

15 THINGS

to do at home during quarantine!

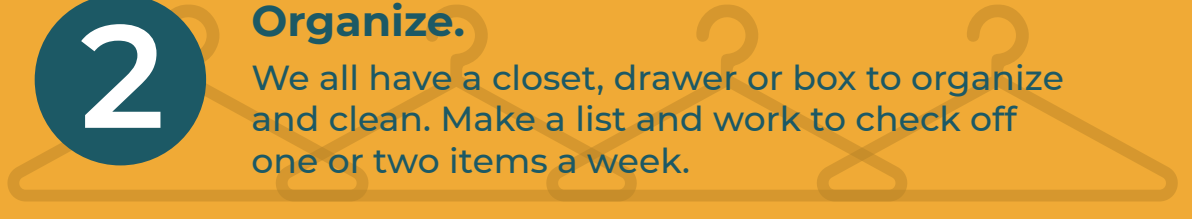
Thank you for taking precautions to be safe and healthy by staying home. Here are a few things you can do to stay connected and boredom-free during this time.

If you see underlined text, click it for links!

1 **Stay safe, stay active with daily chair exercises.**
Here's a great online resource for exercise examples!



2 **Organize.**
We all have a closet, drawer or box to organize and clean. Make a list and work to check off one or two items a week.



3 **Stay in touch with the whole family by participating in virtual visits.**
Zoom offers free online video chat and meetings.



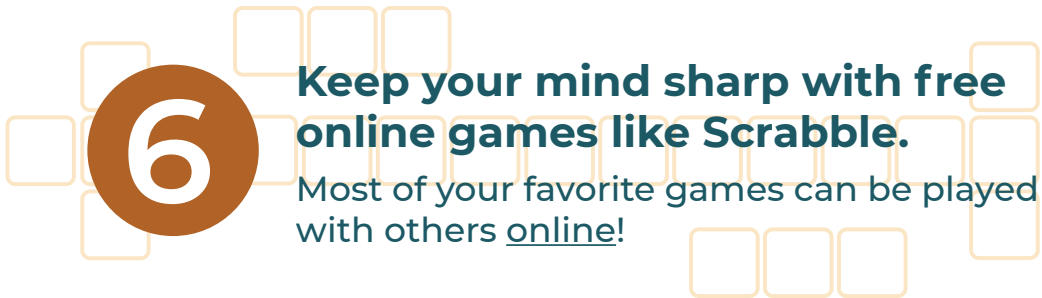
4 **Travel the world from the ease of your armchair!**
See all the sights and learn about the culture through this online resource.



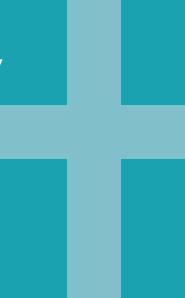
5 **Step outside onto your patio/balcony to enjoy the weather!**
Get some fresh air, wave to your neighbors, smell the roses or have coffee together while social distancing.



6 **Keep your mind sharp with free online games like Scrabble.**
Most of your favorite games can be played with others online!



7 **Attend services in the safety of your living room!**
Check your local guide for live TV services or search online for your church's live streaming schedule.



8 **Decorate your door and windows with rainbows and bears.**
Watch as the neighborhood children go on a bear and rainbow hunt during their daily walks outside.



9 **Get some extra exercise through cleaning!**
Each day, clean another area or room; soon enough your whole apartment will be sparkling clean!



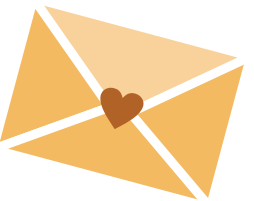
10 **Finish that craft project or start a new one.**
Make sock monkeys for grandchildren or to donate. Here are online instructions!



11 **Phone a friend!**
We could all use hearing a familiar voice. Check in on your friends, family or neighbors.



12 **Write letters to family and friends.**
You can also spend time writing a letter to a veteran. Get connected with a veteran through this website.



13 **Read a good book.**
Sometimes just taking a quiet moment to get lost in your favorite author's writing is just what we need.



14 **Veterans, we need you!**
Tell your military mission stories and become part of history by submitting your experience to the Library of Congress' Veterans History Project.



15 **Start a family tree to share with your family.**
Learn more about starting your family tree online!

