

Fun Friday

Welcome back to another edition of Fun Friday! Hope you are able to enjoy some of these activities/resources to have an enjoyable and relaxing weekend!

Staying at home can be tough, especially if you are an avid concert goer. Luckily, 352arts.org has created an **ongoing virtual concert series** so that you can attend and keep on rockin': May 15, 2020 – May 29, 2020 | 8pm | Every Friday

[Valerie Torres-Rosario](#) | [Gainesville Live Free Friday Concert Series](#)

"It feels like everything has changed. But some things haven't. Like the people who still get up each day—and each night—to keep UF running." Here's a **fun, quick video to show who's working behind the scenes to keep the Gator Nation running strong.** (Watch for some cameos from our UFCOM and UF health family!) #GoGators:

https://twitter.com/UF/status/1258196927650377736?utm_source=UF+at+Work%3A+Sept.+18%2C+2018&utm_campaign=45329f0219-

[EMAIL_CAMPAIGN_2020_03_19_08_19_COPY_01&utm_medium=email&utm_term=0_84e4b998ac-45329f0219-407503389](https://twitter.com/UF/status/1258196927650377736?utm_source=UF+at+Work%3A+Sept.+18%2C+2018&utm_campaign=45329f0219-EMAIL_CAMPAIGN_2020_03_19_08_19_COPY_01&utm_medium=email&utm_term=0_84e4b998ac-45329f0219-407503389)

Looking for a way to add some fun to your Zoom meetings? Try these **Star Wars-themed virtual backgrounds** and you can tune in from the Death Star, Jakku, or Tatooine (please use good judgment regarding when these backgrounds would be appropriate or not!): <https://www.slashgear.com/official-star-wars-backgrounds-released-for-use-with-video-calls-18617317/?fbclid=IwAR16mYc6mhvRanJLKdDE6mqs4RN87teJSbGHPrC6DEPv9bAJsEopZ6DLAZE>

Need a mask? Dragonfly Graphics is giving out [FREE masks](#) on Saturday the 16th from 12-5pm at 319 SW 3rd Ave, Gainesville, FL

Here's an **opportunity to participate in a UF Photo Mosaic project** (takes only 10 seconds!):

The UF faculty, staff, and students have come together in a way we never imagined we would, by physically distancing to flatten the curve during a global pandemic. While we miss our beautiful campus and the iconic buildings that bring us inspiration, comfort, and joy, it is the faculty who bring our buildings to life. Without each of you, the spaces that our colleagues and students miss most would mean very little. To express this

sentiment, we invite you to be part of a project lead by the Office of the Provost and the Office of Strategic Communications and Marketing. Simply [fill out this brief survey to allow us to use your Gator 1 photo](#) for the creation of photo mosaics of iconic campus buildings.

A fun and silly “Phantom of the Quarantine” parody video is available here: <https://www.facebook.com/watch/?v=1187273134951428&ref=external>

The UF/GatorCare Wellness team offered some **creative ideas for preparing meals with minimal shopping trips**:

- How to shop once and eat for 2 weeks: <https://www.weightwatchers.com/us/blog/food/two-week-grocery-shopping-list>
- 40 Creative Ways to Use Your Frozen Food Stash: <https://www.weightwatchers.com/us/blog/food/ww-recipes-for-frozen-food>
- 9 New Ways to Use Canned Fruits/Veggies: <https://www.weightwatchers.com/us/blog/food/ideas-canned-fruit-and-vegetables>

Looking for a fun way to burn some calories? Try the **high-energy, dance-inspired workouts** available free on PopSugar Fitness: <https://www.youtube.com/user/popsugartvfit>

Join the Florida Museum of Natural History for “The Best Nightlife in Town” event May 23, 8:30-9:30 p.m. and **learn how to collect nocturnal bugs with museum and University of Florida entomologists**. This event is free but registration is required to receive a link to the Zoom meeting, instructions for collecting, recipes for themed beverages and a curated playlist for the night. [For more information and to sign up, visit the FLMNH website.](#)



You can also check out some ideas for **fun activities to do at home** from the Florida Museum of Natural History here: <https://www.floridamuseum.ufl.edu/membership/memos/inspiration-ideas/>

GatorCare subscribers and eligible GatorCare members who work for the College of Medicine (must be eligible for their own GatorCare plan but waive coverage) are encouraged to **complete a biometric screening for a \$50 Amazon gift card**. Eligible participants may complete a screening at a participating Quest Diagnostics Lab or by using lab results from a recent physician's visit. Wellness screenings through participating Quest Diagnostics Labs will be available starting May 18. Lab results from a recent physician's visit (1/1/20 onward) may be used to complete your biometric screening. The deadline to complete a screening is August 31. Gift card incentives are only for eligible participants and will be emailed to the email you registered with on Quest. Please visit gatorcare.org/betteryoustrides for more information.

And of course, here's **the latest episode of "Some Good News"**: <https://www.youtube.com/watch?v=NDjNX3nEfYo&feature=youtu.be>

Happy weekend and stay well!

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