



# BOREDOM BUSTERS

## FOR LONG-TERM CARE



ONTARIO  
**CLRI**

Centres for Learning,  
Research & Innovation  
in Long-Term Care

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## Virtual Travel Explorations

### Museums

From the comfort of your sofa, you can [visit museums](#)<sup>1</sup> around the world. No long lines and free admission!

### National Parks (USA)

[Follow a handful of park rangers](#)<sup>2</sup> through some of America's most stunning and challenging terrains, from the Alaskan Glaciers to Utah's Bryce Canyon.

### Amusement Parks

Visit the happiest place on earth :) No crowds and no cost to ride [Splash Mountain](#)<sup>3</sup>, [Peter Pan's Flight](#)<sup>4</sup>, [Kali River Rapids](#)<sup>5</sup> or tour [Cinderella Castle Suite](#)<sup>6</sup>. Want to ride a roller coaster from the comfort of your room? Canada's Wonderland has a [virtual roller coaster ride](#)<sup>7</sup>.

### Zoos and Aquariums

Immerse yourself in the ocean and your national marine sanctuaries without getting wet! These [virtual reality voyages](#)<sup>8</sup> use 360-degree images to highlight the amazing habitats, animals, and cultural resources you can find in each national marine sanctuary.

If you are curious to know what Er Shun and Da Mao are up to, check out the [Panda Cam](#)<sup>9</sup> at the Calgary Zoo, where you can watch these giant pandas every day from 9 am to 6 pm, MT. If sleepy sea lions are more your thing, you can watch them snoring loudly in real time via [OrcaLab](#)<sup>10</sup>, a whale research station on Hanson Island in British Columbia. Check out [10 Awesome Animal Live Streams](#)<sup>11</sup> from around the world, or these [live webcams](#)<sup>12</sup> that feature every imaginable animal including puppies, lions, eagles and bears!

While you can't feed them virtually, you can certainly watch them! Visit the animals at the [Cincinnati Zoo](#)<sup>13</sup> or the [San Diego Zoo](#)<sup>14</sup>.

## Arts & Culture

### Read a Book

Sit back and be entertained. Here are [27 classic novels](#)<sup>15</sup> you can listen to for free from Audible.

### Catch a Show on Broadway

[Broadway HD](#)<sup>16</sup> offers a 7-day free trial and you can enjoy a large collection of productions from both New York's famous Broadway theatres and London's West End. The library



features approximately 300 shows, ranging from *Cats: The Musical*, to some of Shakespeare's biggest works. The collection is refreshed monthly.

### Nostalgic Entertainment

Take yourself back a few decades. Full episodes of [The Mary Tyler Moore Show](#)<sup>17</sup> and [The Dick Van Dyke Show](#)<sup>18</sup> are available to view on YouTube.

You can get a free Spotify account (there will be ads on occasion!) and enjoy playlists from the [1930s and 40s](#)<sup>19</sup>, [1950s and 60s](#)<sup>20</sup>, or [1970s](#)<sup>21</sup>.

The BBC has put together a [Reminiscence Archive](#)<sup>22</sup>, with content to support reminiscence, specifically developed for people living with dementia. You can select a theme or a decade, and select image, video or audio content.

### A Night at the Theatre/Opera

Take yourself to the theatre without leaving your room or buying a ticket! A number of Stratford Festival productions are available on [CBC Gem](#)<sup>23</sup>. The National Arts Centre is offering [free online shows](#)<sup>24</sup> for everyone to enjoy while their performing arts hall is closed.

London's Royal Opera House has launched a programme of [free online content](#)<sup>25</sup> for the culturally curious at home.

### Other Arts & Culture

The National Film Board of Canada has a number of [free offerings on its website](#)<sup>26</sup>.

The Dementia Society of Ottawa and Renfrew County has an [Arts and Mind online art tutorial](#)<sup>27</sup>. The instructor walks participants through how to create “three sheep” with pencil crayons. They have other sessions on their YouTube channel as well.

This collection of [free printable colouring pages](#)<sup>28</sup> has been put together by libraries, museums and archives from around the world. For those looking to colour on a device with a touchscreen, rather than on paper, [The Color website](#)<sup>29</sup> has lots of images to choose from.

Suggestions for [arts and crafts activities](#)<sup>30</sup> for people living with dementia.

Bring the joy of song to your world with the Toronto's Choir! Choir! Choir. They are hosting regular live [Epic Social Distance-Sing-Alongs](#)<sup>31</sup>. People from around the world are joining in the fun.



## Cognitive

Engage the brain: there are over 3300 [Ted talks](#)<sup>32</sup> to stir your curiosity.

Fancy taking a free class from Yale University? [This one](#)<sup>33</sup> is on how to be happier in your everyday life. First taught in 2018, it became the most popular class in Yale's history and garnered national and international media attention.

Online [jigsaw puzzles](#)<sup>34</sup> are available on Jigidi's website. They offer puzzles of a variety of difficulty levels, with a variety of imagery. It is free and no personal information is needed.

## Social

### Play Apart, Together

Hallway (physical-distancing) Bingo: set up residents with tray tables in their door frame and call the numbers from the hallway.

For the board game and card game lovers, you can [play cards virtually](#)<sup>35</sup> or enjoy some of the most popular [board games virtually](#)<sup>36</sup> with a friend or family member.

### Connect With the Outside World

Arrange virtual visits (using Facetime, Skype, Duo, etc) with families, friends and/or regular volunteers. Check out the [Virtual Visits Toolkit](#)<sup>37</sup> developed by Family Councils Ontario and Ontario Association of Resident's Councils, for tips about how to set these up.

Send and receive postcards from random people around the world through [Postcrossing](#)<sup>38</sup>.

### Words of Encouragement

Write words of encouragement for the team and residents – on a board in a common area, in chalk on the front walkway (ideally that residents can see from their windows) or on signs in the care home's windows.

## Physical

Keep moving while social distancing with The Perley Rideau's free online videos. Dancing is both fun and inspirational! Let The Perley's recreational therapy experts lead you through the moves. Dance along with [this video](#)<sup>39</sup>, or try [chair yoga](#)<sup>40</sup>. Explore their full library of resources on their free [Active Seniors](#)<sup>41</sup> resource page.



Time to get physical! The [YMCA](#)<sup>42</sup> is offering some free online classes, or you could do some [on-line yoga](#)<sup>43</sup>.

## Spiritual

In times of distress, many individuals may find comfort in their faith, and some may wish to reconnect with spiritual practices. It is important to be mindful that for some faiths, it is not considered appropriate to lead prayer electronically. Below are only a few of the available options. Check online for others based on the specific religion or spiritual practice of the individual.

[Christian World Media](#)<sup>44</sup> offers a listing of live-streamed services of various denominations. There are also recordings of previous services available to view on demand.

[Catholic Holy Masses](#)<sup>45</sup> hosts live daily broadcasts of English Mass from various parishes around the world. The Masses are available at a variety of times, every single day.

[Islamic Institute of Toronto](#)<sup>46</sup> is opening it's 'virtual gates' and hosting virtual halaqas.

[Vision TV](#)<sup>47</sup> has a daily live-streamed mass at 8 a.m. Recordings of previous Masses also available at this link.

Explore [Mindfulness Meditation](#)<sup>48</sup> practice to provide an opportunity to reduce stress in your body and mind, and enhanced calmness.



## Listing of Links:

1. Museums around the world: <https://artsandculture.google.com/partner?hl=en&tab=pop>
2. National Parks USA: <https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>
3. Amusement Park: Splash Mountain: <https://www.youtube.com/watch?v=VxgMl4a0uDg>
4. Amusement Park: Peter Pan's Flight: <https://www.youtube.com/watch?v=ZLBPvABpQXQ>
5. Amusement Park: Kali River Rapids: <https://www.youtube.com/watch?v=ws6iNJ3pBrg>
6. Cinderella Castle Suite: <https://www.youtube.com/watch?v=37iwm0AvhIQ>
7. Canada's Wonderland, virtual roller coaster ride:  
<https://www.canadaswonderland.com/blog/2020/march-2020/heres-how-to-take-a-virtual-ride-on-all-the-rides-at-canadas-wonderland-in-your-own-home>
8. National Marine Sanctuary, virtual reality voyages: <https://sanctuaries.noaa.gov/vr/>
9. Panda Cam: <https://www.calgaryzoo.com/visit/animals/giant-pandas>
10. Orca Lab: <http://www.orca-live.net/community/>
11. Ten animal live streams: <https://www.goodnewsnetwork.org/10-animal-livestreams-to-enjoy-during-social-distancing/>
12. Animal live webcams: <http://explore.org/livestreams/>
13. Cincinnati Zoo: [http://cincinnati.org/home-safari-resources/?fbclid=IwAR2MoBsZrFO\\_1P27CqPHlu3Cc1W0bcx4acyJkehaFmaGlvSEjuYd40n2Lc](http://cincinnati.org/home-safari-resources/?fbclid=IwAR2MoBsZrFO_1P27CqPHlu3Cc1W0bcx4acyJkehaFmaGlvSEjuYd40n2Lc)
14. San Diego Zoo: <https://kids.sandiegozoo.org/videos>
15. Audio books, classical novels: [https://stories.audible.com/discovery/enterprise-discovery-21122353011?ref=adbl\\_ent\\_anon\\_ds\\_ds\\_dccs\\_sbt0-4](https://stories.audible.com/discovery/enterprise-discovery-21122353011?ref=adbl_ent_anon_ds_ds_dccs_sbt0-4)
16. Broadway performances: <https://www.broadwayhd.com/>
17. Mary Tyler Moore Show: <https://www.youtube.com/channel/UC1uFK4Lp5UIC08WvzwXNheQ>
18. Dick Van Dyke Show: [https://www.youtube.com/playlist?list=PL\\_QPPcZlYgRcWCfcz5KGRklLb9pvV7Gv1](https://www.youtube.com/playlist?list=PL_QPPcZlYgRcWCfcz5KGRklLb9pvV7Gv1)
19. Spotify 1930s and 40s Playlist: <https://open.spotify.com/playlist/48b47hshM7eCScGK77z7nf>
20. Spotify 1950s and 60s Playlist: <https://open.spotify.com/playlist/4uQw0LCYm5DK3rDY6xA2MC>
21. Spotify 1970s Playlist: <https://open.spotify.com/playlist/781B2K0oI5EUfm3NGTq9xp>
22. BBC Reminiscence Archive: <https://remarc.bbcrewind.co.uk/>
23. CBC Gem: <https://gem.cbc.ca/series/stratford-presents/all/8d5898e8-9215-4c97-8fe3-a10b30c89d58>
24. National Arts Centre free online shows: <https://www.facebook.com/CanadasNAC.CNADuCanada/>
25. London's Royal Opera House: <https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>
26. National Film Board of Canada: <https://www.nfb.ca/>
27. Arts and Mind online art tutorial: <https://www.youtube.com/watch?v=HKsFXFUpZzA>
28. Free printable colouring pages: <http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR38nEkNybxzasEZiqNjCprnkGlyYhuTRFW64C2iSCo7JzkW76lvRkkRiY>
29. The Color website, online colouring: <https://www.thecolor.com/>
30. Arts and crafts activities for people living with dementia: <https://www.findreviews.com/arts-and-crafts-for-people-with-alzheimers>
31. Epic Social Distance-Sing-Alongs: <https://www.cbc.ca/radio/day6/futures-on-hold-3d-printed-medical-gear-rem-s-mike-mills-choir-choir-choir-the-story-of-purell-and-more-1.5502663/choir-choir-choir-hosts-a-social-distance-singalong-amidst-the-covid-19-pandemic-1.5502675>
32. Ted Talks: <http://www.ted.com/talks>
33. Happiness Course Yale University: [https://www.businessinsider.com/coursera-yale-science-of-wellbeing-free-course-review-overview?fbclid=IwAR3Bl-xtYtyqyDddp4w-LJEQr\\_HZD4CtjsQ5cAK\\_bAqncIsPB6oZEua3HcY&r=US&IR=T](https://www.businessinsider.com/coursera-yale-science-of-wellbeing-free-course-review-overview?fbclid=IwAR3Bl-xtYtyqyDddp4w-LJEQr_HZD4CtjsQ5cAK_bAqncIsPB6oZEua3HcY&r=US&IR=T)
34. Jigsaw puzzles: <https://www.jigidi.com/>
35. Play cards virtually: <https://www.cardzmania.com/>
36. Board games virtually: <https://lifelifehacker.com/you-can-play-these-games-online-with-friends-1842347093>



37. Virtual visits toolkit: <https://fco.ngo/covid-19/virtual-visits-toolkit>
38. Postcrossing: <https://www.postcrossing.com/>
39. Virtual dance therapy: <http://www.activeperleyrideau.com/article/dance-therapy-276.asp>
40. Chair yoga: <http://www.activeperleyrideau.com/chair-yoga->
41. Perley Rideau's Active Seniors resource page: <http://www.activeperleyrideau.com/resources>
42. YMCA: <https://ymca360.org/>
43. On-line yoga: <https://yogawithadriene.com/yoga-for-seniors-slow-and-gentle-yoga/>
44. Christian World Media: <https://www.christianworldmedia.com/wordstream/search?p=latest>
45. Catholic Holy Masses: <https://mass-online.org/daily-holy-mass-live-online/>
46. Islamic Institute of Toronto: <https://islam.ca/>
47. Vision TV: <https://dailytvmass.com/>
48. Mindfulness Meditation: <https://www.youtube.com/watch?v=ZToicYcHI0U>