

BOREDOM BUSTERS FOR ADULTS – MAY 8th EDITION

For the Eyes and Ears

- [Virtual Instruments](#) Want to kill a few minutes and play around with some instruments online? This website offers different instruments and can be played from a mobile device but they also give you keys to use on the keyboard if you are playing on a PC.
- [Office Ladies Podcast](#) Jenna Fischer and Angela Kinsey from the TV show The Office discuss the making of episodes and take questions from listeners.
- [The Last Dance](#) This series is an interesting look into Michael Jordan and the Chicago Bulls. You don't have to be a big basketball fan to enjoy the behind the scenes look at this 90's dynasty franchise. Each week new episodes are added on Netflix.
- [Once Were Brothers : Robbie Robertson and The Band](#). Who doesn't love The Band? This documentary film offers a great look into the rise and fall of the group that brought a different sound to the world. With many interviews and footage of the group, this TIFF selection is definitely worth a peek. Available on Crave or for purchase online.
- [Ted Talks](#) I have been finding a lot of interesting videos on this website as I have been researching for one of our children's programs. If you create a Sign In (no charge), you can easily find a ton of talks that suit your interests. The talks range in length from 5 minutes to an hour plus.

Get Out!

Now that parks are opening for partial use, here are a few ideas of activities to try:

- [Frisbee Games](#) This is a list of different games that you can play in the backyard or park with a frisbee. Obviously the games for larger groups aren't yet possible but there are some listed for 2 people to play
- [Outdoor Games](#) This article lists different games and gives prices but many of these games can be made at home too.
- [Picnic Recipes](#) Set up shop in a quiet spot at the park and have yourself a nice picnic. This link will give you some fancy picnic recipe ideas to make your afternoon at the park a little more special.
- [Beautify the Yard](#) Here are some different landscaping ideas that can your backyard your own private sanctuary.

The Arts

- [Recreating Famous Paintings](#) This new phenomenon is catching on as people try to entertain themselves in quarantine. Check out funny portrayals of famous paintings or create your own!
- [Studio From Home](#) The Museum of Nova Scotia has posted different art activities for adults that can be done at home. The hosts keep the supplies simple and use household items to create fantastic artwork.