

# seniors first BC

## Ways to Stay Connected This Holiday Season

Due to the COVID-19 Provincial guidelines, many families and friends will be spending this year's holidays separated from one another. Many individuals may also be spending their first holiday season alone. This means that now is a critical time to make safe plans to stay connected and socially engaged to promote positive wellbeing in ourselves and those we care about. So... How can we stay connected with others?



Source: [To Do Ontario](#)

### 1. Holiday Light Drive

As long as individuals stay in their cars, drive-through holiday festivals (light displays) are allowed. Please note that the individuals inside the car must be in each other's household or "bubble" under the [BC Restriction Guidelines](#). Similarly, many neighbourhoods have lights and decorations set up facing the street so that individuals can go for a walk or a drive-by with their household and enjoy the holiday spirit.

### 2. Donate to a Toy Drive

Donating toys (old- and cleaned, or new) is a generous way to share kindness and care to those who are facing financial distress during the pandemic and cannot celebrate the holidays as they normally would.

### 3. Public Skating

Under the [BC guidelines](#) public skating that is not associated with an event is allowed. Therefore, families/households can participate in this winter activity if there is a public skating rink nearby. This is also a great activity for those who live alone!



Source: Sun Peaks Resort

#### **4. Send Handwritten Letters**

Many people who normally visit with extended family and friends over the holidays are sending handwritten letters instead. This activity expresses thoughtfulness and care; it reminds our loved ones that we are thinking of them. Rather than small talk, as the recipient about one of their favourite holiday memories and/or traditions. You can also take the time to decorate the card and print photos onto it if you would like.

Source [Chartwell](#)

#### **5. Organize a Virtual Game Night**

Playing games virtually via Skype, Zoom or Facebook Video are ways to keep all attendees engaged and on the same topic. One idea is to organize a date and time that works for everyone to play trivia. One person can be in charge of asking the questions and keeping score. Other games can also be modified to be played virtually.

#### **6. Send a Memory Box**

Compile a small box of photos, notes, recipes or artwork to send to a loved one. This box can't be mailed to them for the holidays as a way to share a piece of our experiences and thoughts. This can include a note for each grandchild (or grandparent) for example. Or a photo of a quarantine project you've been working on.

Via [NBC News](#)



Source: [Darice Blog](#)

#### **7. Organize a Virtual Baking Contest**

Organize a date and time when all your attendees are available to bake and decorate holiday cookies together. Planning a task to work on while visiting virtually is beneficial in facilitating conversation and keeping everyone entertained. This activity also better-reflects regular holiday interactions that one may have.

Via [UVA Health](#)



Source: [kidadl](#)

The COVID-19 restrictions limit our in-person interactions with loved ones, but that doesn't mean that we need to be isolated. Take care of yourself this season and look out for others too.

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**Thank You to our Volunteer Georgia Grenier for writing this  
Blog!**

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