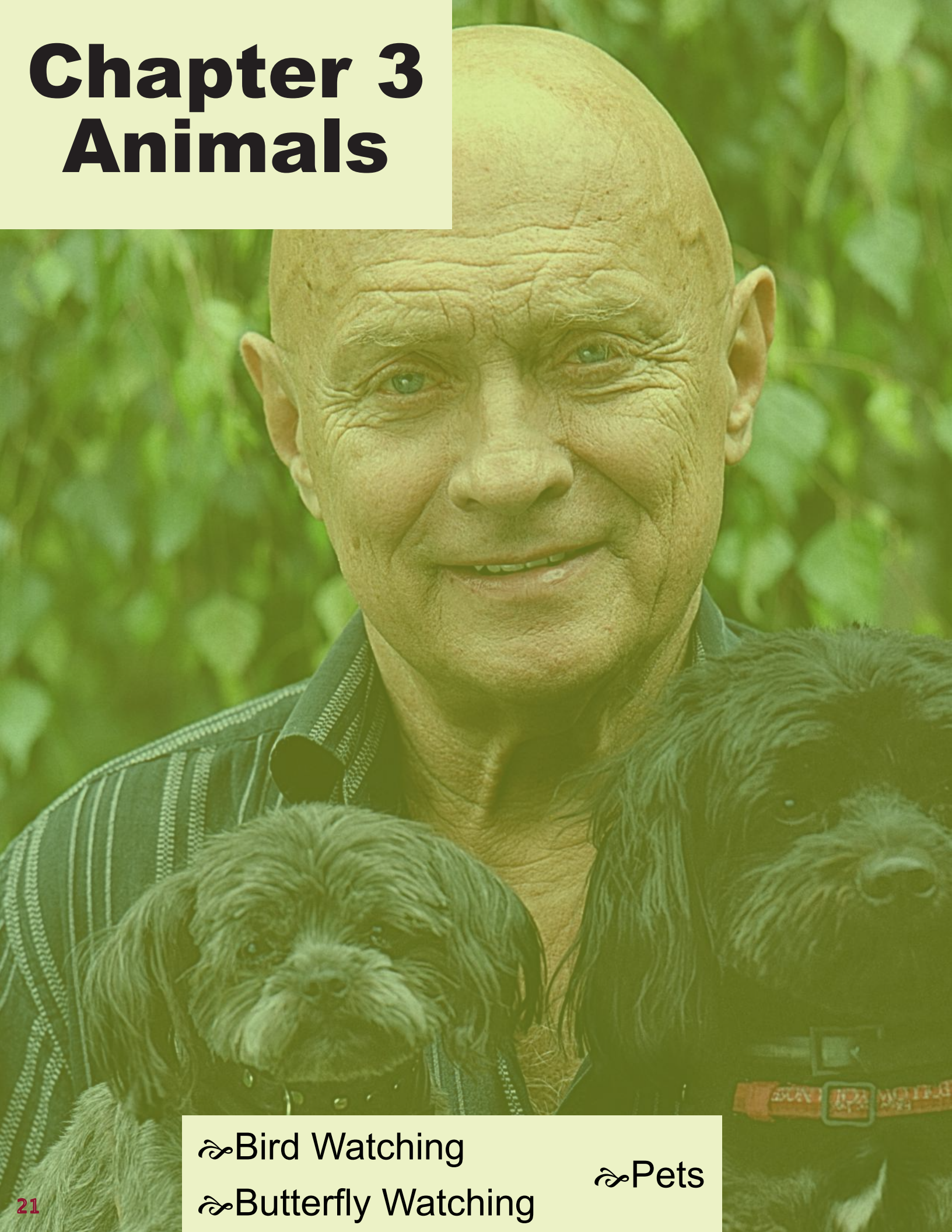


# Chapter 3

## Animals



✧ Bird Watching  
✧ Butterfly Watching

✧ Pets



# Enjoy Animals



Cute animals can bring a smile to almost anyone's face! If you're able to have your own, pets are a great way to keep active and happy. Visiting a friend or family member with a fuzzy companion is also a great option.

Enjoying animals is not only limited to our indoor pets. Go outside to watch your neighbourhood birds and butterflies as well. You may even be lucky and spot some rare wildlife!

If you live a bit further from nature, or just want to see some more exotic animals, there are many online live cams where you can watch wildlife.



# Bird Watching



Did you know that there are an estimated 18 000 different kinds of birds? Birdwatching is an activity that can mean many different things for different people. For some it means watching the birds that come to the windows of your house. For others, it means watching birds in nature or it may mean traveling to try and find a specific kind of bird.

[All about birds](#) is filled with information about birds. Click on the link and enjoy!

## Online Live Bird Watching

Not sure about leaving the comfort of your own home? Not to worry! Check out these awesome webcam links that allow you to view birds right from where you are!

- [All About Birds](#) : you can watch birds in a natural environment.
- [Mango Link Cam](#) is linked to hundred of live streaming webcams around the world. You can see what is happening at zoos, wildlife parks, farms, reefs and wildlife locations in Africa.



With Mango Link Cam, you can also watch birds, mammals, pets, aquatic life, reptiles and insects, including butterflies.

## Bird bath and bird feeder

What better way to do some birdwatching than to invite them to your backyard or your window? A few options are to hang a bird house or bird feeder on a hook beside your window or using a branch near by. You can even add a bird bath to your garden area. Ensure you are feeding the birds the proper food for their species ([Canadian Wildlife](#)

[Federation](#)). Please be mindful of other animals in the area.

As a craft project, you could create your own bird feeder and your own bird bath.

- [Water Bottle Bird Feeder](#) This video shows how to turn a disposable water bottle into a bird feeder.
- [10 Easy DIY Birdbath](#) Ideas to make your own bird bath.
- [5 Simple DIY Bird Feeders Older Adults Can Create](#) Instructions for 5 DIY bird feeders! On the next page, you can see the materials that are required for each bird feeder.





### **1. Peanut Butter Pine Cone Feeder**

All you need for this bird feeder is a pine cone, some yarn or twine.

### **2. Orange Peel Feeder**

A few slices of grapefruit and/or oranges can be attractive to birds!

### **3. Sliced Bread Feeder**

Some peanut butter, a couple of leftover slices of bread, and some birdseed are an invitation.

### **4. Threaded Cereal Feeder**

Thread some shaped cereal onto twine/ribbon/yarn and attach it where

you wish with some pipe cleaners or string.

### **5. Homemade Suet Feeder**

Mix some peanut butter, shortening, bird seed, and cornmeal into a mesh bag and tie with twine.



At the cottage, the first thing Bruce's father would do was to fill up the bird feeders with seeds. We could then often see blue jays and chickadees

# Butterfly watching



Being outdoors or even just watching nature can help us feel better. Through spring and summer a nature walk or even a window is all you need to try butterfly watching.

[How to Attract Butterflies: 17 tips](#) and [Canadian Nature](#) are filled with information about butterflies. They tell you what to do to attract butterflies to your yard and present pictures of the 10 favorites butterflies in Northern America.

## Creating a Butterfly Garden

- **Fruit**

A little fruit can bring the butterflies to you. Remember to choose fruits that are juicy and to put out new fruit daily!

They are likely to come for:

***Oranges, Watermelon***

***Mushy bananas, Grapefruits***

***Strawberries, Peaches***

***Kiwi, Apples, Mangos***

...you may even want to eat breakfast with them!



- **Plants**

If you are gardening or have a place for plants, choose some plants that attract butterflies. Here are some easy plants that attract butterflies:

*Salvia (sage), Zinnia, Tithonia*  
*Butterfly bush, Lantana,*  
*Lupine*  
*Phlox, Milkweed, Daisy, Aspers*

- **Puddling spot and flat stones**

Butterflies drink from a damp soil or a mud puddle. It would help to attract them if you create a puddling spot and add some flat stones where they can get warmth.

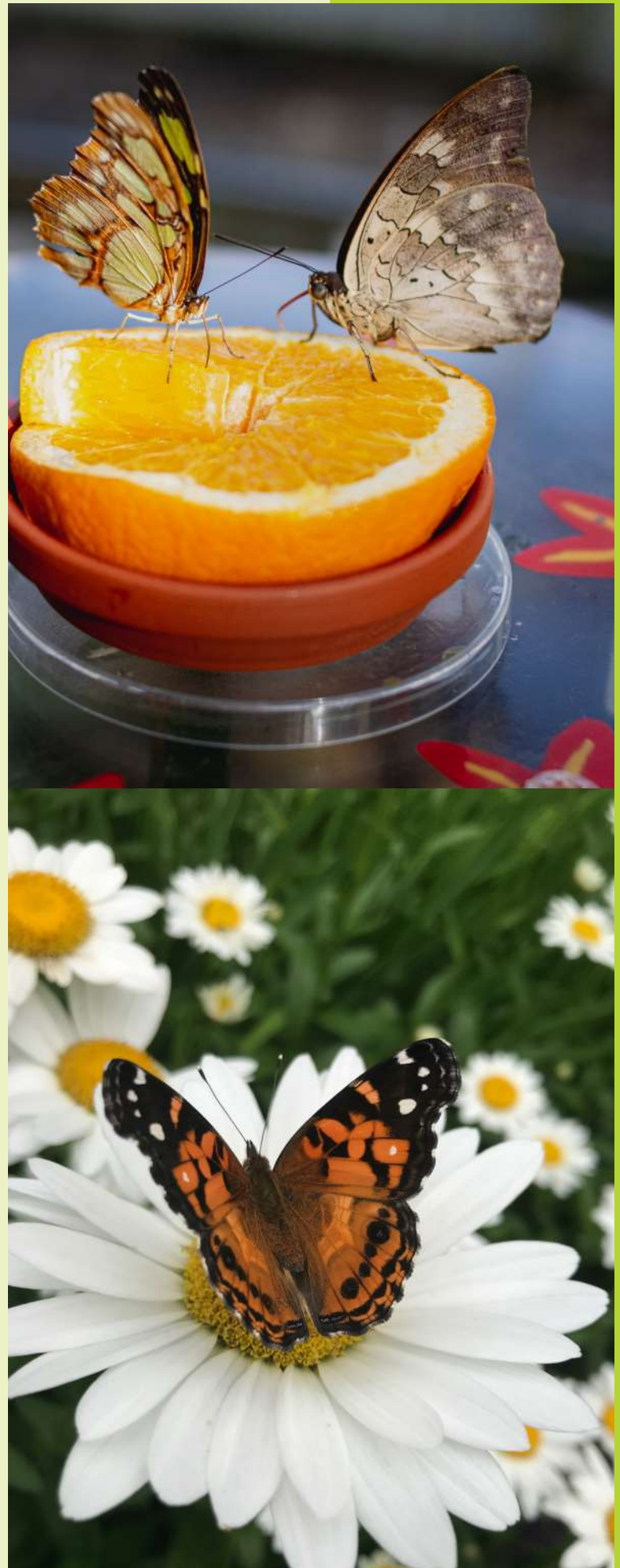
- **Birdbath with marbles**

They can lend on marbles (partially in water) and drink.

## **Butterfly-Viewing Online**

Don't have a garden but still want to watch butterflies ? Not a problem, check out the links below to watch live viewings of butterflies!

- [The Key West Butterfly and Nature Conservatory](#)
- [Florida Museum - Canopy Cam](#)
- [Mango Link Cam](#)



# Pets



You may think that living in a residence or apartment may prevent you from having or visiting a pet. Though there may be restrictions on the types of animals you can have, pets can come in many shapes and sizes. A pet fish or other small animal may be allowed. Many retirement homes also have “shared” animals- such as cats or dogs. This is a great opportunity to experience the benefits of having a loving pet without all the work!

## Benefits of Having a Pet

- Associated with lower blood pressure and cholesterol
- Decreases loneliness, increases opportunities to socialize
- Increases physical activity, helps you keep a routine



Having a dog has been great for Bruce and Josée's. Very active, Apolo keeps us moving (see pictures in introduction and next page).





## Types of Pets

There are many options for you to choose from if you want a pet. How long the animal lives, the amount of daily work and cleaning, cost of upkeep and vet bills and exercise requirements are all important considerations before adopting a pet. If you decide to get a pet, a good first step is to visit a local animal shelter for adoptable animal. Many shelters have more than just cats and dogs available.

Here is a list of animals you may want to consider:


Dogs, cats, birds, rabbits

Fish, hamsters, guinea pigs

Mice and rats, lizards

As a quick note, please check with your local municipality about pet restrictions before adopting!



 To the left you can see Apolo, our Spanish Water Dog. He gives a lot of love to everyone in the family.

## Ways to Interact with Pets

Here are some other options:

1. Visit a friend or family member who has a pet you enjoy. This is great way to see a furry friend but also spend time with someone you care about.

2. Ask to see if your apartment building/ residence could get involved in a local pet therapy program. Volunteers and their friendly pets come visit the common areas of your residence. This is a great no-responsibility alternative to having your own pet.

3. Sometimes retirement residences will have “communal” pets. These pets would usually be taken care of by the staff members and residents.

Ask to see if your residences already has a communal pet or would be interested.



Finlandia Village has  
birds, cats and fish.  
Residents love their  
company.







## Animal and fish

### Videos or Live Cam Online

- [Toronto zoo](#)
- [Ripley Aquarium](#)
- [New England Aquarium](#)
- [Explore Live Cam](#)
- [Mango Link Cam](#)

The above links let you watch livestreams - video feeds over the internet. This is just a beginning, there are many livestreams of cute animals available - both pets and animals at zoos. This way you can get your animal-fix without having to leave your house.



One student in our team of authors used to regularly bring her dog to Finlandia Village. She and her dog would visit everyone who requested it. The seniors could spend time with the lovely dog: petting, holding, talking to him.

They loved it.