

10 THINGS YOU CAN DO



CHOOSE YOUR OWN ADVENTURE!

As we all adjust to following COVID safety protocols, there are still things we can do to make each day a little bit brighter. Here are some ideas for activities you can enjoy, online and in-person, while keeping yourself and your family safe.

1

VIRTUAL PROGRAM GUIDE

There are still programs and activities in Cochrane for people of all ages. Find listings and registration info at cochrane.ca/ProgramGuide

2

GET CREATIVE

Attend a private in-person workshop with your cohort! Vintage Verandah has painting and sewing sessions that can be booked in small groups. thevintageverandah.com

3

NEW TRICKS

Well, mostly for your pets, but you get to teach them — with the help of the Cochrane & Area Humane Society: cochranehumane.ca

4

ELF YOURSELF!

Be a holiday helper this month. Shovel a sidewalk, give to your favourite charity or do your own surprise door drops for friends and family.

5

BOOKS!

The Cochrane Public Library has online programs and curbside pick-up for books, movies and more. cochranepubliclibrary.ca

6

CHRISTMAS IN JULY

Plan for a family picnic in the summer. Pick a date now and start planning!

7

PLAN AHEAD

Buy yourself a gift certificate for pottery, paint nights, golf lessons, special meals and more, then redeem them next year! Lots of local providers have info on facebook.com/ShopCochrane.

8

GOOGLE!

Any hobbies or interests you've been meaning to explore? Do some research — you might find classes and workshops offered online for free!

9

GET OUT AND EXPLORE

Enjoy outdoor winter activities like building a snowman, sledding down a hill or walking through some snowy trees. Or try skiing, snowboarding or snow shoeing! End your day with hot chocolate and other warming treats.

10

WELCOME WELLNESS

Participate in a virtual fitness or yoga class or practice meditation and breathing exercises. Endless online class and apps are available.

BONUS THING!

CHOOSE YOUR OWN ADVENTURE!

Start your 2021 bucket list of all the things you CAN do next year! The possibilities are ENDLESS...

