



## What you can do while staying safe at home

By Jane Muller

The number of things that we can't do is far greater than the number of things that we can do, as we try to avoid contracting or spreading COVID-19. If you are looking for something new and permissible, the following are some options you might want to explore.

### Virtual Ride for Heart

So many fund-raising events have been among the casualties of the pandemic. Organizers are finding creative ways to involve donors that don't involve getting together in large groups. To participate in Manulife Heart & Stroke Virtual Ride for Heart, sign up, get active and share your activity with friends and family on social media while raising funds during the month of June. With the cancellation and postponement of events like the Toronto-based ride, Heart & Stroke is facing a \$25 million revenue shortfall. To register for the virtual ride, go to [www.heartandstroke.ca](http://www.heartandstroke.ca).

### More puzzles please

You don't need to reserve space on a table for puzzle pieces if you choose to tackle a puzzle online. The tourism promoter Visit Myrtle Beach has created some fun Myrtle Beach puzzles that will help pass the time while dreaming of your next Myrtle Beach vacation. You can get involved in some friendly competition by sharing your fastest times. Visit [visitmyrtlebeach.com](http://visitmyrtlebeach.com) and search for puzzles.

### Art at a distance

Check out the "Immersive van Gogh" exhibition that was set to make its premiere in Toronto in May. The 600,000 cubic foot digital van Gogh art experience will feature physical distancing circles when it opens in July, following an 11-day drive-in experience that sold out in June. Tickets are still available for the event presented at the historic space that previously housed the Toronto Star's printing presses at 1 Yonge Street until September

2020. For more details visit [vangoghhexhibit.ca](http://vangoghhexhibit.ca).

### Colouring for all

Colouring isn't just for kids and it's been proven to be an effective stress-reliever. Montreal Tourism has curated a selection of colouring books available for free including one from Montreal boutique and gallery Bref that showcases drawings of the city's neighbourhoods by visual designer Loogart. Among the images is the Leonard Cohen mural by artist Kevin Ledo. In addition to colouring your Cohen, a selection of the province's landscapes and villages can be found in the colouring book offered by Gallea, the largest online gallery in Quebec. Go to [mtl.org](http://mtl.org) to colour your Montreal.

### Take a boo at the zoo

The Toronto Zoo is open for its Scenic Drive-Thru Experience. Tickets must be purchased in advance for this new adventure. Visitors drive on staff-only roads, pedestrian walkways through the Zoo site, and even

through the lion cave in the African Savanna. To find out more about the safari journey that highlights animals from around the world from the safety of your vehicle, visit [www.torontozoo.com/scenicsafari](http://www.torontozoo.com/scenicsafari).

### Trip to the tropics

Tropical destinations are often the things of our dreams and possibly our memories. There are many ways to experience the delights of these places while experiencing a travel ban. Create a perfect Puerto Rico original, with the help of an authentic Pina Colada recipe and others at [www.discoverpuertorico.com](http://www.discoverpuertorico.com). The taste of pineapple, coconut and rum will take you away. Learn to make Bermuda's "Famous Fish Sandwich on Raisin Bread" at [gotobermuda.com](http://gotobermuda.com) and take your taste buds to the island known for its shorts and pink sand beaches. Bring the sounds of Costa Rica's rain forest wildlife and nature to your home. Find the relaxing Costa Rica Soundscapes (Music from the National Parks) and others at Spotify.com.

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