**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

**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

**Local Groups or Classes**
- Libraries
- Community Centers
- Community Colleges
- Meet-up groups
- Senior Centers