



## ARTS & CULTURE

# Spring staycation ideas

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Contributing Writer

A new year and new goals may include traveling, but for those wanting to experience something different and in budget, here are eight staycation ideas to try.



### BE A TOURIST IN YOUR OWN TOWN

Go somewhere you have never been or support a local business. Visit attractions such as the Dallas World Aquarium, The Sixth Floor Museum or the Perot Museum of Nature and Science.

For nightlife try Deep Ellum. It is known as a hotspot filled with live music, cool bars and casual eateries.

If you just want to enjoy the amenities of a mid-range to luxury hotel, take a look at The Homewood Suites by Hilton located near the Arts District and Convention Center District. The hotel has plenty of restaurants and shops nearby that you can get lost in or just shop until you drop. Omni Dallas Hotel features a spectacular view of the city from a heated rooftop infinity pool.



### COOK UNDER THE STARS

Do you have a recipe you have been dying to try? This would be the perfect time to start. Finding recipes is easy. When in doubt, search online or look through mom's cookbooks. Or wing it with a friend. It can be as simple as a grilled cheese sandwich with canned soup or as fancy as a three-course meal. Whatever you decide, you can take this outside with a lawn chair or a tent under the stars.



### ATTEND A SPRING FESTIVAL

The Dallas Blooms Festival at the Dallas Arboretum features flowers and beautiful landscapes. Through April 16, visitors will see 100 varieties of spring bulbs, 500,000 spring blossoms and thousands of other flower varieties. During this celebration, the arboretum offers food tastings and cooking classes, live music and entertainment, as well as wine and beer tastings and more.

**The Dallas Arboretum**  
8525 Garland Road  
Dallas, TX 75218

### LAUGH AT A COMEDY CLUB

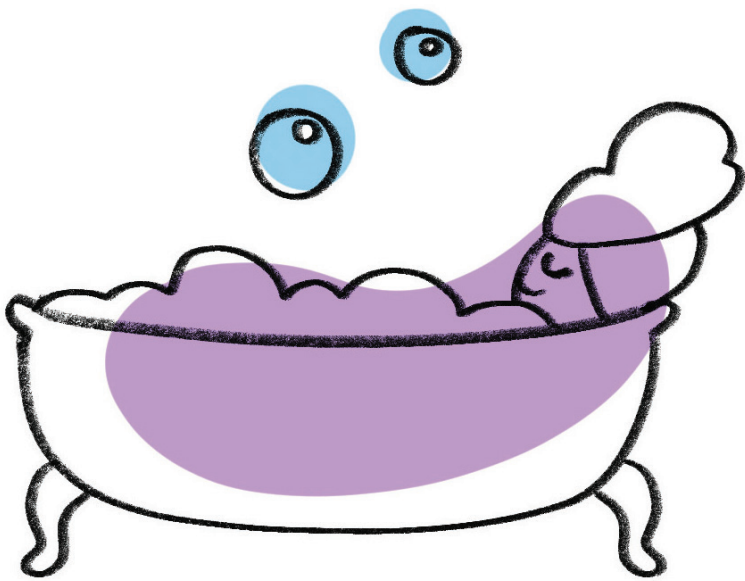
The Addison Improv is a wonderful stand-up comedy venue that serves dinner and a bowl full of laughs. After the show, you can always walk over to Pete's Dueling Piano Bar and sing along with the crowd.

**The Addison Improv**  
4980 Belt Line Road #250  
Dallas, TX 75254



### MEET NEW PEOPLE

If you want to break out of your comfort zone, meet new people and try new hobbies, check out the Meetup app. It is free to create an account and to join a group. They have everything on there, and I mean everything. If you love technology, you want to try equestrian polo, skiing, be a part of a walking group or real estate group, or you are interested in starting a business, they have groups for it. You will never feel bored again.



### RELAX WITH A SPA DAY

Plan a spa day for yourself from the comfort of your own home. A spa day can be as minimal as soaking your feet in Epsom salt or any type of foot soak you prefer while listening to music or doing absolutely nothing.

Sometimes a homemade spa day can be as elaborate as grabbing your comfy robe, throwing a bath bomb in the tub, sprinkling rose petals and lighting your favorite candles to set the mood. Turn on your favorite relaxing music while you put on your face mask and soak in your tub. Sing along or do some nice deep breathing exercises to relax.

If you have a little extra cash, head on over to your nearest hair or nail salon and let them scrub your troubles away with a manicure and pedicure set or hair treatment.



### SPRING CLEAN YOUR PLACE

Spring cleaning may sound like a chore, but there are so many health benefits to cleaning up your home and workspace. You can organize a space so you can feel great and find things a little more easily. You can donate clothes you have not worn in years to someone in need or donate to a thrift store. Trash all those bags and boxes you have been holding on to that are taking up space. Make an event of it. Invite a close friend. Do not forget to offer food.

### VOLUNTEER

Volunteering costs nothing. When you volunteer you are helping your community and you feel good about yourself while doing it. You learn so much about others and it can help with mindfulness.

To sign up, go to the VolunteerNow website and put in your zip code or your interests and create an account. Some of my favorite places are the American Red Cross, North Texas Food Bank and Dallas Animal Services which needs greeters, servers, kennel cleaners and dog walkers.

Illustrations by Maria Elena Franco