



Suggestions for Staying Home & Staying Engaged Too!

Enjoy your physical surroundings

- Get some fresh air
- Take a walk; stretch and [exercise daily](#)
- Write about your life, draw, color, knit or crochet
- Send letters or cards to family and old friends
- Read a book or listen to an audio books or podcast
- Sort and recycle old magazines
- Play cards or a board game
- Clean out closets and drawers; create a donation bag
- Revisit and/or organize photos
- Sing or play music
- Start a journal to document this historic time. Start a memoir
- Take naps, [meditate](#), try calming sounds and aromatherapy to help with sleep

Go virtual

- “See” family and friends with FaceTime, Google Duo, Amazon Echo, Zoom, Skype. Call on companies like [Candoo Tech](#) and [TellaBoomer](#) for support.
- Visit the [Library](#); attend workshop, i.e., [Music and Memory](#)
- Plan to vote with an [absentee ballot](#)
- Take a class with [DOROT University Without Walls](#), [MasterClass](#), [Hillsdale College](#) , [Music Conservatory of Westchester](#) or [The Great Courses](#)
- Go to the theater for digital streaming i.e., [Jacob Burns Film Center](#) or [TodayTIX](#)
- Watch plays, talks and shows on YouTube i.e., [National Theatre At Home](#)
- Experience [Lincoln Center](#), the Opera for free with [Metropolitan Opera Nightly](#) or [live audio and video streams from around the world](#) – NPR
- Worship with live or on demand streaming i.e., [Central Synagogue](#), [St Patrick's Cathedral](#), [Church of the Resurrection \(Rye\)](#), [National United Methodist Church](#), [Christ Church \(Rye\)](#)
- Travel via a virtual tour
 - [10 of the world’s best virtual museum and art gallery tours](#) – The Guardian
 - [12 Famous Museums You Can Tour from Your Couch](#) – Travel and Leisure
 - [68 Historical, Cultural and Scientific collections](#) - The Smithsonian Magazine
 - [Museums, Zoos, and Theme Parks Virtual Tours](#) – Good Housekeeping
 - [See Spring Unfold](#) - The New York Botanical Garden