



10 Ways to Thrive When Social Distancing

For those of you who are extroverts and social butterflies, the recent requests to remain in our homes can be taxing. Below are ten suggestions to fight boredom and the lack of interaction with others. Our hope is to get your creative juices flowing or remind you of old activities that simply need to be dusted off!

1. Complete a puzzle: jigsaw, crossword, find-the-word, find the hidden object. If you don't have one, order from Amazon or from your favorite store.
2. Contact your neighbors and organize a social-distancing sing-along. Select a time, provide a playlist. Everyone should go to their door (apartment/condo living) or to their curb (house living) and sing together for about 15 minutes or more.
[A neighborhood health enthusiast could do the same for a daily exercise class.]
3. Download the app Houseparty. You can connect with multiple people in various locations. Join friends and loved ones for Happy Hour or hold a book club session.
4. Ask neighbors to decorate something festive on their doors (apartment living) or front windows (house living). When neighbors are out walking, they now have something to look at. If you want to take it a step further, have each household hide something in their yard or near their door that starts with the first letter of the name of the street, building, or apartment complex. Now a simple walk becomes a scavenger hunt!
5. Go to a virtual museum: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
6. Check in on the fish at the aquarium (virtually of course):
<https://www.georgiaaquarium.org/webcam/ocean-voyager/> OR
<https://www.montereybayaquarium.org/animals/live-cams>
7. Stream opera: <https://www.metopera.org/about/press-releases/met-launches-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

8. Talk to someone. Use all sorts of ways to reach out: telephone, letter, email, Skype/FaceTime, or turn to the person next to you if you live with someone. Ask questions that may not have been asked before. What are you most proud of in your life? What would you like the opportunity to do over again?
9. Be a part of the solution: Make masks for those that need them. Directions can be found here: <https://www.joann.com/make-to-give-response/>
10. Cheer up by watching funny YouTube videos or watch and enjoy a concert online.

We, at all Liberty Senior Living Communities care about you and hope you will take advantage of these activities to lessen the feeling of isolation. Be safe, stay healthy.




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