



# ***Gainesville Wellness Guide***

**YOUR GUIDE TO:**  
Virtual Games  
DIY Projects & Crafts  
Outdoor Activities  
Restaurants



# ***Gainesville Wellness Guide***

Use this guide as a resource for local "COVID-safer" activities. Remember to follow CDC guidelines and check online for location-specific hours and policies.



**3** ***Virtual Games***

**6** ***DIY Projects & Crafts***

**10** ***Outdoor Activities***

**12** ***Restaurants***

**13** ***Miscellaneous***

# Virtual Games



This new social-distancing world has us reaching for our devices more and more, most likely impacting our social wellness. Revitalize your social life by playing these games with members of your household, or virtually with your colleagues!

**\$ Denotes purchase individually or discuss purchase with your department.**

## **Jackbox Games**

Steam Code for \$29.99 on [jackboxgames.com](https://jackboxgames.com)

Accessible from your Desktop PC, Mac, gaming consoles like Nintendo Switch, Xbox One, PlayStation 4, and even streaming devices like Apple TV or Amazon Fire TV! Visit the website to download the appropriate code for you. Play this virtual party game, known for hit games like YOU DON'T KNOW JACK, Quiplash, Fibbage, Drawful, Trivia Murder Party, and more! Once owned, you can play it as much as you want! Your family, friends, or other players will only need a smartphone or web-enabled device and access to internet to play along.

## **JEOPARDY! and Wheel of Fortune Bundle**

\$16.95 on Amazon

Travel-sized card games of your favorite primetime game shows. These cards are an easy way to enjoy on a night in or via Zoom with some friends. Recommended for ages 12 years and older.

## **Jukebox Bingo**

Free for groups less than 30. Groups more than 30 is a \$10 fee.

Book a Jukebox Bingo event for your department via Zoom! Bring your favorite beverage and snack and log onto Zoom for a great time.

Contact Ricky McHugh at [rmchugh@anest.ufl.edu](mailto:rmchugh@anest.ufl.edu) to schedule.

# Virtual Games

# Random Trivia Generator

Free of charge on [randomtriviagenerator.com](http://randomtriviagenerator.com)

This game offers six categories – arts, science, general, geography, history, entertainment, and general trivia – with endless questions in each! It’s simple and easy to play; pick your category then scroll through the questions. To see the answer, simply click on the question. Try it out with your friends, family, or colleagues; just host a Zoom, share your screen with the group and get started.



## *I Spy via Zoom*

## Free of charge

Take this classic guessing game to your next Zoom video call! There is a lot of opportunity for creativity here. You can pick an object in someone's background, say "I spy with my little eye, something..." and have people guess in the chat or out loud, if your group is small. If not everyone has video capabilities, create a PowerPoint presentation and add pictures of nature or animals (one picture per slide). Share your screen and pause on each slide to play I Spy with your group.

# Pictionary

**Free with this Pictionary Word Generator**

Take this classic game-night game virtual! Divide your group into teams, decide how many rounds you will play, open the Pictionary Word Generator, and choose a team to play first, as well as a team member to draw first – either on the Zoom whiteboard or a scrap piece of paper. The drawer has one minute to draw the word for their team to guess. If the team guesses correctly, the team receives a point. The team with the most points at the end of the final round wins the game.



# Virtual Games



## Charades

[Free with this Charades Idea Generator](#)

Take this traditional game virtual! Split into two teams and use the Charades Idea Generator to choose your words and phrases. [Use the Zoom "pin" or "spotlight" feature](#) for the person acting out so their video is shown as the primary active speaker. Teams have one minute to figure out the phrase.

## Scattergories

[Free with this Scattergories List Generator](#)

This web version of the classic game is simple and customizable. Adjust the number of categories, the amount of time, and roll for the letter. Once everyone is ready, press the start button. As the timer counts down, each person must write down something that starts with the rolled letter for as many categories as they can. When the timer runs out, pencils are down. Go through each category- award one point for every unique answer (no point if more than one person wrote down the same word). The person with the most points wins!

# DIY Projects & Crafts



As our lives become busier, we grow to accept monotonous routines and stress; we are often left with little time for hobbies and activities that bring us joy. Break up your day-to-day routine by creating DIY projects, arts or crafts. Enjoy time with your family or friends and experience something new together or partake in a new hobby on your own. When it comes to art, imagination and creativity are limitless.

## **Corks & Colors Studio**

[Corks & Colors Studio](#) is not just another average instructional painting studio. This locally owned and operated art studio offers DIY painting and classes of pottery, canvas, and glassware. For DIY projects, groups of 4 or less need no reservations and groups of 5 or more can call ahead to ensure seating or request a reservation.\* What else makes Corks & Colors Studio stand out? Every Thursday is Clay Day: Wheel Throwing, classes are 2-3 people and great for kids and adults with little to no experience. [Check out the calendar](#) to find the next Clay Day or event you are interested in. Stay up-to-date on the latest hours, closures, and COVID-19 regulations from the Studio by following them on [Facebook](#) or [Instagram](#).



**\*Subject to change based on county or state regulations related to COVID-19**

# ***DIY Projects & Crafts***

## ***Painting with a Twist***

### ***Team building edition***

Take your next team builder to a whole new level. Bond, create, explore, and build relationships with your co-workers in a new and unique way! Paint a mural together, choose a specific painting, or let your imagination be free. Not everyone has to be an artist; the point is to have fun! The Painting with a Twist crew will guide you through the paintings step-by-step. Painting with a Twist also offers onsite teambuilding events – you provide the space, they will provide all the materials. [Visit their website for more information and to request a team building experience.](#)

## ***Pinspiration***

### ***A DIY project for everyone***

Bring your family or book an event with your work buddies- whoever you bring, you're guaranteed to have fun with this experience! At [Pinspiration](#), you can choose from dozens of DIY craft or art projects. Once everyone chooses a project, all supplies and tutorials are given to each participant at the studio to create their masterpiece. This unique experience offers an opportunity for individuals to show their personalities and individual creativity. Pinspiration also offers a Splatter Room experience, where you choose your paint colors and splatter that paint onto a canvas to create a messy and fun art piece!



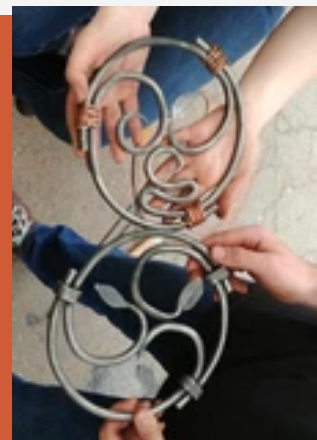


# DIY Projects & Crafts



## **[Fe]ver Metal Art Center**

Try your hand at blacksmithing and metal arts at this locally owned and operated studio with artist Leslie Tharp. Choose from 3-hour workshops creating candle holders, marshmallow skewers, dinner bells or more. Or opt for an all-day class with your choice of creating a trivet, a BBQ set, wall hooks, or plant hooks. Workshops can be 1-8 people in size and no experience is necessary unless otherwise noted. Age limits may apply. [Check out their website](#) for more information. Follow Leslie Tharp Designs on [Facebook](#) and [Instagram](#).



## **Arts in Medicine**

### **Art Kits and Music Sessions**

Arts in Medicine (AIM) doesn't just provide services to patients; they can provide services to UF College of Medicine faculty and staff too! If you or your group of colleagues would like to indulge in a creative outlet while at work., contact Arts in Medicine at [ArtsInMedicine@shands.ufl.edu](mailto:ArtsInMedicine@shands.ufl.edu) or (352) 733-0880 and let them know your interest and how many folks will be participating. AIM will then put together an individualized art kit for your team. Choose an art project from the [Make Art page](#) on the AIM website. You can even request a group song writing session with one of the Artist in Residence musicians.

### **Make Art with Arts in Medicine**

Get creative in your own comfy space, with your friends and family, or make it a date night! Follow along with the Arts in Medicine crew as you view the [instructional videos](#) to create your one-of-a-kind masterpiece. Learn to paint with watercolors, make origami, create an abstract floral painting, construct a tissue paper flower, and more!



# ***DIY Projects & Crafts***

## ***Michaels***

### ***Online classes and events***

Michaels Stores are offering free online classes via Zoom. Previous classes are archived on their website or their YouTube page. You can also [check the Michaels website](#) for any upcoming events that you may want to tune into live. To be notified of future videos, [subscribe to Michaels on YouTube](#).

## ***Joann***

### ***Projects & learning***

Not sure what you want to craft and need a little inspiration? [Joann's Projects & Learning](#) is the perfect place to start! With a list of categories of projects to choose from, ranging from food crafting, paper crafts to seasonal crafts, this project list is sure to have something to peak your interest. Once you find a category, you can filter by skill level and time. The projects give you a list of all materials needed so you aren't stuck missing crucial items for completing your project. The only difficult part is deciding which project to do!

## ***The Repurpose Project***



The Repurpose Project is a non-profit effort that focuses on environmental economic growth of the community. This project works to redirect items from entering the landfill to being repurposed for other uses including art. The Repurpose Project accepts donations of various items that can be used to turn into art of DIY projects. They have a Salvage Yard and a Reuse Store that is open to the public. Due to COVID-19, the Reuse Store is currently closed; however, some items from the indoor shop are available online or through the Salvage Yard. [Learn more about donating or purchasing items here.](#)

# Outdoor Activities



One of the greatest things about Gainesville is the breadth of outdoor activities available. From the 16-mile paved Gainesville-Hawthorne State Trail, to the wild bison and horses that roam the expansive Paynes Prairie. With attractions open year-round, there's never a shortage of activities to do and nature to explore.

## Interactive Map

We couldn't fit all of the outdoor activities into this guide! [Click here](#) or use your smartphone to scan the QR code to view the map of outdoor attractions here in Gainesville. You can sort this map by nature parks and preserves, city and county parks, dog parks, golf courses, and paid attractions.



## Sweetwater Wetlands Park

This park was created to improve the water quality of wetlands in Payne's Prairie and the Floridian Aquifer. You can walk more than 3.5 miles of crushed gravel trails and boardwalks, see the lush landscape from viewing platform, and observe all kinds of wildlife including butterflies, alligators, and wild horses.

[Learn more about park hours and events on the park's website.](#)

# ***Outdoor Activities***

## ***Paynes Prairie Reserve***

With nearly 23,000 acres and over 30 miles of trails, there's endless opportunity for exploration on the prairie. You can see all kinds of wildlife (including alligators, bison, and horses) on the eight trails of the prairie.

***Learn more about how to access the Paynes Prairie trails***



## ***Devils Millhopper***

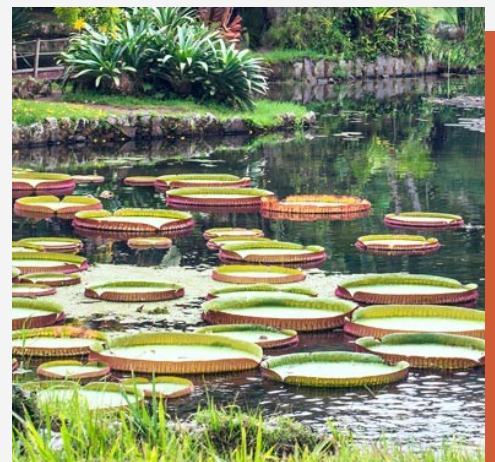
This bowl-shaped cavity, 120 feet deep, leads down to a miniature rain forest. This limestone sinkhole allows vegetation to grow year-round. Right now, the stairs descending into the sinkhole are closed but you can still see into the sinkhole from the nature trail.

***Learn more and stay up-to-date about the boardwalk reopening.***

## ***Kanapaha Botanical Gardens***

This 68-acre facility has 24 major collections, visually accessible from a 1.5-mile paved walkway. Visit between June and September to see the most color. Signature plants include Chinese royal bamboo, giant Victoria water lilies, and Asian snake arums. Mark your calendar for their annual Spring Garden Festival and their Moonlight Walk.

***Learn more about attractions and upcoming events.***





# Restaurants



Looking to explore local dining experiences? Gainesville's got you covered. Gainesville has a wide variety of restaurants, from cheap eats to high-end dining- almost all offering dine-in, take out, and delivery options. Plus, vegan, vegetarian and gluten-free options are available at nearly every eatery in town!

## Interactive Map

We couldn't fit all of our favorite restaurants into this guide! [Click here](#) or use your smartphone to scan the QR code to view the map of outdoor attractions here in Gainesville. You can sort this map by four different price levels, with "\$" being the cheapest and "\$\$\$\$" being the most expensive.



## Foodie Social Media



***Eat Gainesville***  
***@eatgainesville on Instagram***  
***EAT GNV on Facebook***

This account highlights local restaurants and frequently hosts giveaways for their followers!



***Gainesville Vegans***  
***@gainesvillevegans on Instagram***  
***Gainesville Vegans on Facebook***

Stay up-to-date on the best plant-based eats in town! This page also posts vegan grocery store finds and occasionally out-of-town restaurants.



# Miscellaneous

## Special Shopping Hours

### For Healthcare Heroes

**Sam's Club** | Sundays 8:00-10:00 a.m.

**Publix** | Thursdays 8:00-9:00 p.m., Fridays 7:00-8:00 a.m.

**Walmart** | Daily 7:00-8:00 a.m.

## Savings and Coupons

- [GCM \(Gift Certificates and More\) App](#)
- [Gator Greenbacks](#)
- [Groupon](#)
- [Yelp](#) (Gainesville specials by day of the week)
- [Honey App/Google Plugin](#) - automatically applies coupon codes to your online purchases
- [Rakuten](#) - Cashback platform

## Recognition

A majority of your day and week is spent at work, with your coworkers, and patients. What better way to improve your occupational and social wellness than recognizing those you work with? Check out the LEAD Award as a way to recognize all the great work nurses do, and a way for nurses to recognize all the great work doctors do. Patient care is a team effort! The LEAD Award is a monthly honor that provides residents and nurses with an opportunity to recognize each other in a meaningful way. [Residents can submit nominations on the LEAD Nurse Award Nomination site](#) for nurses they believe consistently meet the following criteria:

- Exemplary direct patient care
- Dedication to the highest standards of nursing
- Outstanding communication
- Dedicated Patient Advocacy
- Notable contributions to the community
- Exceptional interprofessional and interpersonal interactions

Submissions with specific examples of why the nominee is being selected are strongly encouraged.