



## **Hobby Ideas**

- Check for online and in-person options

### **Active**

Walking  
Gardening  
Water therapy or aerobics  
Dancing  
Gentle Yoga ([Adriene link](#))  
Wii Fit video game  
Bird watching  
Sports

### **Arts & Crafts**

#### [Creative Arts Group](#)

Painting  
Coloring with colored pencils or markers  
Woodworking  
Knitting, Cross stitch, or other needle crafts  
Photography  
Singing  
Music – playing an instrument or learning about a style of music  
Sewing  
Drawing  
Reading (a book club online or in person)  
[Reading Room link](#)  
Audiobooks  
Writing / Journaling ([Writing Room link](#))  
Learn a foreign language  
Jewelry making  
Card making  
Candle making

### **Local Groups or Classes**

Libraries  
Community Centers  
Community Colleges  
Meet-up groups  
Senior Centers

### **Games & Puzzles**

Chess  
Board games  
Trivia  
Play cards  
Jigsaw puzzles  
Word puzzles or games  
Sudoku

### **Volunteer**

- At a school, library, museum, hospital or animal shelter  
- Write cards to seniors from home ([Letters Against Isolation](#))  
- Advocacy: [US Pain Foundation advocacy](#)

### **Collecting and Making**

Cooking and baking  
Collecting coins, action figures, stamps etc.  
Genealogy  
Fandom Groups

### **Miscellaneous**

Listen to Podcasts  
Meditation ([Meditation Group](#))  
Watching movies or shows  
[Pinterest](#) has recipes, crafts, home decorating, humor and more