That We Can Always Depend On

Sarah

1. Gilmore Girls
2. Grey's Anatomy
3. Shameless
4. Stranger Things
5. 3-Way Tie Between Will & Grace, Frasier, and Mad Men

Luke

1. Parks and Recreation
2. RuPaul's Drag Race
3. Community
4. Broad City
5. The Great British Bake Off

Darcy

1. Flight of the Conchords
2. Peaky Blinders
3. Eastbound and Down
4. Silicon Valley
5. The Wire

Guilty Pleasures For When We're Really Bored

Sarah

1. I have to admit I can spend hours playing NHL20 and The Show20 on PS4
2. In a program called [Canva](#), I like to design posters using lyrics from songs
3. I also like interior design shows (from other countries) like "The Great Interior Design Challenge" set in Britain. They discuss British architecture on it that I find quite interesting.

Luke

1. I play a farming game called "Stardew Valley". It's super relaxing but addicting at the same time. I play on my Nintendo Switch but it's on any platform (even mobile!) for about \$15 and provides countless hours of entertainment.
2. I like to sit down with a cup of tea, some good music, and do jigsaw puzzles.

Darcy

1. Red Dead Redemption 2 for Xbox One. Crazy graphics and feels like you are watching a movie...and who doesn't want to be a cowboy roaming around the world.
2. Colouring: A few years ago now, there was a fad of adult colouring books and we received a couple as a Christmas gift. I haven't really done any until recently but have to say it is a pretty relaxing activity these days.



Fitness Classes for Adults (by Some of Our Own Instructors!)

- **Andrea Robertson** has a YouTube channel with some of her yoga instruction videos. Link: [Body and Balance~Andrea Robertson](#)
- **Broadway Workout** is trying to do some online workouts using Zoom. Link: [Broadway Workout - Home](#)
- **Tanya Robertson** is hosting some free workouts on her website. She's doing some cardio and tabata classes. Link: [Tanya Robertson - Upcoming Events](#)

Of Interest to Seniors

- **Meg Stickl of Activities in Motion** has a YouTube channel where she has been posting exercise videos. Link: [AIM Fitness-Activities In Motion](#)
- **Rowena Hall & Franklin Method** in Ottawa are posting updates each day for people. Link: [Franklin Method in Ottawa - Home](#)
- **Technology** is really important right now, especially as we socially distance. If you need some help navigating your computer (e.g., help with email, searching for things, etc.), the Goodwill Community Foundation has several "How-To" tutorials to help people become more familiar with using their computer. Here's the link to their website: [Technology Tutorials at GCFGlobal](#)
 - There is also a website called **Tech Boomers** that has other tutorials that helps with setting up things like Social Media, Netflix accounts, etc. It can be found here: [Techboomers.com: Learn How To Use Websites, Apps, and Devices](#)

Other Fun Stuff

- The **Ottawa Trivia League** is doing Facebook live versions of trivia Nights on Wednesday evenings and Sunday afternoons. Here is a link to their facebook page where you can sign up: [Ottawa Trivia League - Home](#)
- Watch Netflix in sync with Friends! **Netflix Party** is offering free downloads of their software so you and your friends can stream Netflix and watch something together but separately! Link: [Netflix Party](#)
- If you are an artist (or aspiring), we are curating a digital art show. Details here: [Calling OOS Artists](#)