

FACT SHEET

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LEISURE ACTIVITIES FOR THE SENIOR CITIZEN

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In retirement, free or leisure time of an older person may provide his first opportunity for creativity and social and civic services. Society has the responsibility to help make such opportunity available. "Time-killing" amusements and "do-good" activities provide little satisfaction for anyone. A sound, balanced program can offer opportunities for self-expression, service and pure enjoyment of living.

Involvement in program or activity is the key to success in use of leisure time with senior citizens. A display or exhibit of creative activities, changed periodically, can stimulate experiments with familiar or with new activities. The opportunity to "do with" or "participate in" can also stimulate involvement.

Good activities for leisure are almost limitless. Some of the following activities may aid in more effective planning for profitable use of leisure time by the aging.

Creative Activities

Clay modeling	Crocheting
Sculpturing	Carving
Ceramics	Painting
Jewelry	Sketching
Plastics	Textile painting
Sewing	Singing
Decoupage	Reading to others
Mending	Caring for a bulletin board
Quilting	Gardening (flower and vegetable)
Rug making	Whittling
Toy making	House plants
Cooking	Hobby shows
Music	Bazaars
Drama-charades	Bird watching
Pantomimes, puppetry, story telling	
Knitting	

Physical Activities

Physical activities can be selected for each individual; they are not taboo for the senior citizen.

Nature walks	Table games
Walking	Table tennis

Picnicking
Fishing
Hunting
Outings
Photography
Camping
Bicycling
Deck tennis

Dancing (square and social)
Trap shooting
Swimming
Croquet
Shuffelboard
Sailing
Shelling nuts

Social Service Activities

An older citizen can derive fuller satisfaction from leisure time if he is doing something for someone else or working with another person.

Visiting (individual and points of interest)	Editing a newsletter
Adopt-a-pal	Institutional services (as folding bandages)
Sewing and mending for others	Special celebrations, birthdays, holidays
Making toys for children	Church attendance
Shopping	Short trips and pleasure drives
Grooming	Movies, slides
Reading	Book reviews
Letter writing	Special services for community activity
Listening	Stuffing envelopes
Serving as a host	Telephoning
Community and church drives	Toy repair

Activities based on the felt needs and interests of the older person are more rewarding. These activities are for senior citizens and others to share with them. Senior citizens should involve themselves in program planning of these activities. Avoid any semblance of charity or paternalism in offering the programs. Making decisions and being creative and useful are most rewarding uses of leisure time by senior citizens.

REFERENCES

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