



City of
Langley Washington

Healthy Activities While Social Distancing

From Inge Morascini - Executive Director Langley Chamber of Commerce

10 Helpful and Healthy things to do while being six feet apart.

Get out and walk

Whidbey Island has many trails and parks full of wide-open spaces and lots of fresh air. You can find some of them at:

Earth Sanctuary <https://earthsanctuary.org/>

Island County Parks <https://www.islandcountywa.gov/PublicWorks/.../Pages/Home.aspx>

Host a dinner party via SKYPE or Facetime with family or friends

Many local restaurants are providing curbside delivery of meals and this is an opportunity to think outside of the box, while ensuring that your neighbors, friends and family don't feel isolated. Who knows...it might catch on?

How to use SKYPE: <https://www.youtube.com/watch?v=NRcb3uB3Jac>

How to use Facetime: <https://www.businessinsider.com/how-to-facetime-on-ipad>

Restaurants offering curbside in Langley/Bayview:

<http://primabistro.com/>,

<https://www.braeburnlangley.com/> , <http://www.spyhoppub.com/> , <https://www.bayviewfarmandgarden.com/flo-wer-house-cafe.html>

(Check with your favorite, as most restaurants offer take-out)

Communicate

People staying in means that many people will feel isolated. Reach out to friends, neighbors and family

members via phone, text, email or even (remember this) by letter. Ask neighbors if you can pick up things for them, leave gifts on their doorstep or send them a sign of spring with a bouquet of fresh flowers.

Flying Bear Farm in Langley is delivering south of Classic Road: (360) 221-4979

Plan your Spring Garden with a view to being healthy and sharing.

Nothing is more relaxing than dreaming about your spring garden. Now you have the time, consider putting your dreams on paper and think about how new plants could up your health and perhaps provide some surplus for the neighbors.

Bayview farm and Garden is doing curb-side delivery: <https://www.bayviewfarmandgarden.com/>

Ideas for planning: <https://www.almanac.com/.../over-20-vegetable-garden-layout-i...>

Dig out half-finished art or craft projects or take on new ones

If you've been moving projects around for months or years, it's time to finish them or consider donating them to one of many non-profits on the Island (when they) such as:

<https://goodcheer.org/>

If you want to start something new, Whidbey Art Escape is offering a "take-out" boxed project:

Call (206) 799-3159 to arrange purchase and pickup.

Tackle your closet and cabinets

Spring's always a good time to assess your personal items and we all know we'll never fit into that garment from the 80s again, no matter how fabulous it is. Collect reusable items and donate them (when your favorite non-profits reopen).

<https://senior-resources.org/thriftstore/>

Organize your pantry and use items languishing in the back corner

Think of it as a challenge. Make it a competition with your friends and share the resulting recipe. Some fun ideas at:

<https://www.epicurious.com/.../the-pantry-clean-out-challenge...>

Make a checklist of all the "Honey do" projects and do them

No more excuses. But it doesn't have to be arduous to get a few things done around the house. Elbow grease costs nothing and you'll feel a sense of accomplishment when the items on the list get checked off. Be realistic about your skills and make a separate list of things you could hire someone else to do...then call and set up appointments in the future.

Some ideas:

<https://www.snazzylittlethings.com/diy-tips-prioritizing-y.../>

<https://www.houzz.com/.../first-things-first-how-to-prioritiz...>

<https://www.realsimple.com/home.../how-to-tackle-home-projects>

Make necessary appointments for the next six months.

Make a list of your appointment needs...Haircut, manicure, dentist, doctor, gardener, handyman, attorney, financial planner, etc. Check if you can make online appointments or give the business a call.

Dream

When things change, the automatic response is to worry. Worrying doesn't change anything, but dreaming can. A change in routine offers all of us the opportunity to look at the world differently and to develop new ideas. Take this opportunity to let your mind wonder, embrace your creativity and extend your humanity.

If you are interested in doing something new, Fine Balance Imaging on 1st Street is offering customized puzzles from your images.

www.FBIstudios.com