

BOREDOM BUSTERS FOR ADULTS - MAY 1st EDITION

First of all...have you checked out [OSCA's 2020 Virtual Spring Guide](#)? If NOT, do so! We have a bunch of virtual programs (for preschoolers all the way up to seniors) running during the day. Registration opens today, May 1st at noon and will be ongoing.

Book It!

- **Red Notice by Bill Browder.** We share a lot of books in my family (Darcy) and this one was greatly enjoyed by all. This autobiography is an amazing story of a man who travels to Russia as an investor and all of the hurdles of corruption that become increasingly challenging. The details of this book are shocking and make this a fantastic page turner. My family each flew through this book in a couple days and the only issue we had was putting it down.

For the Ears

- **Hardcore History podcast.** These are long (5 or 6 hours) but are well put together and interesting. Think of it as a free audiobook. [Dan Carlin Hardcore History](#)

Skill Building and Learning

- **Free online jigsaw puzzles.** There are a lot of puzzles to choose from and it is pretty easy to maneuver the puzzle pieces. [Jigsaw Planet](#)
- **Want to learn the difference between different things?** This website asks that question thousands of times as it compares two different things. There are loads of subjects to choose from and the articles are informative, short and to the point. [Difference Between](#)
- **Edx** was created by Harvard and MIT in an attempt to make education accessible for all. There are quite a bit of free courses offered on a wide variety of subjects taught by qualified experts from colleges and universities around the world. Each course is outlined clearly and gives a breakdown of the course as well as the time that will need to be invested. Find it here: [edX](#)

The Arts

- **Free colouring for adults.** You can either print off sheets or colour using your computer. Check it out: [Colouring](#)
- **Virtual Museum** Tour of the [Vatican Museums, Rome](#)
- **Street art** around the world. Check it out: [Street Art](#)

Living Life, Live

- As I (Darcy) was researching for the preschool activity sheet, I discovered some **aquariums putting up live feeds of their tanks.** It's amazing how watching creatures swimming for a few minutes can calm you down...it put me in a trance. Monterey Bay Aquarium has a lot of different cameras going live and the Georgia Aquarium has beluga whales that are neat to watch. Ray bay is worth a peek too and it adds some Canadian content to the list.
 - Here are the links: [Monterey Bay Aquarium](#) | [Georgia Aquarium](#) | [Ripley's Aquarium](#)

Other Fun Stuff to Try

- I (Sarah) have actually taken part and **hosted a trivia night** with friends over Zoom. It's a lot of fun! For our OSCA trivia nights, I tend to put a lot of the questions together which is a tonne of fun (and eats up quite a bit of time). If you love to learn random facts, put a trivia game together and quiz your friends over videoconferencing. If you don't want to do that, the Ottawa Trivia League is hosting games on Wednesdays and Sundays. You can find details on their Facebook page: [Ottawa Trivia League Facebook Page](#)
- Make some of those dishes or recipes you've always wanted to try but just never had the time or energy to do it! I (Sarah) LOVE to cook so I've been getting back into the swing of trying new things. I've made homemade pierogies, pork carnita tacos - including tortillas, ramen, pizza, jambalaya, chana masala, and more. My husband has gone crazy baking bread as well. Here are two of my dishes - feel free to email me pics of yours at sarahc@oldottawasouth.ca!
 - The **first picture** consists of pan roasted chicken with mushroom dijon cream sauce, mushroom and quinoa "risotto", roasted sweet potato purée, pea purée. The **second picture** is a sous vide ribeye with roasted potatoes, honey roasted carrots, pea purée, gremolata, and balsamic reduction.

