



Develop Activities in Preparation for Retirement

Browse mindfulness and meditation resources to try

Work on personal development through journaling

Browse new healthy recipes

Plan your meals

[Do the 7 Day Happiness Challenge](#) from Action for Happiness

Watch free online documentaries

Watch comedy

Play on a trivia or games app

Learn some basic yoga poses - we recommend [Yoga with Adriene](#) on YouTube

Learn calligraphy or hand-lettering

Learn how to play a musical instrument

Read a biography about someone who inspires you

Do some mindful coloring –[free mindful coloring sheets](#)

Rediscover old music you liked when you were a teenager

Watch a [live stream theatre show](#) from National Theatre

Watch a [live opera stream](#) from The Metropolitan Opera

Watch a [live stream performance](#) from the Lied Center for Performing Arts

Make a list of things to save up for

Have a relaxing DIY foot soak

Do a free online nutrition course

Start a blog, or find a new podcast

Get [Bumble BFF](#) and chat to new people in your area

Reorganize or redecorate your living space

Do a jigsaw puzzle

Make a list of goals for the year

Declutter or Organize your photos

Make a list of books you want to read this year

Search [Pinterest](#) for craft or DIY project ideas

Search Pinterest for family bonding ideas

Search Pinterest for activities for the grandchildren

Download Reddit and browse uplifting content

Do a free online drawing class

Search Facebook groups with volunteering opportunities

Arrange to catch up with old friends on video chat

Explore new music

Do a workout video

Brainstorm ways to save more money

Learn furniture building

Make a life experiences bucket list

30-day free trial of [Audible](#) and listen to an audiobook

Do a free online coding course

Build your [Mental Wellbeing Toolkit](#)

Use [Jackbox Games](#) to play games with friends

Join an online book club

Start learning a new language

Do the [4-week Best Possible Self Exercise](#), an evidence-based intervention for improving wellbeing

Plan or make some thoughtful birthday gifts

Start a side project to earn extra money

Browse free online courses

Write a poem or short story

Make a cookbook of your favorite recipes

Make a list of things you're looking forward to

Watch [TED Talks](#)

Learn how to do a new home improvement project

Do some gardening or learn a new type of gardening

Make a list of topics you want to learn about and research them online or at the library

Do a spring clean

Learn knitting, cross-stitch, or embroidery

Find a new board game to play

Do exercise song videos with the grandchildren

Start a dream journal

Do some baking

Feel more connected by finding a pen pal

Try camping in the backyard with grandchildren

Become a mentor

Rent a camper or try camping

Rent or buy an electric bike

Learn a new sport

Take a pottery or glass art class

Take a self-defense class

Learn senior travel programs