Travel

• Visit family and friends
• Take a trip to the East, West, Canada
• Fly overseas to a favorite destination
• Go see a play in Chicago
• Go to a flower show
• Go to a museum
• Be sure to plan ahead, make reservations, travel safely, follow instructions
Get Some Exercise

- Hiking in nature
- Walking tour of Chicago
- Ballooning
- Bowling
- Billiards
- Body building
- Dancing
- Golfing
- Swimming
- Bicycling
- Tennis
- Run a marathon
Learn Something New

- How to speak a new language
- How to garden
- How to play a (new) musical instrument
- How to cook some new cuisine
- How to identify birds, trees, insects
- How to make something new:
  (quilting, stained-glass making, creating a terrarium)
- Learn a new art form
  (e.g. Calligraphy, jewelry making)
Do Some Acts of Kindness

- Mow someone else’s yard
- Say a special prayer for someone in need
- Donate to a cause you are passionate about
- Give someone directions
- Help someone learn to read
- Take some food to someone in need or a neighbor
- Watch someone’s pet while they are away for a while
Get involved

- Be an activist
- Donate to your favorite cause (e.g. Goodwill, Red Cross, Food banks)
- Volunteer at a hospital or political event
- Help out at a homeless shelter
- Participate in peaceful demonstrations
- Start a new church
- Clean up debris from streets and yards
Take Care of Yourself

- Get vaccinated, boosterized
- Maintain social distancing
- Wear masks as appropriate/required
- Lose weight
- Get some exercise
- Eat healthy foods
- Rest & relax
- Treat yourself to something nice
- Do something you have been putting off
- Ask for help when you need it
- Treat yourself to a massage or spa session
- Read something for fun
Try a New Cuisine

- French
- German
- Greek
- Italian
- American
- Japanese
- Korean
- Lebanese
- Spanish
- Mediterranean
- Vietnamese