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A DETERMINATION OF RECREATION ACTIVITIES OF
GREATEST INTEREST TO MEMBERS OF
SENIOR CENTERS IN TEXAS

THESIS

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By

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The purpose of this study was to determine what recreational activities were of greatest interest and appeal to members of nine senior centers in Texas and according to their age and sex.

The nine senior centers were randomly selected from the forty-two centers in Texas. A minimum of twenty-five members at the selected centers were asked to respond to a questionnaire concerning their recreational activity interest. A total of two hundred seventy-four respondents completed the questionnaire, of which seventy-nine were males and one hundred ninety-five were females.

The questionnaire consisted of nine recreational activity categories. These categories were designed to cover a wide range of recreational interest. Table games were the activities indicated by the respondents (88 per cent) to be of greatest interest. The activity that was indicated to be of least interest was dancing (47 per cent). Activities that included social contact had the greatest interest to the respondents.

A recommendation was made that senior centers should stress those activities of a social group nature. The centers should also provide more outdoor life activities.

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CHAPTER I

INTRODUCTION

Need for the Study

One of the greatest challenges to our society today is the rapid growth of the senior citizen population. The use of expanded leisure time, in a manner which provides for personal satisfaction and meaningful life, is a part of this challenge. In the later years of life there is a great need for new roles, new activities, and new sources of recognition and responsibilities to replace those which in the former years were provided through employment and family activities.

The senior center has demonstrated its effectiveness as one of the successful ways in which society can meet the challenge of an increasing senior citizen population (4,7, 10,11). The basic objectives of the center are helping the elderly to preserve their dignity, providing a means of enhancing a feeling of self-worth, helping overcome loneliness, and making possible experiences which are personally enriching. The senior center also furnishes opportunities for participation in community affairs and contributions to social services (3,7,10,12).

Many communities have already developed centers which have considerable variation in scope and quality of program. Examples of these communities can be found in many issues of

Aging magazine (15,16,17,18,19,20,21,22,23). Other centers will be broadening and intensifying their programs. An overwhelming majority of communities, however, are without any type of senior center, as reflected in the 1974 Directory of Senior Centers and Clubs: A National Resource, which lists only 4,900 centers (9).

Recreation is an integral part of the senior center. It helps to bring the participants into contact with one another. It helps to alleviate the boredom and loneliness often associated with the lives of older persons. Recreation is a basic human need; however, recognition of this principle as applied to the aging has often been overlooked (3,5,14). Although a substantial minority of older adults have some opportunities for satisfying activities, several studies of the activities of older people have found that relatively few are being reached by the recreation services of the community (3,5,14). The rest cure for old age has been discredited in favor of stimulating, virorous activity suited to the capacities of the individual. The recreation program in a senior center is one way to offer a wide variety of satisfying opportunities for participation and leadership (6,8,14).

Statement of the Problem

The following question is relevant to the problem of recreation for the aging: are the activities participated in by senior center members actually what they want or just

something that is provided? Knowing the answer to this question would help eliminate the problem of inappropriate activities for the aging. A new center might use the information when attempting to start a recreation program. Clues to the kind of facilities that will be needed and the type of equipment to be purchased could also be obtained from the information.

Purpose of the Study

The purpose of the study was to determine what recreational activities were of greatest interest and appeal to members of senior centers in Texas.

Definition of Terms

Recreation is commonly held to be an activity that is engaged in for the satisfaction it brings to the individual. Butler states, "Recreation is any form of experience or activity in which an individual engages from choice because of the personal enjoyment and satisfaction which it brings directly to him"(1, p. 10)."

Recreational activities are free-time activities chosen voluntarily for the satisfaction inherent in the activity. The following types of activities, among others, are included: social clubs, arts and crafts, sports, physical fitness, hobbies, drama, informal discussion, group singing, dancing, parties, excursions, camping, group sightseeing, individual and group games, and conversation with one or more persons (11).

Senior citizen is the term commonly applied to those persons sixty-five years of age and older. They are also referred to as the elderly and golden-agers.

A senior center is a physical facility open at least five days a week, for four hours a day. Such centers are open year round and operated by a public agency or non-profit private organization. A senior center provides a professionally planned activity program for persons approximately sixty-five years of age or older. The program offers its members the opportunity for productive and satisfying use of their free daytime hours (7,11).

Delimitations

A stratified random sample of nine senior centers in Texas was selected. The data was collected from the senior citizen members of the centers selected. The collection of data consisted of a questionnaire administered by the investigator. Only recreational activities were assessed.

Limitations

It was not feasible to collect data from all of the senior centers in Texas. One reason for this was the lack of an up-to-date listing of senior centers in Texas due to the frequent organization of new centers.

Another limitation to the study was that the questionnaire could not be administered to all respondents on the same day or at the same time of day. Also, the exact interpretation

of the questionnaire by the investigator, to the respondents, may have differed from one data collection time to the next. Cooperation of selected centers could not be assured; therefore, selection of alternate centers was necessary.

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CHAPTER II

REVIEW OF THE LITERATURE

The review of the related literature will be concerned with recreation for the elderly and the role of senior centers with regard to the recreational program for the elderly.

Recreation for the Elderly

Recreation is a very valuable agent which is essential in the lives of all people, whether young or old. Recreation has long been accepted as a normal pattern of activity for a child, but recognition of the recreation needs of older persons has been slow in developing (10,23,32,70). Recreation is as necessary for the happy life of the older person as for the younger. Zeigler (73) suggested that recreation is an essential element of a balanced daily life. Menninger stated, "people who stay young despite their years do so because of an active interest that provides satisfaction through participation" (38, p. 346).

Persons over sixty-five do not suddenly become different beings. They have the same diverse social interests that other age groups possess. The main difference between the age groups is the fact that the elderly have large blocks of free time that is not available to the other groups. Recreational activities often take place among the aging simply because the older person wants to mingle with people (19,34).

According to Kaplan (23), the happiness of any person depends not only on food, shelter, and clothing, but also on companionship, activity, and the employment of leisure in a useful manner. The need for social activities and the desire for companionship give the elderly motivation for involvement in many recreational experiences (19,34).

Loneliness, depression, and boredom are serious problems among the aged, and often considered a disease among the elderly (53,56). Hunter (19) stated that loneliness, depression, and boredom are common among older people who fail to find opportunities for satisfying activity during their later years. According to Williams (70), inactivity is not good for the aging. The basic point, according to Kraus (24), is that older people are humans and have human needs and appetites. Kraus further stated that if the elderly are to remain physically and emotionally healthy, they must maintain a full range of social and recreational opportunities.

The aging process, admittedly, imposes certain limitations upon the activities that the older person engages in. In a study of the recreational life of 204 men and women over fifty years old, Zborowski (74) showed a decrease in recreational activities with advancing age. The greatest decrease was in participant activities which required physical exertion, such as sports and athletics. This decrease of activities, however, may be related to social pressure on the elderly to act their

age. The decreases in physical activities were offset by increases in spectator or quiet activities. Also shown in the study by Zborowski (74), was a resistance by the elderly to social pressure demanding a decline in activities as they grow older.

Baley (4) suggested in a study of 411 men ranging in age from 20-59, that as they grow older men like fewer strenuous recreational activities. An increase of less strenuous, quiet activities was shown with increasing age in the study.

Hunter (19) suggested that the limitations imposed on the aging person should be circumvented in ways which are acceptable to the older individual and to the community in which he lives. According to Neal (45), the older person needs encouragement, work, and play. The elderly should not be forced to do things thought to be good for them, but should be provided with the opportunity to select activities that suit their tastes and abilities. The older person has the opportunity to devote himself to living rather than to earning a living. Fromm (13) pointed out that the aged must learn to be interested in the world or they will feel superfluous and bored.

If mental and physical deterioration is to be avoided in the elderly, new interests and new goals must be found or old interest and aspirations rediscovered. Recreation is one way to satisfy this need. Recreation may be looked

upon as anything which provides satisfaction (22). Dobbs (9) supports the concept that recreation can be a medium by which health and vigor can be attained and maintained through a wide range of activities.

Definitions of recreation are many and varied. Woods (72) maintained it is refreshment of mind and body after toil or weariness. Any activity that is both creative and re-creative and gives emotional satisfaction is recreation, according to Kaplan (23). Recreation may also be defined as the wholesome pastimes that are enjoyed individually or in groups to fill the leisure hours (72).

Objectives of recreation for the aging are companionship and fun, a sense of belonging, a feeling of worth, opportunity for recognition, a way to develop new interests and skills or renew old ones, and the ability to offset loneliness and declining health (22,30,61). Williams (70) claimed that escape from loneliness is the outstanding contribution of recreation.

Stough (61) suggested that recreation for older people is a good area in which to study motivation. Recreational environments could supply valuable information relative to changing leisure habits of the elderly. Recreation might also determine who is most resistant to change of leisure habits, the elderly, the public, or the recreation specialist. Abrams summed up recreation in the following way:

Recreation is the tool of the gerontologist, the ally of the geriatrician and social worker, and the hope of many of the aged. Recreation for the aged may prove to be the cheapest, most productive investment a people can make in restoring the dignity and usefulness of oldsters whose place in society has become precarious before the onrush of so-called civilized society (1, p. 258).

The Role Of Senior Centers In Recreation For The Aging

Simply doing busy work and engaging in social activities does not develop high morale and personal satisfaction among older persons. A properly planned and organized recreation program, however, can provide the individual with an opportunity to define and develop his own interests and give direction to those seeking a means of self expression (5,7,22). A senior center can provide a planned recreational program. Maxwell (37) viewed the recreation program as everything that individuals or groups do in the center and in the name of the center.

What is a senior center? Essentially a center is people. It is a place where the elderly can find a variety of activities in which to participate. It is also a place to make friends with others of similar age and interests, and to receive counseling and other care when necessary (68). According to Cohen (8), the senior center provides meaningful services and activities to older persons.

The First National Conference of Senior Centers (29) discussed those conditions which led to the development of senior centers. Such conditions as social change, psychological needs of older people, and the need for a bridge

between the elderly and the community were discussed. Frankel (12) claims that the senior center is the most significant form through which services can be planned and provided for older people. According to Hunter (19), a center for older people should be a community project. Kaplan (21,22) regarded centers as socially based and the best approach for meeting the varied needs of older people. Levine (27) pointed out that a center for older people is a mental health and adult education program which helps promote the social and emotional adjustment of the older person. Maxwell (37) pointed out that a center for older people is all-purpose and covers a wide variety of goals, programs, and activities. The National Council on the Aging (40) suggested that the senior center can serve as the base from which various services and activities for the elderly can originate.

According to the President's Council on Aging (51) the basic objectives of senior centers are overcoming loneliness and preserving the dignity of the individual. Vickery (66,67) felt that a center can establish relationships for the elderly that help them overcome loneliness, isolation, depression, and uselessness. McCarthy defined a center for older people as one that

provides a daily professionally supervised, planned activity program for persons sixty years of age and older. The program offers its members the opportunity for productive and satisfying use of the free day-time hours, the empty and lonely hour previously occupied by employment, business, household duties and family responsibilities (36, p. 3).

Kaplan (21) pointed out that the senior center may provide an opportunity for many older people to remain in their own homes rather than retiring to a nursing home. This may be accomplished by providing a variety of activities and services that keep the older person active, alert, and therefore, better able to care for themselves.

Guttman and Miller (17) found that senior centers many times are considered institutions for recreation or education activities only. This may be true in the case of single-purpose centers. Multi-purpose centers, however, are concerned with all aspects of the older person's life. A single purpose center is confined to one service or purpose. The service of a single-purpose center could be one of the following: recreation, education, drop-in, or information and referral (37,64). Information and referral centers aid the older person by supplying information about various services for the elderly in the community. The program in a multi-purpose center, however, usually includes aspects of some or all of the services mentioned. A multi-purpose center provides a daily, year round, professionally supervised, planned program (40). According to the National Council on the Aging (41), a multi-purpose center can be the site for low-cost meals, for health screenings and health maintenance, and treatment clinics. O'Neill (47,48) pointed out that a multi-purpose center can provide a mental health and adult education program which can promote the social and emotional adjustment of the older person.

The history of centers for older people exclusively is a relatively short one. The senior center movement began in the late 1940's, although clubs for older people were known to exist as far back as 1870 in Boston (37). The first known center for older people, Hodson Day Center in New York City, was founded in 1943 (21,37,47). Two other centers soon followed the Hodson Center. Senior Recreation Center in San Francisco, California, in 1947, became the second center in the country. It operates as a parent agency with several branches located in various sections of the city (21,55,66). Little House Senior Activity Center in Menlo Park, California, started in 1949, serves that city's senior citizen community (7,58,59).

Since its initiation the concept of senior centers has been adapted in various forms throughout the United States. The Drop-In Centers in Detroit, Michigan offer recreational programs that appeal essentially to retired members of the United Auto Workers (21). Others, such as Park Manor Senior Center in Dallas, Texas and The Cathedral Foundation Center of Jacksonville, Florida, are part of housing facilities for the elderly (6). Rural counties have also provided centers for their elderly population (60). The 1971 White House Conference on Aging (72) recommended that there should be a multi-purpose senior center in every community. At the present time no accurate listing of senior centers in the United States exists. In 1974 more than 4,900 senior centers in the nation

were identified in a directory prepared by the National Institute of Senior Centers of the National Council on the Aging. This number was a sharp rise from the 1,200 identified in a similar directory in 1970 (3,43). The senior centers developed out of the need of the elderly to ward off loneliness, to feel the importance of being part of a group, to achieve satisfaction of learning a skill, to renew one's life and to create new social roles for oneself (5,53,54).

Goals and purposes for a senior center should be based on the belief that the program and services offered will enrich the lives of the participants through association and activities (37). Levine (27) stated that the fundamental principles of senior centers are to promote the social and emotional adjustment of the older person and to promote community usefulness of the individual. Levine (28) further felt that a center program is important to preserving the personality of the older person. The recreation program in a senior center, on the other hand, is anything the group does to continue as an entity. It is more than just a conglomerate of activities. It includes all the preparation for a specific event. It takes in any follow-up to an activity (63). Activity programs for the elderly should include the attitudes and philosophies to be incorporated into the center itself (11,52).

Maxwell (37) defined the recreation program of a center as the sum of all the activities that individuals or groups

do at the center., The National Council on the Aging (40) stated that all aspects of recreation programs must be geared to further the independence and self-direction of the greatest number of senior center members. Vickery (66) maintained that recreation programs with an emphasis on enjoyment of activity are well used by many older adults. In addition to filling a void in the lives of the members, the recreational programs give new meaning to life and a reason to again mingle with people and feel useful (4). According to Hunter (19) the program in a center should be planned to meet a combination of educational, social, and recreational objectives. The program should not be restricted by a false idea of mental capacity of older persons as a whole.

The activity program should include both organized and informal recreational activities (2). In attempting to determine the program for members of a center it should first be determined what interests they have. Interest inventories are a good way of obtaining this information (25,34,37). The members should have a part in determining what activities will be a part of the program (24,34,37). The activities should be planned with the elderly not for them (35). Often times activities are provided that the leaders feel are good for the elderly rather than what the elderly want. Program activities for the elderly, therefore, depend on the group being served (20). This means that the elderly should participate in the planning of the

senior center and the program (42). The President's Council on Aging (51) suggested that at least three of the following services or programs should be provided by a center: recreation, health, counseling, information and referral and volunteer services. Frankel (12) and Vogt (68) suggested programs and services resembling those of the President's Council, and also included the interchange of programs between different centers and a hostess committee for greeting members and visitors.

Recreation is usually the first program offered by a center. Kaplan (22) suggested, therefore, that the types of activities for a recreation program should include large and small group activities and activities for individuals. Several lists of program ideas have been compiled (6,8,37). Included in these listings were active and quiet games both for indoors and outdoors. Social and seasonal activities were major items. Also recommended were arts and crafts and club activities. Trips, tours, and excursions, including camping (41), were listed.

Woods (72) described recreational programs as those of looking and listening, of doing, of going, and of giving. Williams (72) noted, however, it does not matter what the program is as long as the program is based on the needs and interests of the individual. The National Recreation Association (44) encourages the members of senior centers to have a direct hand in planning and directing activities.

Lemire (26) worked with a group of senior citizens and started a bowling league, a feat that others had said was impossible. Gross (16) found that an arts and crafts program was successful in motivating older people. Not only should different activities be available for the members, all of the members should be encouraged to participate. This includes those who are handicapped in some way as well as the healthy (31). According to a study by Pollak (50), activities for the aged should stress those things which the elderly can do well. Pollak, in his utilization study of senior centers, noted that the health condition of the members interfered with their use of the center. He noted, therefore, that centers serve those elderly who are relatively healthy.

Tissue (62), in his study of participation by the elderly in senior centers, found that those older persons who were on old age assistance were not frequent users of centers, thus suggesting that the social context of a center may be an important factor in determining who uses it (42). Storey (58,59) made a comparison of members and non-members of a center in the same community. She concluded from her findings that those persons who were members of the center were more active and group-oriented than were the non-members. Olsen's (46) study of recruitment techniques in senior centers revealed that people attended the centers primarily for the following two reasons: a friend had told them about the center or they had read about the center in a local newspaper.

Payne (49), in a recent study of leisure patterns of adults, found that more older adults listed participation in sports as their favorite activities. Church work, volunteer work and arts and crafts were second in favorite leisure activities of the older adults, according to the same study.

MacLean (33) suggested that professionals must change public attitudes toward leisure and toward the aged, while Havighurst (17) stressed the importance of preparing for leisure-time interests that will enliven later years. Havighurst also stated that recreation does not always bring the satisfaction that it might to the senior citizen, yet the potentials of recreation for older people are quite evident. In St. Petersburg, Florida, people have created the kinds of recreation they wanted (14). This is also true in Sun City, California (18). MacLean (33) proposed that the key to the challenge is to make this country a place in which individuals can grow old, not just get old. Spain (57) felt that their community had met the challenge for the aged, by developing opportunities for the enjoyment of increased leisure and the pursuit of meaningful living. Enthusiasm on the part of those working with the older person seemed to generate enthusiasm in the older persons themselves, thus banishing their discouragement in life.

What, then, is the unique role and contribution of a senior center? The center includes adult education classes, recreational activities, and club groupings, not as ends in

themselves but specifically to provide experiences in which an older person can form relationships that help him handle his own feelings of loneliness, isolation, depression, and uselessness (22,37,47). Segal (55) concluded that a senior center can be great or just another place to waste a few hours of an empty day.

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CHAPTER III

PROCEDURES

The following procedures were followed for the purposes of gathering data for this study. Forty-two centers were identified in the State-Wide Directory of Services For Senior Citizens (2) and a Directory of Senior Centers in the United States (1) from which to obtain the sample. A stratified random sampling of senior centers in Texas was drawn from these centers. To obtain this sampling the state was stratified into three sections. Three centers were randomly chosen from each of the three sections, making a total of nine centers from which data were gathered. An illustration of the stratification is presented in Appendix A.

A letter was sent to the directors, after the centers were randomly selected, asking if their center would participate in the study. If a center did not choose to participate or did not respond to the letter, an alternate center in that section was randomly chosen.

The test instrument was a questionnaire which consisted of questions concerning recreational activities that were of greatest interest to each participant. A wide range of recreational activities in various categories were provided for selection by the participants. A sample questionnaire is presented in Appendix B.

Questions for the questionnaire were based on the results of a pilot study. The pilot study was directed to senior center directors asking what activities they provided in their centers. From the results of the pilot study it was determined what categories of activities were offered most often in senior centers. These categories were incorporated into the questionnaire. Other activities for the questionnaire were obtained from various lists of recreational activities (4,5) and interest inventories (3,6) for senior citizens.

A pilot administration of the questionnaire was given at a senior center in St. Petersburg, Florida. The purpose of the pilot study was to refine the instrument and to improve those categories that were found to be ambiguous.

The questionnaire was administered by the investigator at each center in order to answer any questions about it if necessary. Centers participating in the study were asked to advise the investigator which days and times would be best for collecting data from at least twenty-five of their members. Those persons present at the center on the day the questionnaire was administered were asked to participate in the study. After a brief explanation concerning the purpose of the study, participants were asked to take time from their activities to answer the questionnaire, which took about fifteen minutes to complete. The investigator did not ask for a large group meeting just for the purpose of completing the questionnaire. Answering the questionnaire was voluntary on the part of the participants.

Responses from the questionnaire were tabulated for each of the nine broad activity categories. Any response by a participant to an activity within a category was tabulated as one response for that category. Responses were then totaled for each category according to the number of respondents, their age, and their sex. This tabulation was completed for each center individually and results were summed for all the centers.

The number of responses in each category was divided by the number of possible respondents for the purpose of determining the percentage who responded in each category. This procedure was then done for male and female responses separately. Age categories in ten-year intervals (50-59, 60-69, 70-79, 80 and over) were set up to determine the activity interest of given age groups. Percentages were determined for these age groups in the same manner described above. Activity preferences by sex were also determined in each age group. Percentages were also determined in each age group. Percentages were developed for each center individually and all of the centers collectively.

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CHAPTER IV

FINDINGS OF THE STUDY

A stratified random sample of senior centers in the state of Texas was used to gather data pertaining to age, sex, attendance and recreational preferences of senior center members. The centers were located in these communities; Wichita Falls, Dallas, Ft. Worth, Temple, Georgetown, San Antonio, Kingsville, and Smithville, Texas.

The respondents were asked their age, sex, and number of times they attended the center each week. The data recorded in Table I shows that a total of two hundred and seventy-four persons were surveyed from nine senior centers. These respondents had an average age of seventy years and attended the centers an average of 2.8 days each week.

One hundred and ninety-five (71 per cent) female respondents were surveyed from the nine senior centers. These female respondents averaged sixty-nine years of age. They attended the centers an average of 2.6 days each week. Seventy-nine (29 per cent) respondents from the nine senior centers were males. These males came to the center an average of 3.4 days each week. The average age of these seventy-nine male respondents was seventy-three years.

TABLE I

COMPARISON OF RESPONDENTS ACCORDING
TO SEX, AGE, AND ATTENDENCE

Center	Population			Average Age			Average Attendance*		
	Female	Male	Total	Female	Male	Combined	Female	Male	Combined
Wichita Falls	26	13	39	68	75	70	2.8	3.5	3.1
Dallas	20	12	32	67	71	69	2.0	3.4	2.5
Ft. Worth	17	13	30	64	74	69	3.1	3.2	3.1
Temple	16	8	24	69	73	70	2.9	4.0	3.3
Georgetown	19	6	25	69	77	71	2.4	3.7	2.7
San Antonio (Parkview)	18	5	23	72	78	73	2.5	3.6	2.7
Kingsville	32	8	40	67	67	67	2.0	2.3	2.1
San Antonio (Fair Ave.)	30	5	35	70	75	71	3.3	5.0	3.5
Smithville	17	9	26	71	69	70	2.2	2.4	2.3
Total	195	79	274	69	73	70	2.6	3.4	2.8

*Average number of days attended each week by respondents.

Members present at the senior centers on the day of the investigator's visitation were asked to complete a recreational interest questionnaire. The questionnaire was divided into nine activity categories. Arts and crafts activities were the first listed. This activity group included such items as ceramics, woodcrafts and needlecrafts. The second category was outdoor life activities and included fishing, gardening, and picnics.

Physical activities was the third activity group. Swimming, exercise groups, and billiards were examples of these activities. The fourth group was musical activities, consisting of group singing, bands and music appreciation groups.

Activities in the fifth group were different types of dancing. Table games was the sixth group. These activities included dominoes, bingo, and card games. The seventh category was social activities such as parties of all kinds, and covered-dish meals.

Literary activities was the eighth group. Reading, story telling, and book reviews were examples of this category. The last category was tours, trips, and excursions. The activities included concerts, zoos, parks, and historical spots.

Blue Door Center

Thirty-nine questionnaires were completed by members of the Blue Door Senior Center at Wichita Falls, Texas, as shown in Table I. Twenty-six (67 per cent) of the thirty-nine

respondents were females, with an average age of sixty-eight years. These twenty-six female respondents attended the center an average of 2.8 days each week. Thirteen (33 per cent) male respondents attended the center an average of 3.5 days each week. These thirteen males averaged seventy-five years of age.

The activity preferences of members of the Blue Door Center are shown in Table II. Responses indicate that arts and crafts were of more interest to women than to men. Fourteen (54 per cent) women surveyed were interested in arts and crafts, compared to five (38 per cent) of the men. Six (55 per cent) women in the 60-69 year age group found arts and crafts of interest. Three (43 per cent) men in the 70-79 year age group were interested in arts and crafts.

Outdoor life activities were of interest to both male and female age groups, as shown in Table II. Eleven (85 per cent) men and twenty-one (81 per cent) women were interested in outdoor life activities. One (33 per cent) male in the 60-69 year age group was interested in outdoor life activities. Two (40 per cent) females in the 80-year-and-over age group were found to be interested in outdoor life activities.

According to the total male and total female age groups, no difference in interest of physical activities were found. Eight (62 per cent) men and eighteen (62 per cent) women were interested in activities of a physical nature. Five (83 per cent) women in the 70-79 year age group were interested in physical activities.

TABLE II

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
WICHITA FALLS, TEXAS BLUE DOOR SENIOR CENTER,
DIVIDED INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups*				Female Age Groups				Total (n=26)
	60-69 (n=3)	70-79 (n=7)	80-over (n=3)	Total (n=13)	50-59 (n=4)	60-69 (n=11)	70-79 (n=6)	80-over (n=5)	
1. Arts and Crafts	1(33)**	3(43)	1(33)	5(38)	2(50)	6(55)	3(50)	3(60)	14(54)
2. Outdoor life Activities	1(33)	7(100)	3(100)	11(85)	4(100)	9(82)	6(100)	2(40)	21(81)
3. Physical Activities	2(66)	4(57)	2(66)	8(62)	2(50)	8(72)	5(83)	3(60)	18(62)
4. Musical Activities	1(33)	5(71)	2(66)	8(62)	3(75)	5(45)	4(66)	2(40)	14(54)
5. Dancing	1(33)	5(71)	2(66)	8(62)	1(25)	6(55)	1(16)	1(20)	9(35)
6. Table Games	3(100)	6(86)	3(100)	12(92)	4(100)	11(100)	6(100)	5(100)	26(100)
7. Social Activities	1(33)	5(71)	3(100)	9(69)	4(100)	9(82)	5(83)	3(60)	21(81)
8. Literary Activities	2(66)	5(71)	3(100)	10(77)	4(100)	4(36)	6(100)	2(40)	16(62)
9. Trips and Tours	2(66)	4(57)	3(100)	9(69)	3(75)	6(55)	5(83)	3(60)	17(65)

*There were no male respondents surveyed in the 50-59 year age group.

**The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Men (62 per cent) were generally more interested in musical activities than the women (54 per cent) were. Five (71 per cent) of the men in the 70-79 year age group found musical activities interesting. Women in the 50-59 year age group (75 per cent) found musical activities of more interest than the other age group women.

Nine (35 per cent) women and eight (62 per cent) men were interested in dancing. Six (55 per cent) of the women in the 60-69 year age group found dancing of interest. Five (71 per cent) men in the 70-79 year age group found dancing interesting.

Table games proved to be of more interest than any of the other activities at the Wichita Falls, Texas center as shown in Table II. Twelve (92 per cent) men and twenty-six (100 per cent) women were interested in playing table games. Six (80 per cent) men in the 70-79 year age group were interested in table games.

Three (100 per cent) male respondents in the 80-year-and-over age group were interested in social activities. Four (100 per cent) women in the 50-59 year age group were interested in social activities. Nine (69 per cent) of the total number of male respondents and twenty-one (81 per cent) of the female respondents were found to be interested in social activities, as indicated in Table II.

Literary activities were of more interest to men (77 per cent) than to women (62 per cent). The 60-69 year age group

in both male respondents (66 per cent) and female respondents (36 per cent) was the least interested in literary activities.

The difference in interest in trips and tours by male and female respondents was not great. Nine (69 per cent) men and seventeen (65 per cent) women were interested in trips and tours. Nine (100 per cent) of the male respondents in the 80-year-and-over age group were interested in trips and tours. Four (57 per cent) men in the 70-79 year age group were interested in trips and tours. The 70-79 year age group of five (83 per cent) women was interested in trips and tours. The 60-69 year age group of six (55 per cent) women was interested in trips and tours.

Responses shown in Table III indicate the combined recreational interest of the male and female respondents by age at the Wichita Falls, Texas senior center. Arts and Crafts, as shown by the table, were found to be of interest to almost half of the combined male and female age groups. A total of nineteen (49 per cent) members surveyed were interested in arts and crafts activities.

Four (100 per cent) respondents in the 50-59 year age group and thirteen (100 per cent) respondents in the 70-79 year age group were interested in outdoor life activities, as shown in Table III. A combined total of thirty-two (82 per cent) men and women were found to have an interest in outdoor activities.

Ten (71 per cent) respondents in the 60-69 year age group were interested in physical activities. Twenty-six (66 per cent) of the thirty-nine total respondents were found to have an interest in physical activities.

TABLE III

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE WICHITA FALLS, TEXAS BLUE DOOR SENIOR CENTER, ACCORDING TO COMBINED MALE AND FEMALE RESPONSES BY AGE

Question	Combined Age Groups				Total (n=39)
	50-59 (n=4)	60-69 (n=14)	70-79 (n=13)	80-over (n=8)	
1. Arts and Crafts	2(50)*	7(50)	6(46)	4(50)	19(49)
2. Outdoor Activities	4(100)	10(71)	13(100)	5(62)	32(82)
3. Physical Activities	2(50)	10(71)	9(69)	5(62)	26(66)
4. Musical Activities	3(75)	6(43)	9(69)	4(50)	22(56)
5. Dancing	1(25)	7(50)	6(46)	3(38)	17(44)
6. Table Games	4(100)	14(100)	12(92)	8(100)	38(97)
7. Social Activities	4(100)	10(71)	10(77)	6(75)	30(77)
8. Literary Activities	4(100)	8(57)	11(85)	5(62)	26(66)
9. Trips and Tours	3(75)	8(57)	9(69)	6(75)	26(66)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

A combined total of twenty-two (56 per cent) respondents were interested in musical activities. Three (75 per cent) of the respondents in the 50-59 year age group found musical activities of more interest.

Dancing was the activity of least interest, as shown by Table III. Seventeen (44 per cent) of the thirty-nine respondents questioned were interested in dancing. Seven (50

per cent) respondents in the 60-69 year age group were interested in dancing.

Thirty-eight (97 per cent) respondents indicated interest in table games making it the activity of greatest interest. Twelve (92 per cent) respondents in the 70-79 year age group showed an interest in table games.

Four (100 per cent) of the 50-59 year age group of respondents were interested in social activities. The combined total of respondents interested in social activities was thirty (77 per cent).

Twenty-six (66 per cent) of the respondents were found to be interested in literary activities. Eight (57 per cent) respondents in the 60-69 year age group were interested in literary activities. Four (100 per cent) of the 50-59 year age group indicated an interest in literary activities.

Three (75 per cent) respondents in the 50-59 year age group and six (75 per cent) respondents in the 80-year-and-over age group indicated an interest in trips and tours. Twenty-six (66 per cent) of the total respondents were interested in trips and tours.

Hospitality House, Dallas

A total of thirty-two respondents were surveyed at the Hospitality House Senior Center in Dallas, Texas, as shown in Table I. The twenty (63 per cent) female respondents were an average age of sixty-seven years. These females attended

the center 2.0 days each week. Twelve (37 per cent) of the thirty-two respondents were males with an average age of sixty-nine years. The males attended the center an average of 3.4 days each week.

The activity preferences of members of the Hospitality House Center are shown in Table IV. Responses indicate that women found arts and crafts of more interest than the men did. Seventeen (85 per cent) women surveyed were interested in arts and crafts, compared to two (16 per cent) men. Six (100 per cent) women in the 70-79 year age group were interested in arts and crafts.

Outdoor life activities were of interest to both male and female age groups, as indicated in Table IV. Nine (75 per cent) men and fourteen (70 per cent) women were interested in outdoor life activities. Six (86 per cent) men in the 70-79 year age group were interested in outdoor life activities.

Physical activities ranked high in interest by both men and women at the Dallas senior center. Ten (83 per cent) men and nineteen (95 per cent) women were interested in physical activities. Twelve (100 per cent) in the 70-79 year age group were interested in physical activities. Seven (100 per cent) of the men in the 70-79 year age group were interested in physical activities.

TABLE IV

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
DALLAS, TEXAS HOSPITALITY HOUSE SENIOR CENTER,
DIVIDED INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups				Female Age Groups				Total (n=20)
	50-59 (n=1)	60-69 (n=3)	70-79 (n=7)	80-over (n=1)	50-59 (n=1)	60-69 (n=12)	70-79 (n=6)	80-over (n=1)	
1. Arts and Crafts	0(0)*	1(33)	0(0)	1(100)	0(0)	2(16)	6(100)	0(0)	17(85)
2. Outdoor Life Activities	0(0)	2(66)	6(86)	1(100)	0(0)	9(75)	4(66)	1(100)	14(70)
3. Physical Activities	0(0)	2(66)	7(100)	1(100)	0(0)	10(83)	6(100)	1(100)	19(95)
4. Musical Activities	0(0)	2(66)	4(57)	1(100)	0(0)	7(58)	1(16)	1(100)	12(60)
5. Dancing	0(0)	2(66)	5(71)	1(100)	0(0)	8(66)	1(16)	1(100)	12(60)
6. Table Games	1(100)	3(100)	7(100)	1(100)	1(100)	12(100)	6(100)	1(100)	20(100)
7. Social	0(0)	3(100)	5(71)	1(100)	1(100)	9(75)	6(100)	1(100)	17(85)
8. Literary	0(0)	2(66)	3(43)	1(100)	1(100)	6(50)	3(50)	1(100)	17(85)
9. Trips and	0(0)	3(100)	6(86)	1(100)	1(100)	9(75)	4(66)	1(100)	18(90)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Musical activities were enjoyed by ten (83 per cent) women in the 60-69 year age group. Four (57 per cent) men in the 70-79 year age group were interested in musical activities. Twelve (60 per cent) women and seven (58 per cent) men were the total respondents interested in musical activities, as shown in Table IV.

Dancing was of interest to eight (66 per cent) men and twelve (60 per cent) women. Ten (83 per cent) women in the 60-69 year age group found dancing of interest. Five (71 per cent) men in the 70-79 year age group were interested in dancing.

Table games were of more interest to the members of the Dallas, Texas center than any of the other activities. Thirty-two (100 per cent) of the respondents were interested in table games.

Nine (75 per cent) men and seventeen (85 per cent) women were interested in social activities. Three (100 per cent) male respondents in the 60-69 year age group were interested in social activities. Eleven (92 per cent) women in the 60-69 year age group were interested in social activities.

Six (50 per cent) men and seventeen (85 per cent) women were interested in literary activities. Twelve (100 per cent) female respondents in the 60-69 year age group were interested in literary activities.

Eighteen (90 per cent) female respondents were interested in traveling. Nine (75 per cent) male respondents were interested in traveling. Three (100 per cent) men and twelve

(100 per cent) women in the 60-69 year age group were interested in trips and tours.

Responses shown in Table V indicate the combined recreational interest of the male and female respondents by age at the Dallas, Texas senior center. Arts and crafts, as shown by the table were found to be of least interest to the combined male and female age groups. Eighteen (56 per cent) of the respondents surveyed were interested in arts and crafts.

TABLE V

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE DALLAS, TEXAS HOSPITALITY HOUSE SENIOR CENTER ACCORDING TO COMBINED MALE AND FEMALE RESPONSES BY AGE

Question	Combined Age Groups				Total (n=32)
	50-59 (n=2)	60-69 (n=15)	70-79 (n=13)	80-over (n=2)	
1. Arts and Crafts	0(0)*	11(73)	6(46)	1(50)	18(56)
2. Outdoor Activities	0(0)	11(73)	10(77)	2(100)	23(72)
3. Physical Activities	0(0)	14(93)	13(100)	2(100)	29(91)
4. Musical Activities	0(0)	12(80)	5(38)	2(100)	19(59)
5. Dancing	0(0)	12(80)	6(46)	2(100)	20(63)
6. Table Games	2(100)	15(100)	13(100)	2(100)	32(100)
7. Social Activities	1(50)	14(93)	9(69)	2(100)	26(81)
8. Literary Activities	1(50)	14(93)	6(46)	2(100)	23(72)
9. Trips and Tours	1(50)	15(100)	10(77)	2(100)	28(88)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Twenty-three (72 per cent) of the respondents indicated an interest in outdoor life activities. Eleven (73 per cent) in the 60-69 year age group and ten (77 per cent) in the 70-79 year age group were interested in outdoor activities.

Thirteen (100 per cent) respondents in the 70-79 year and two respondents in the 80-year-and-over age groups indicated an interest in physical activities. A combined total of twenty-nine (91 per cent) men and women were interested in physical activities.

Nineteen (59 per cent) of the respondents were interested in musical activities. Twelve (80 per cent) of the 60-69 year age group were interested in musical activities.

A combined total of twenty (63 per cent) respondents indicated an interest in dancing. None of the respondents in the 50-59 year age group were interested in dancing. Two (100 per cent) of the respondents in the 80-year-and-over age group were interested in dancing.

Table games proved to be the activity of greatest interest, as shown in Table V. Thirty-two (100 per cent) of the respondents indicated an interest in table games.

Two (100 per cent) respondents in the 80-year-and-over age group found social activities of interest. The total combined interest of social activities showed twenty-six (81 per cent) respondents interested.

Fourteen (93 per cent) respondents in the 60-69 year age group and two (100 per cent) respondents in the 80-year-

and-over age group were interested in literary activities. Twenty-three (72 per cent) of the combined total respondents found literary activities of interest.

Fifteen (100 per cent) of the respondents in the 60-69 year and two (100 per cent) of the respondents in the 80-year-and-over age groups liked trips and tours. The combined total, as shown in Table V, indicates that twenty-eight (88 per cent) found trips and tours of interest.

Drop-In Center

The Drop-In Senior Center in Fort Worth, Texas had thirty members responding to the questionnaire, as shown in Table I. Seventeen (57 per cent) of the thirty respondents were females averaging sixty-four years of age. These seventeen females attended the center an average of 3.2 days each week. Thirteen (43 per cent) male respondents attended the center 3.2 days each week. These male respondents were an average age of seventy-four years.

The activity preferences of members of the Drop-In Senior Center are shown in Table VI. Responses indicate that arts and crafts were of more interest to women than to men. Nine (53 per cent) women and four (31 per cent) men were found to have an interest in arts and crafts.

Fourteen (82 per cent) female respondents were interested in outdoor life activities. Nine (69 per cent) male respondents were interested in outdoor life activities. Four (100 per cent)

TABLE VI

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
FORT WORTH, TEXAS DROP-IN SENIOR CENTER, DIVIDED
INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups*				Female Age Groups**			
	60-69	70-79	80-over	Total	50-59	60-69	70-79	Total
	(n=3)	(n=7)	(n=3)	(n=13)	(n=2)	(n=11)	(n=4)	(n=17)
1. Arts and Crafts	1(33)**	2(29)	1(33)	4(31)	0(0)	7(64)	2(50)	9(53)
2. Outdoor life Activities	2(66)	6(86)	1(33)	9(69)	2(100)	8(73)	4(100)	14(82)
3. Physical Activities	1(33)	6(86)	1(33)	8(62)	2(100)	8(73)	3(75)	13(76)
4. Musical Activities	0(0)	4(57)	1(33)	5(38)	1(50)	7(64)	3(75)	11(65)
5. Dancing	1(33)	2(29)	1(33)	4(31)	0(0)	7(64)	2(50)	9(53)
6. Table Games	2(66)	6(86)	1(33)	9(69)	2(100)	11(100)	3(75)	16(94)
7. Social Activities	0(0)	6(86)	2(66)	8(62)	1(50)	10(91)	4(100)	15(88)
8. Literary Activities	3(100)	3(43)	0(0)	6(46)	1(50)	7(64)	0(0)	8(47)
9. Trips and Tours	0(0)	4(57)	1(33)	5(38)	1(50)	9(81)	4(100)	14(82)

*There were no male respondents surveyed in the 50-59 year age group.

**There were no female respondents surveyed in the 80-over year age group.

***The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

of the female respondents in the 70-79 year age group were interested in outdoor life activities.

Thirteen (76 per cent) of the female respondents found physical activities of interest. Eight (62 per cent) male respondents were interested in physical activities. Six (80 per cent) men in the 70-79 year age group were interested in physical activities. Two (100 per cent) of the women in the 50-59 year age group found physical activities of interest.

Musical activities were of more interest to women (65 per cent) than to men (38 per cent), as shown in Table VI. Three (75 per cent) women in the 70-79 year age group were interested in musical activities. Four (57 per cent) men in the 70-79 year age group were interested in musical activities.

Dancing was one of the activities of least interest to both male and female respondents. Four (31 per cent) men and nine (53 per cent) women were interested in dancing.

Table games ranked highest in interest of the female respondents. Sixteen (94 per cent) women indicated an interest in table games. Male respondents also showed an interest in table games with nine (69 per cent) men responding to the category.

Fifteen (88 per cent) women and eight (62 per cent) men indicated an interest in social activities. Four (100 per cent) of the women in the 70-79 year age group were interested in social activities. Six (86 per cent) of the men in the 70-79 year age group found social activities of interest.

Three (100 per cent) male respondents in the 60-69 year age group were interested in literary activities. Six (46 per cent) men in all were interested in literary activities. Literary activities ranked lowest in interest for the female respondents. Eight (47 per cent) women indicated an interest in literary activities.

Trips and tours were of more interest to female respondents (82 per cent) than male respondents (38 per cent). Four (100 per cent) females in the 70-79 year age group were found to be interested in trips and tours.

Responses shown in Table VII indicate the combined recreational interest of the male and female respondents by age at the Fort Worth senior center. Thirteen (43 per cent) of the respondents were interested in arts and crafts. Eight (57 per cent) respondents in the 60-69 year age group were interested in arts and crafts.

Two (100 per cent) of the 50-59 year age group found outdoor life activities of interest. Twenty-three (77 per cent) of the total combined age groups were interested in outdoor life activities.

One (33 per cent) respondent in the 80-year-and-over age group was interested in physical activities. Twenty-one (70 per cent) of the respondents indicated an interest in physical activities, as shown in Table VII.

One (50 per cent) respondent of the 50-59 year and seven (50 per cent) respondents of the 60-69 year age groups were

interested in musical activities. Sixteen (53 per cent) of the combined respondents were interested in musical activities.

TABLE VII

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE FORT WORTH, TEXAS DROP-IN SENIOR CENTER ACCORDING TO COMBINED MALE AND FEMALE RESPONSES BY AGE

Question	Combined Age Groups				Total (n=30)
	50-59 (n=2)	60-69 (n=14)	70-79 (n=11)	80-over (n=3)	
1. Arts and Crafts	0(0)*	8(57)	4(36)	1(33)	13(43)
2. Outdoor Activities	2(100)	10(71)	10(90)	1(33)	23(77)
3. Physical Activities	2(100)	9(64)	9(81)	1(33)	21(70)
4. Musical Activities	1(50)	7(50)	7(63)	1(33)	16(53)
5. Dancing	0(0)	8(57)	4(36)	1(33)	13(43)
6. Table Games	2(100)	13(93)	9(81)	1(33)	25(83)
7. Social Activities	1(50)	10(71)	10(90)	2(66)	23(77)
8. Literary Activities	1(50)	10(71)	3(27)	0(0)	14(47)
9. Trips and Tours	1(50)	9(64)	8(72)	1(33)	19(63)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Dancing was one of the activities of least interest. Thirteen (43 per cent) of the total respondents indicated an interest in dancing. The 50-59 year age group showed no interest in dancing.

Table games was the activity of greatest interest at the Fort Worth senior center. Twenty-five (83 per cent) of the respondents, as shown in Table VII, were interested in table

games. Thirteen (93 per cent) of the 60-69 year age group were interested in table games.

Ten (90 per cent) of the respondents in the 70-79 year age group enjoyed social activities. The combined total of twenty-three (77 per cent) respondents indicated social activities to be of interest.

Ten (71 per cent) of the respondents in the 60-69 year age group were interested in literary activities. Fourteen (47 per cent) of the total respondents were found to have an interest in literary activities.

Eight (72 per cent) respondents in the 70-79 year age group were interested in trips and tours. Total respondents interested in trips and tours numbered nineteen (63 per cent).

Harvest House

Twenty-four questionnaires were completed by members of Harvest House Senior Center at Temple, Texas, as shown in Table I. Sixteen (67 per cent) females responded to the questionnaire. These female respondents averaged sixty-nine years of age. They attended the center 2.9 days each week on the average. Eight (33 per cent) males, with an average age of seventy-three years, responded to the questionnaire. These eight males attended the center an average of 4.0 days each week.

Table VIII shows the activity preferences of members of the Harvest House senior center. Responses indicate that

TABLE VIII

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
TEMPLE, TEXAS HARVEST HOUSE SENIOR CENTER, DIVIDED
INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups				Female Age Groups*				Total (n=16)
	50-59 (n=1)	60-69 (n=2)	70-79 (n=3)	80-over (n=2)	Total (n=8)	60-69* (n=4)	70-79 (n=8)	80-over (n=4)	
1. Arts and Crafts	0(0)*	1(50)	1(33)	0(0)	2(25)	4(100)	8(100)	4(100)	16(100)
2. Outdoor life Activities	1(100)	2(100)	3(100)	1(50)	7(86)	4(100)	5(62)	3(75)	12(75)
3. Physical Activities	1(100)	2(100)	2(66)	0(0)	5(62)	3(75)	6(75)	1(25)	10(63)
4. Musical Activities	1(100)	1(50)	3(100)	2(100)	7(86)	4(100)	7(88)	3(75)	14(88)
5. Dancing	1(100)	1(50)	3(100)	1(50)	6(75)	4(100)	5(62)	2(50)	11(69)
6. Table Games	1(100)	2(100)	3(100)	2(100)	8(100)	4(100)	8(100)	4(100)	16(100)
7. Social Activities	1(100)	2(100)	2(66)	1(50)	6(75)	3(75)	8(100)	4(100)	15(100)
8. Literary Activities	0(0)	2(100)	1(33)	2(100)	5(62)	2(50)	6(75)	4(100)	12(75)
9. Trips and Tours	1(100)	2(100)	3(100)	2(100)	8(100)	4(100)	7(88)	3(75)	14(88)

*There were no female respondents surveyed in the 50-59 year age group.

**The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

women found arts and crafts of most interest. Sixteen (100 per cent) women surveyed were interested in arts and crafts, compared to two (25 per cent) men. Arts and crafts were the activities of least interest to the male respondents.

As indicated by Table VIII, outdoor life activities, were of interest to both male and female respondents. Seven (86 per cent) men and twelve (75 per cent) women indicated an interest in outdoor life activities. Four (100 per cent) women in the 60-69 year age group were interested in outdoor life activities.

Physical activities were of interest to ten (63 per cent) female respondents. Six (75 per cent) female respondents in the 70-79 year age group were interested in physical activities. Five (62 per cent) men were interested in physical activities.

Musical activities were shown to be of high interest by both male and female respondents. Seven (86 per cent) men and fourteen (88 per cent) women indicated an interest in musical activities. One (50 per cent) of the male respondents in the 60-69 year age group was interested in musical activities. Six (100 per cent) of the male respondents in the other age groups indicated an interest in musical activities.

Eleven (69 per cent) women and six (75 per cent) men were interested in dancing, as shown in Table VIII. Two (50 per cent) female respondents in the 80-years-and-over age group were interested in dancing. Two (50 per cent) respondents in the 60-69 year and 80-year-and-over age groups of men indicated an interest in dancing.

Table games were of more interest to the members of the Temple center than any of the other activities. Twenty-four (100 per cent) of the respondents were interested in table games.

Social activities were of high interest to the female respondents. Fifteen (94 per cent) women were interested in social activities. Six (75 per cent) of the men indicated an interest in social activities.

Twelve (75 per cent) women and five (62 per cent) men were interested in literary activities. None of the 50-59 year age group of male respondents were interested in literary activities. Two (50 per cent) of the 60-69 year age group of female respondents indicated an interest in literary activities.

Eight (100 per cent) male respondents were interested in traveling. Fourteen (88 per cent) females indicated an interest in trips and tours. Three (75 per cent) female respondents in the 80-year-and-over age group were interested in trips and tours.

Responses shown in Table IX indicate the combined recreational interest of the male and female respondents by age at the Temple senior center. Eighteen (75 per cent) of the respondents surveyed were interested in arts and crafts. Respondents in the 60-69 year age group (83 per cent) indicated the most interest in arts and crafts.

Seven (100 per cent) respondents in the 50-59 year and 60-69 year age groups were interested in outdoor life activities.

Physical activities, as shown by Table IX, were of least interest to the combined male and female age groups. Fifteen (62 per cent) of the respondents were interested in physical activities.

TABLE IX

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE TEMPLE,
TEXAS HARVEST HOUSE SENIOR CENTER ACCORDING TO
COMBINED MALE AND FEMALE RESPONSES BY AGE

Question	Combined Age Groups				Total (n=24)
	50-59 (n=1)	60-69 (n=6)	70-79 (n=11)	80-over (n=6)	
1. Arts and Crafts	0(0)*	5(83)	9(81)	4(66)	18(75)
2. Outdoor Activities	1(100)	6(100)	8(72)	4(66)	19(79)
3. Physical Activities	1(100)	5(83)	8(72)	1(16)	15(62)
4. Musical Activities	1(100)	5(83)	10(90)	5(83)	21(88)
5. Dancing	1(100)	5(83)	8(72)	3(50)	17(71)
6. Table Games	1(100)	6(100)	11(100)	6(100)	24(100)
7. Social Activities	1(100)	5(83)	10(90)	5(83)	21(88)
8. Literary Activities	0(0)	4(66)	7(63)	6(100)	17(71)
9. Trips and Tours	1(100)	6(100)	10(90)	5(83)	22(92)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Twenty-one (88 per cent) of the respondents were interested in musical activities. The five (83 per cent) respondents in the 60-69 year age group and the five (83 per cent) respondents in the 80-year-and-over age group were interested in musical activities.

A combined total of seventeen (71 per cent) respondents indicated an interest in dancing. One (100 per cent) respondent in the 50-59 year age group was interested in dancing. Three (50 per cent) respondents in the 80-year-and-over age group were interested in dancing.

Table games was the activity of greatest interest, as shown in Table IX. Twenty-four (100 per cent) of the respondents indicated an interest in table games.

The respondents in the 50-59 year age group found social activities of interest. Five (83 per cent) of the respondents in the 60-69 year and 80-year-and-over age groups were interested in social activities. Twenty-one (88 per cent) of the total respondents were interested in social activities.

The respondents in the 50-59 year age group was not interested in literary activities. Six (100 per cent) of the respondents in the 80-year-and-over age group were interested in literary activities. Seventeen (71 per cent) of the combined male and female respondents were interested in literary activities.

Twenty-two (92 per cent) of the total respondents were interested in trips and tours. Five (83 per cent) of the respondents in the 80-year-and-over age group were interested in trips and tours.

Stonehaven Center

A total of twenty-five respondents were surveyed at Stonehaven Senior Center at Georgetown, Texas, as shown in

Table I. Nineteen (76 per cent) of the respondents were females with an average age of sixty-nine years. These females attended the center an average of 2.4 days each week. Six (24 per cent) males were surveyed, with an average age of seventy-seven years. These six males attended the center an average of 3.7 days each week.

Table X shows the activity preferences of members of the Stonehaven senior center. Responses indicate that women found arts and crafts of most interest. Fourteen (74 per cent) of the women, compared to one (16 per cent) man, were interested in arts and crafts. Three (100 per cent) women in the 50-59 year age group were interested in arts and crafts.

Men were more interested in outdoor life activities than the women were. Six (100 per cent) male respondents indicated an interest in outdoor life activities. Sixteen (84 per cent) of the female respondents were interested in outdoor life activities. Five (71 per cent) women in the 70-79 year age group were interested in outdoor life activities.

Fifteen (79 per cent) women and four (66 per cent) men were interested in physical activities. Three (100 per cent) male respondents in the 60-69 year and 70-79 year age group were interested in physical activities. Three (100 per cent) female respondents in the 50-59 year age group were interested in physical activities.

Musical activities were of more interest to the female respondents (74 per cent) than to the male respondents (33 per cent). Three (100 per cent) of the women in the 80-year-

TABLE X
RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
GEORGETOWN, TEXAS STONEHAVEN SENIOR CENTER DIVIDED
INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups*				Female Age Groups				Total (n=19)
	60-69 (n=1)	70-79 (n=2)	80-over (n=3)	Total (n=6)	50-59 (n=3)	60-69 (n=6)	70-79 (n=7)	80-over (n=3)	
1. Arts and Crafts	0(0)**	1(50)	0(0)	1(16)	3(100)	5(83)	4(57)	2(66)	14(74)
2. Outdoor life Activities	1(100)	2(100)	3(100)	6(100)	3(100)	5(83)	5(71)	3(100)	16(84)
3. Physical Activities	1(100)	2(100)	1(33)	4(66)	3(100)	4(66)	6(86)	2(66)	15(79)
4. Musical Activities	0(0)	1(50)	1(33)	2(33)	2(66)	4(66)	5(71)	3(100)	14(74)
5. Dancing	0(0)	2(100)	0(0)	2(33)	1(33)	3(50)	3(43)	1(33)	8(42)
6. Table Games	1(100)	2(100)	3(100)	6(100)	3(100)	6(100)	7(100)	3(100)	19(100)
7. Social Activities	1(100)	2(100)	3(100)	6(100)	3(100)	5(83)	7(100)	3(100)	18(95)
8. Literary Activities	0(0)	2(100)	1(33)	3(50)	1(33)	5(83)	4(57)	3(100)	13(68)
9. Trips and Tours	1(100)	1(50)	1(33)	3(50)	1(33)	5(83)	5(71)	3(100)	14(74)

*There were no male respondents surveyed in the 50-59 year age group.

**The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

and-over age group indicated an interest in musical activities. Five (71 per cent) female respondents in the 70-79 year age group were interested in musical activities.

Dancing was the activity of least interest to the female respondents as indicated in Table X. Eight (42 per cent) of the women were interested in dancing. Two (33 per cent) male respondents indicated interest in dancing.

Table games were of more interest to the members of the Georgetown center than any of the other activities. Twenty-five (100 per cent) of the respondents were interested in table games.

Six (100 per cent) of the male respondents were interested in social activities. Eighteen (95 per cent) of the female respondents were interested in social activities. Five (83 per cent) female respondents in the 60-69 year age group were interested in social activities.

Three (50 per cent) men and thirteen (68 per cent) women were interested in literary activities. Two (100 per cent) men in the 70-79 year age group were interested in literary activities. Three (100 per cent) women in the 80-year-and-over age group were interested in literary activities.

Three (50 per cent) men and fourteen (74 per cent) women found trips and tours of interest. One (33 per cent) male respondent in the 80-year-and-over age group was interested in trips and tours.

Responses shown in Table XI indicate the combined recreational interest of the male and female respondents by

age at the Georgetown senior center. Fifteen (60 per cent) of the total respondents were interested in arts and crafts. Two (33 per cent) respondents in the 80-year-and-over age group were interested in arts and crafts.

Nine (100 per cent) respondents in both the 50-59 year and 80-year-and-over age groups indicated an interest in outdoor life activities. A combined total of twenty-two (88 per cent) men and women were interested in outdoor life activities.

TABLE XI

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
GEORGETOWN, TEXAS STONEHAVEN SENIOR CENTER
ACCORDING TO COMBINED MALE AND FEMALE
RESPONSES BY AGE

Question	Combined Age Groups				
	50-59 (n=3)	60-69 (n=7)	70-79 (n=9)	80-over (n=6)	Total (n=25)
1. Arts and Crafts	3(100)*	5(71)	5(56)	2(33)	15(60)
2. Outdoor Activities	3(100)	6(86)	7(78)	6(100)	22(88)
3. Physical Activities	3(100)	5(71)	8(89)	3(50)	19(76)
4. Musical Activities	2(66)	4(57)	6(67)	4(66)	16(64)
5. Dancing	1(33)	3(43)	5(56)	1(16)	10(40)
6. Table Games	3(100)	7(100)	9(100)	6(100)	25(100)
7. Social Activities	3(100)	6(86)	9(100)	6(100)	24(96)
8. Literary Activities	1(33)	5(71)	6(67)	4(66)	16(64)
9. Trips and Tours	1(33)	6(86)	6(67)	4(66)	17(68)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Nineteen (76 per cent) of the respondents indicated an interest in physical activities. Five (71 per cent) in the 60-69 year age group and eight (89 per cent) in the 70-79 year age group were interested in physical activities.

Two (66 per cent) respondents in the 50-59 year age group and four (66 per cent) respondents in the 80-year-and-over age group were interested in musical activities. A combined total of sixteen (64 per cent) respondents were interested in musical activities.

Dancing, as shown in Table XI, was found to be of least interest to the combined male and female age groups at the Georgetown center. Ten (40 per cent) of the respondents surveyed were interested in dancing.

Table games was the activity of greatest interest, as shown in Table XI. Twenty-five (100 per cent) of the respondents indicated an interest in table games.

Social activities were the next greatest in interest with twenty-four (96 per cent) of the respondents interested. Six (86 per cent) respondents in the 60-69 year age group were interested in social activities.

Five (71 per cent) respondents in the 60-69 year age group and six (67 per cent) respondents in the 70-79 year age group were interested in literary activities. Sixteen (61 per cent) of the combined total responses found literary activities of interest.

Seventeen (68 per cent) of the total respondents were interested in trips and tours. Six (86 per cent) respondents

in the 60-69 year age group indicated an interest in trips and tours. One (33 per cent) respondent in the 50-59 year age group was interested in trips and tours.

Parkview Center

Parkview Senior Center in San Antonio, Texas had the lowest number of respondents, twenty-three, as shown in Table I. Eighteen (78 per cent) of these twenty-three were females. These eighteen females attended the center an average of 2.5 days each week. Five (22 per cent) of these twenty-three were males and they attended the center an average of 3.6 days each week. The males were an average of seventy-eight years of age.

Table XII shows the activity preferences of members of the Parkview center. Responses indicate that women found arts and crafts of most interest. Thirteen (72 per cent) women surveyed were interested in arts and crafts, compared to two (40 per cent) men. Two (100 per cent) women in the 80-year-and-over age group were interested in arts and crafts.

Outdoor life activities were of interest to four (80 per cent) men and fourteen (77 per cent) women. Eight (80 per cent) women in the 70-79 year age group were interested in outdoor life activities.

Nine (50 per cent) of the female respondents were interested in physical activities. Four (80 per cent) of the male respondents indicated an interest in physical activities. Three (30 per cent) women in the 70-79 year age group were interested in physical activities.

TABLE XII

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
SAN ANTONIO, TEXAS PARKVIEW SENIOR CENTER, DIVIDED
INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups*				Female Age Groups**				Total (n=18)
	60-69 (n=1)	70-79 (n=3)	80-over (n=1)	Total (n=5)	60-69 (n=6)	70-79 (n=10)	80-over (n=2)	Total (n=18)	
1. Arts and Crafts	0(0)***	1(33)	1(100)	2(40)	4(66)	7(70)	2(100)	13(72)	
2. Outdoor life Activities	1(100)	2(66)	1(100)	4(80)	5(83)	8(80)	1(50)	14(77)	
3. Physical Activities	1(100)	2(66)	1(100)	4(80)	4(66)	3(30)	2(100)	9(50)	
4. Musical Activities	1(100)	2(66)	1(100)	4(80)	5(83)	8(80)	2(100)	15(83)	
5. Dancing	0(0)	1(33)	0(0)	1(20)	3(50)	5(50)	1(50)	9(50)	
6. Table Games	1(100)	2(66)	1(100)	4(80)	6(100)	9(90)	2(100)	17(94)	
7. Literary Activities	1(100)	1(33)	1(100)	3(60)	6(100)	10(100)	2(100)	18(100)	
8. Trips and Tours	1(100)	3(100)	1(100)	5(100)	6(100)	8(80)	1(50)	15(83)	

* There were no male respondents surveyed in the 50-59 year age group.

** There were no female respondents surveyed in the 50-59 year age group.

*** The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Musical activities were of interest to both male and female respondents. Four (80 per cent) men and fifteen (83 per cent) women were interested in musical activities. Two (66 per cent) male respondents in the 70-79 year age group were interested in musical activities.

Dancing was the activity of least interest to the male respondents. One (20 per cent) man indicated an interest in dancing. Nine (20 per cent) women were interested in dancing. One (33 per cent) man in the 70-79 year age group was interested in dancing.

Seventeen (94 per cent) women and four (80 per cent) men were interested in table games. Two (66 per cent) male and nine female respondents in the 70-79 year age group were interested in table games.

Eighteen (100 per cent) of the women were interested in social activities. Three (60 per cent) of the men were interested in social activities. One (33 per cent) male respondent in the 70-79 year age group was interested in social activities.

Literary activities were of interest to five (100 per cent) of the male respondents. Fifteen (83 per cent) women were interested in literary activities. One (50 per cent) woman in the 80-year-and-over age group was interested in literary activities.

Seventeen (94 per cent) women and five (100 per cent) of the men were interested in trips and tours. Nine (90 per cent) female respondents in the 70-79 year age group were interested in trips and tours.

Responses shown in Table XIII indicate the combined recreational interest of the male and female respondents by age at the San Antonio Parkview center. Arts and crafts were of interest to fifteen (65 per cent) respondents. Three (100 per cent) respondents in the 80-year-and-over age group were interested in arts and crafts.

TABLE XIII

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
SAN ANTONIO, TEXAS PARKVIEW SENIOR CENTER
ACCORDING TO COMBINED MALE AND FEMALE
RESPONSES BY AGE

Question	Combined Age Groups			
	60-69 (n=7)	70-79 (n=13)	80-over (n=3)	Total (n=23)
1. Arts and Crafts	4(57)*	8(62)	3(100)	15(65)
2. Outdoor Activities	6(86)	10(77)	3(66)	18(78)
3. Physical Activities	5(71)	5(38)	3(100)	13(57)
4. Musical Activities	6(86)	10(77)	3(100)	19(83)
5. Dancing	3(43)	6(46)	1(33)	10(43)
6. Table Games	7(100)	11(85)	3(100)	21(91)
7. Social Activities	7(100)	11(85)	3(100)	21(91)
8. Literary Activities	7(100)	11(85)	2(66)	20(87)
9. Trips and Tours	7(100)	12(92)	3(100)	22(96)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Eight (78 per cent) of the respondents indicated an interest in outdoor life activities. Ten (77 per cent) in

the 70-79 year age group were interested in outdoor life activities.

Three (100 per cent) respondents in the 80-year-and-over age group indicated an interest in physical activities. A combined total of thirteen (57 per cent) men and women were interested in physical activities.

Nineteen (83 per cent) of the total respondents indicated an interest in musical activities. Three (100 per cent) of the 80-year-and-over age group indicated an interest in musical activities.

Dancing was the activity of least interest to the respondents at the San Antonio Parkview center. Ten (43 per cent) of the combined male and female respondents indicated an interest in dancing. Six (46 per cent) respondents in the 70-79 year age group were interested in dancing.

Table games and social activities received the same responses by the combined male and female age groups. Twenty-one (91 per cent) of the respondents were interested in both table games and social activities. Eleven (85 per cent) respondents in the 70-79 year age group were interested in table games and social activities.

Literary activities were of interest to twenty (87 per cent) of the total male and female respondents. Seven (100 per cent) of the respondents in the 60-69 year age group were interested in literary activities.

Trips and tours were of more interest to the respondents at the San Antonio Parkview center than any other activity. Twenty-two (96 per cent) of the respondents were interested in trips and tours.

Casa Ricardo Center

Forty questionnaires, the largest number, were completed by members of the Casa Ricardo Senior Center of Kingsville, Texas, as shown in Table I. Thirty-two (80 per cent) of the forty respondents were females that attended the center 2.0 times a week on the average. Sixty-seven years was the average age of both the females and the eight (20 per cent) male respondents. The males attended the center on the average of 2.3 times a week.

Table XIV shows the activity preferences of members of the Casa Ricardo center. Responses indicate that women found arts and crafts of most interest. Twenty-five (78 per cent) of the female respondents were interested in arts and crafts. None of the male respondents indicated an interest in arts and crafts.

Twenty-nine (91 per cent) of the female respondents indicated an interest in outdoor life activities. Six (75 per cent) of the male respondents were interested in outdoor life activities. Seventeen (100 per cent) of the male and female respondents in the 60-69 year age groups were interested in outdoor life activities.

TABLE XIV

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE KINGSVILLE,
TEXAS CASA RICARDO SENIOR CENTER, DIVIDED
INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups*				Total (n=8)	Female Age Groups				Total (n=32)
	50-59 (n=1)	60-69 (n=4)	70-79 (n=3)	80-over (n=3)		50-59 (n=7)	60-69 (n=13)	70-79 (n=9)	80-over (n=3)	
	1. Arts and Crafts	0(0)**	0(0)	0(0)		0(0)	0(0)	5(71)	11(85)	
2. Outdoor life Activities	1(100)	4(100)	1(33)	6(75)	6(75)	6(86)	13(100)	7(77)	3(100)	29(91)
3. Physical Activities	1(100)	4(100)	2(66)	7(88)	7(88)	6(86)	10(77)	7(77)	3(100)	26(81)
4. Musical Activities	1(100)	3(75)	2(66)	6(75)	6(75)	6(86)	9(69)	5(55)	1(33)	21(66)
5. Dancing	0(0)	3(75)	1(33)	4(50)	4(50)	3(43)	10(77)	4(44)	0(0)	17(53)
6. Table Games	0(0)	4(100)	3(100)	7(88)	7(88)	7(100)	11(85)	8(88)	3(100)	29(91)
7. Social Activities	1(100)	4(100)	0(0)	5(63)	5(63)	7(100)	11(85)	8(88)	2(66)	28(88)
8. Literary Activities	0(0)	2(50)	1(33)	3(38)	3(38)	7(100)	8(62)	6(66)	3(100)	24(75)
8. Trips and Tours	0(0)	4(100)	2(66)	6(75)	6(75)	7(100)	11(85)	9(100)	3(100)	30(84)

* There were no male respondents surveyed in the 80-over year age group.
 ** The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Seven (88 per cent) men and twenty-six (81 per cent) women indicated an interest in physical activities. Two (66 per cent) male respondents in the 70-79 year age group were interested in physical activities. Three (100 per cent) of the female respondents in the 80-year-and-over age group were interested in physical activities.

One (33 per cent) woman in the 80-year-and-over age group indicated an interest in musical activities. Twenty-one (66 per cent) women indicated an interest in musical activities. Six (75 per cent) men were interested in musical activities.

Four (50 per cent) of the male respondents were interested in dancing. Seventeen (53 per cent) of the female respondents were interested in dancing. Dancing was the activity of least interest to the females.

Table games was the activity of greatest interest to the male respondents. Seven (88 per cent) men indicated an interest in table games. Twenty-nine (91 per cent) women were interested in table games.

Twenty-eight (88 per cent) female respondents indicated an interest in social activities. Seven (100 per cent) in the 50-59 year age group were interested in social activities. Five (63 per cent) male respondents were interested in social activities.

Literary activities were not of much interest to the male respondents, as shown in Table XIV. Three (38 per cent) men indicated an interest in literary activities. Twenty-four

(75 per cent) of the female respondents were interested in literary activities. Seven (100 per cent) of the women in the 50-59 year and three (100 per cent) women in the 80-year-and-over age group were interested in literary activities.

Trips and tours was the activity indicated by the female respondents to be of greatest interest. Thirty (94 per cent) women indicated an interest in trips and tours. Six (75 per cent) of the male respondents indicated an interest in trips and tours. Four (100 per cent) male respondents in the 60-69 year age group (100 per cent) were interested in trips and tours.

Responses shown in Table XV indicate the combined recreational interest of the male and female respondents by age at the Kingsville center. A combined total of twenty-five (63 per cent) male and female respondents were interested in arts and crafts. Six (50 per cent) of the 70-79 year age group indicated an interest in arts and crafts.

Thirty-five (88 per cent) of the total respondents indicated an interest in outdoor life activities. Seventeen (100 per cent) of the 60-69 year age group and three (100 per cent) of the 80-year-and-over age group were interested in outdoor life activities.

Seven (88 per cent) in the 50-59 year age group and fourteen (82 per cent) in the 60-69 year age group were interested in physical activities. Thirty-three (83 per cent) of the total respondents indicated an interest in physical activities.

Twelve (71 per cent) of the respondents in the 60-69 year age group indicated an interest in musical activities. Twenty-seven (68 per cent) of the combined male and female respondents were interested in musical activities.

TABLE XV

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
KINGSVILLE, TEXAS CASA RICARDO SENIOR CENTER
ACCORDING TO COMBINED MALE AND FEMALE
RESPONSES BY AGE

Question	Combined Age Groups				Total (n=40)
	50-59 (n=8)	60-69 (n=17)	70-79 (n=12)	80-over (n=3)	
1. Arts and Crafts	5(63)*	11(65)	6(50)	3(100)	25(63)
2. Outdoor Activities	7(88)	17(100)	8(66)	3(100)	35(88)
3. Physical Activities	7(88)	14(82)	9(75)	3(100)	33(83)
4. Musical Activities	7(88)	12(71)	7(58)	1(33)	27(68)
5. Dancing	3(76)	13(76)	5(42)	0(0)	21(53)
6. Table Games	7(88)	15(88)	11(92)	3(100)	36(90)
7. Social Activities	8(100)	15(88)	8(66)	2(66)	33(83)
8. Literary Activities	7(88)	10(59)	7(58)	3(100)	27(68)
9. Trips and Tours	7(88)	15(88)	11(92)	3(100)	36(90)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

As shown in Table XV, dancing was the activity of least interest to the respondents at the Kingsville center. Twenty-one (53 per cent) of the combined respondents indicated an interest in dancing. Thirteen (76 per cent) of the respondents in the 60-69 year age group were interested in dancing.

Thirty-six (90 per cent) of the total male and female respondents indicated that table games were of interest. Table games was one of the activities of greatest interest. Seven (88 per cent) respondents in the 50-59 year and fifteen (88 per cent) respondents in the 60-69 year age groups indicated an interest in table games.

Thirty-three (83 per cent) of the respondents were interested in social activities. Eight (100 per cent) of the respondents in the 50-59 year age group indicated an interest in social activities.

Three (100 per cent) of the 80-year-and-over age group were interested in literary activities. A combined total of twenty-seven (68 per cent) male and female respondents indicated an interest in literary activities.

Trips and tours was one of the activities indicated to be of greatest interest by the combined male and female age groups (90 per cent). Seven (88 per cent) respondents in the 50-59 year age group and fifteen (88 per cent) respondents in the 60-69 year age group were interested in trips and tours.

Fair Avenue Center

The Fair Avenue Senior Center in San Antonio, Texas had thirty-five respondents to the questionnaire, as shown in Table I. Thirty (86 per cent) of these respondents were females with an average age of seventy-one. The female respondents attended the center an average of 3.3 times each week. Five (14 per cent) of the respondents were males attending

the center 5.0 days a week. These male respondents were an average age of seventy-five years.

Table XVI shows the activity preferences of members of the Fair Avenue Senior Center. Responses indicate that women found arts and crafts of most interest. Twenty-six (87 per cent) women surveyed were interested in arts and crafts, compared to one (20 per cent) man. Five (100 per cent) women in the 50-59 year and ten (100 per cent) women in the 70-79 year age groups were interested in arts and crafts.

Women were also more interested in outdoor life activities than the men were. One (20 per cent) man indicated an interest in outdoor life activities, compared to twenty-two (73 per cent) women. Six (60 per cent) of the female respondents in the 70-79 year age group were interested in outdoor life activities.

Five (100 per cent) of the men were interested in physical activities. Twenty-two (73 per cent) of the women indicated an interest in physical activities. Five (50 per cent) women in the 70-79 year age group were interested in physical activities.

Two (40 per cent) male respondents and eighteen (60 per cent) female respondents indicated an interest in musical activities. One (100 per cent) male respondent in the 60-69 year age group was interested in musical activities.

One (20 per cent) man was interested in dancing, compared to fourteen (47 per cent) women. Women were less interested in dancing than any other activity.

Five (100 per cent) of the male respondents indicated an interest in table games. Twenty (66 per cent) of the female

TABLE XVI

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
SAN ANTONIO, TEXAS FAIR AVENUE SENIOR CENTER,
DIVIDED INTO MALE AND FEMALE RESPONSES BY AGE

Question	Male Age Groups*				Female Age Groups				Total (n=30)
	60-69 (n=1)	70-79 (n=3)	80-over (n=1)	Total (n=5)	50-59 (n=5)	60-69 (n=10)	70-79 (n=10)	80-over (n=5)	
	1. Arts and Crafts	1(100)	0(0)**	0(0)	1(20)	5(100)	8(80)	10(100)	
2. Outdoor life Activities	1(100)	0(0)	0(0)	1(20)	4(80)	8(80)	6(60)	4(80)	22(73)
3. Physical Activities	1(100)	3(100)	1(100)	5(100)	5(100)	9(90)	5(50)	3(60)	22(73)
4. Musical Activities	1(100)	1(33)	0(0)	2(40)	4(80)	6(60)	6(60)	2(40)	18(60)
5. Dancing	0(0)	1(33)	0(0)	1(20)	4(80)	6(60)	4(40)	0(0)	14(47)
6. Table Games	1(100)	3(100)	1(100)	5(100)	4(80)	8(80)	6(60)	2(40)	20(66)
7. Social Activities	0(0)	1(33)	1(100)	2(40)	4(80)	8(80)	6(60)	3(60)	21(70)
8. Literary Activities	0(0)	1(33)	0(0)	1(20)	5(100)	5(50)	4(40)	3(60)	17(57)
9. Trips and Tours	1(100)	1(33)	1(100)	3(60)	3(60)	7(70)	9(90)	2(40)	21(70)

*There were no male respondents surveyed in the 50-59 year age group.

** The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

respondents were interested in table games. Two (40 per cent) of the female respondents in the 80-year-and-over age group were interested in table games.

Twenty-one (70 per cent) women were interested in social activities. Two (40 per cent) of the men indicated an interest in social activities.

Five (100 per cent) of the female respondents in the 50-59 year age group were interested in literary activities. Seventeen (57 per cent) women in all indicated an interest in literary activities. One (20 per cent) male respondent was interested in literary activities.

Twenty-one (70 per cent) of the female respondents were interested in trips and tours. Three (60 per cent) of the male respondents were interested in trips and tours.

Responses shown in Table XVII indicate the combined recreational interest of the male and female respondents by age at the San Antonio Fair Avenue center. Arts and crafts, as shown by the table, was found to be one of the activities of most interest to the combined male and female age groups. Twenty-seven (77 per cent) of the respondents surveyed were interested in arts and crafts.

Twenty-three (66 per cent) of the respondents indicated an interest in outdoor life activities. Four (80 per cent) in the 50-59 year age group and nine (81 per cent) in the 60-69 year age group were interested in outdoor life activities.

As shown in Table XVII, physical activities was one of the activities of greatest interest to the respondents.

Twenty-seven (77 per cent) of the total respondents were interested in physical activities. Five (100 per cent) of the respondents in the 50-59 year age group were interested in physical activities.

TABLE XVII

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
SAN ANTONIO, TEXAS FAIR AVENUE SENIOR CENTER
ACCORDING TO COMBINED MALE AND FEMALE
RESPONSES BY AGE

Question	Combined Age Groups				Total (n=35)
	50-59 (n=5)	60-69 (n=11)	70-79 (n=13)	80-over (n=6)	
1. Arts and Crafts	5(100)*	9(81)	10(77)	3(50)	27(77)
2. Outdoor Activities	4(80)	9(81)	6(46)	4(66)	23(66)
3. Physical Activities	5(100)	10(90)	8(62)	4(66)	27(77)
4. Musical Activities	4(80)	7(63)	7(54)	2(33)	20(57)
5. Dancing	4(80)	6(54)	5(38)	0(0)	15(43)
6. Table Games	4(80)	9(81)	9(69)	3(50)	25(71)
7. Social Activities	4(80)	8(72)	7(54)	4(66)	23(66)
8. Literary Activities	5(100)	5(45)	5(38)	3(50)	18(51)
9. Trips and Tours	3(60)	8(72)	10(77)	3(50)	24(69)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Twenty (57 per cent) of the combined total respondents were interested in musical activities. Two (33 per cent) respondents in the 80-year-and-over age group were interested in musical activities.

The activity of least interest to the respondents was dancing. Fifteen (43 per cent) of the respondents indicated as interest in dancing. Four (80 per cent) respondents in the 50-59 year age group were interested in dancing.

Table games were of interest to twenty-five (71 per cent) of the respondents. Three (50 per cent) respondents in the 80-year-and-over age group were interested in table games.

Twenty-three (66 per cent) of the respondents were interested in social activities. Four (80 per cent) respondents in the 50-59 year age group were interested in social activities.

Eighteen (51 per cent) of the respondents indicated an interest in literary activities. Five (100 per cent) of the respondents in the 50-59 year age group were interested in literary activities.

Twenty-four (69 per cent) of the combined total respondents were interested in trips and tours. Three (50 per cent) of the 80-year-and-over age group indicated an interest in trips and tours.

Hospitality House, Smithville

Twenty-six members of the Hospitality House Senior Center at Smithville, Texas responded to the questionnaire, as shown by Table I. The female respondents totaled seventeen (65 per cent). These female respondents attended the center an average of 2.2 days each week and were an average age of seventy-one.

Nine (35 per cent) males, with an average age of sixty-nine years, attended the center 2.4 days each week on the average.

Table XVIII shows the activity preferences of members of the Hospitality House center. Responses indicate that arts and crafts were of most interest to the women. Twelve (71 per cent) women and five (56 per cent) men indicated an interest in arts and crafts.

Nine (100 per cent) of the male respondents were interested in outdoor life activities. Sixteen (94 per cent) women indicated an interest in outdoor life activities. Two (66 per cent) female respondents in the 80-year-and-over age group were interested in outdoor life activities.

Physical activities were of interest to fourteen (82 per cent) female respondents. Seven (78 per cent) male respondents were interested in physical activities.

One of the activities of greatest interest to the women was musical activities. Seventeen (100 per cent) of the women were interested in musical activities. Four (44 per cent) men were interested in musical activities.

The activity of least interest to both men and women was dancing. One (11 per cent) man and five (29 per cent) women were interested in dancing.

Nine (100 per cent) of the men indicated that social activities were of interest to them. Seventeen (100 per cent) of the female respondents found social activities of interest.

TABLE XVIII

RECREATION ACTIVITY PREFERENCES OF MEMBERS OF THE SMITHVILLE, TEXAS HOSPITALITY HOUSE SENIOR CENTER, DIVIDED INTO MALE AND FEMALE RESPONSES BY AGE

Questions	Male Age Groups				Female Age Groups				Total (n=17)	
	50-59 (n=2)	60-69 (n=2)	70-79 (n=3)	80-over (n=2)	Total (n=9)	50-59 (n=2)	60-69 (n=6)	70-79 (n=6)		80-over (n=3)
	1. Arts and Crafts	2(100)*	2(100)	1(33)	0(0)	5(56)	2(100)	4(66)		3(50)
2. Outdoor Life Activities	2(100)	2(100)	3(100)	2(100)	9(100)	2(100)	6(100)	6(100)	2(66)	16(94)
3. Physical Activities	2(100)	2(100)	2(66)	1(50)	7(78)	2(100)	5(83)	5(83)	2(66)	14(82)
4. Musical Activities	2(100)	1(50)	0(0)	1(50)	4(44)	2(100)	6(100)	6(100)	3(100)	17(100)
5. Dancing	1(50)	0(0)	0(0)	0(0)	1(11)	0(0)	3(50)	2(33)	0(0)	5(29)
6. Table Games	2(100)	2(100)	3(100)	2(100)	9(100)	2(100)	6(100)	5(83)	3(100)	16(94)
7. Social Activities	2(100)	2(100)	3(100)	2(100)	9(100)	2(100)	6(100)	6(100)	3(100)	17(100)
8. Literary Activities	2(100)	1(50)	1(33)	0(0)	4(44)	2(100)	4(66)	5(83)	2(66)	13(76)
9. Trips and Tours	2(100)	2(100)	2(66)	2(100)	8(89)	2(100)	6(100)	4(66)	3(100)	15(88)

* The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Literary activities were of interest to thirteen (76 per cent) of the female respondents. Two (100 per cent) of the female respondents in the 50-59 year age group was interested in literary activities. Four (44 per cent) of the male respondents indicated an interest in literary activities.

Fifteen (88 per cent) women and eight (89 per cent) men indicated an interest in trips and tours. Four (66 per cent) male respondents and two (66 per cent) female respondents in the 70-79 year age groups indicated an interest in trips and tours.

Responses shown in Table XIX indicate the combined recreational interest of the male and female respondents by age at the Smithville center. Arts and crafts, as shown by the table, was of interest to seventeen (65 per cent) respondents. Four (100 per cent) respondents in the 50-59 year age group indicated an interest in arts and crafts than the other age groups.

Outdoor life activities were of interest to twenty-five (96 per cent) of the total respondents. Four (80 per cent) respondents in the 80-year-and-over age group indicated an interest in outdoor life activities.

Three (60 per cent) respondents in the 80-years-and-over age group indicated an interest in physical activities. Twenty-one (81 per cent) of the total respondents were interested in physical activities.

Musical activities were of interest to twenty-one (81 per cent) of the combined male and female respondents. Four

(100 per cent) of the respondents in the 50-59 year age group were interested in musical activities.

TABLE XIX

RECREATIONAL ACTIVITY PREFERENCES OF MEMBERS OF THE
SMITHVILLE, TEXAS HOSPITALITY HOUSE SENIOR CENTER
ACCORDING TO COMBINED MALE AND FEMALE
RESPONSES BY AGE

Question	Combined Age Groups				Total (n=26)
	50-59 (n=4)	60-69 (n=8)	70-79 (n=9)	80-over (n=5)	
1. Arts and Crafts	4(100)*	6(75)	4(44)	3(60)	17(65)
2. Outdoor Activities	4(100)	8(100)	9(100)	4(80)	25(96)
3. Physical Activities	4(100)	7(88)	7(78)	3(60)	21(81)
4. Musical Activities	4(100)	7(88)	6(67)	4(80)	21(81)
5. Dancing	1(25)	3(38)	2(22)	0(0)	6(23)
6. Table Games	4(100)	8(100)	8(89)	5(100)	25(96)
7. Social Activities	4(100)	8(100)	9(100)	5(100)	26(100)
8. Literary Activities	4(100)	5(63)	6(67)	2(40)	17(65)
9. Trips and Tours	4(100)	8(100)	6(67)	5(100)	23(88)

*The number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Dancing was the activity of least interest to the combined male and female respondents. As shown in Table XIX, six (23 per cent) respondents indicated that dancing was of interest.

Eight (89 per cent) of the respondents in the 70-79 year age group were interested in table games. Twenty-five (96 per cent) of the combined respondents were interested in table games.

The activity of greatest interest was social activities. Twenty-six (100 per cent) of the combined male and female respondents were interested in social activities.

Seventeen (65 per cent) of the total respondents were interested in literary activities. Five (63 per cent) respondents in the 60-69 year age group and six (67 per cent) respondents in the 70-79 year age group were interested in literary activities.

Twenty-three (88 per cent) of the total respondents were interested in trips and tours. Six (67 per cent) respondents in the 70-79 year age group were interested in trips and tours.

Combined Centers

Table XX shows the combined activity preferences of the male and female respondents from the nine senior centers surveyed throughout Texas. According to the data, as shown in Table XX, the activity of greatest interest to the combined respondents was table games. A total of two-hundred and forty-one (88 per cent) respondents indicated an interest in table games. Table games was the activity of greatest interest to the male respondents. Seventy-two (91 per cent) male respondents indicated that table games were of interest. However, the female respondents indicated that social activities were of greatest interest, with table games their second preference. One-hundred and seventy (87 per cent) female respondents indicated an interest in social activities. One-hundred and sixty-nine (86 per cent) female respondents were interested in table games.

TABLE XX

RECREATIONAL ACTIVITY PREFERENCES OF COMBINED MALE AND FEMALE RESPONDENTS OF THE SENIOR CENTERS SURVEYED IN TEXAS

Question	Male Respondents	Female Respondents	Combined Respondents
	(n=79)	(n=195)	(n=274)
1. Arts and Crafts	22(28)*	146(75)	168(61)
2. Outdoor life Activities	62(78)	158(81)	220(80)
3. Physical Activities	58(73)	146(75)	204(74)
4. Musical Activities	45(57)	136(70)	181(66)
5. Dancing	35(44)	94(48)	129(47)
6. Table Games	72(91)	169(86)	241(88)
7. Social Activities	57(72)	170(87)	227(83)
8. Literary Activities	43(54)	135(69)	178(65)
8. Trips and Tours	56(71)	160(82)	216(79)

* Number not in parenthesis indicates number of responses and the number in parenthesis indicates percentage of responses.

Despite its being of least interest to the respondents almost one-half (47 per cent) of the men and women surveyed had an interest in some form of dancing.

Center Directors

Table XXI indicates the recreational activity interest rankings of the senior center directors and respondents which were surveyed. The rankings that were indentified for the directors were determined by the responses they made to item eleven of the questionnaire. All directors were asked to complete the item according to what activities they considered to be of greatest interest at their center. Broad activity areas were ranked according to the directors' response.

The rankings of the respondents were determine by the percentage response of interest for each activity. These percentages were derived from the combined recreational interest data of each senior center and a composite of these senior centers. The broad activity categories were ranked as determined by the percentage of response per category. Several activities ranked equally and were numbered identically.

Arts and crafts activities were ranked first in activities offered at the Wichita Falls and Georgetown senior centers according to the directors. The respondents, however, indicated their interest in arts and crafts as fifth at the Wichita Falls center and seventh at the Georgetown center.

TABLE XXI

RECREATIONAL ACTIVITY INTEREST RANKING ACCORDING TO SENIOR CENTER DIRECTORS AND RESPONDENTS SURVEYED

Question	Wichita Falls		Dallas		Fort Worth		Temple		Georgetown		San Antonio Parkville		Kingsville		San Antonio Fair Ave		Smithville		Combined		
	D	R	D	R	D	R	D	R	D	R	D	R	D	R	D	R	D	R	D	R	
1. Arts and Crafts	1	5	2	8	3	7	4	5	1	7	6	6	4	5	3	1	2	5	4	8	3
2. Outdoor Life Activities	7	2	7	5	-	2	8	4	3	3	8	5	6	2	5	4	4	2	6	3	3
3. Physical Activities	8	4	8	2	4	3	7	7	2	4	7	7	8	3	3	1	4	4	5	5	5
4. Musical Activities	9	6	9	7	7	5	3	6	7	6	5	4	5	4	7	5	3	4	8	6	6
5. Dancing	3	7	3	6	5	7	2	3	6	8	9	8	9	4	8	7	-	6	9	9	9
6. Table Games	2	1	1	1	1	1	5	1	3	1	2	2	2	1	2	2	1	2	1	1	1
7. Social Activities	4	3	4	4	2	2	1	3	5	2	3	2	1	3	1	4	2	1	3	2	2
8. Literary Activities	5	4	6	5	-	6	6	6	8	6	4	3	7	4	9	6	6	5	8	7	7
9. Trips and Tours	6	4	5	3	6	4	3	2	4	5	1	1	3	1	4	3	-	3	2	4	4

*The director of the center.

**The respondents of the center.

***Numbers indicate ranking given to each category with the number one denoting the highest ranking possible. Lack of a number indicated that the activity was not offered.

The combined responses of the directors ranked arts and crafts fourth in activities offered at the centers. The combined responses of respondents indicated that arts and crafts were eighth in ranking of interest.

Outdoor life activities were ranked seventh for the Wichita Falls, Dallas, and eighth for the Temple, and San Antonio Parkview centers according to the directors. The respondents at the Temple center indicated outdoor life activities fourth in priority of interests. The Dallas and San Antonio Parkview center respondents indicated that outdoor life activities were fifth in interest. The Wichita Falls center respondents indicated that the outdoor life activities ranked second. The combined responses by the directors indicated that outdoor life activities were sixth in ranking of activities offered at the centers. Outdoor life activities were third in interest of the combined respondents.

Physical activities were ranked seventh in the activities offered at the Temple, San Antonio Parkview and Smithville centers according to the directors. The respondents at the Temple and San Antonio Parkview centers indicated physical activities seventh in ranking of their interest. The Smithville center respondents indicated that physical activities were fourth in interest. The combined responses of the directors indicated that physical activities ranked fifth in interest.

Musical activities at the Wichita Falls and Dallas centers were ranked ninth in activities offered according to the directors. The respondents ranked musical activities sixth at the Wichita Falls center and seventh at the Dallas center. The combined directors ranked musical activities seventh in activities offered. The total respondents placed musical activities sixth in interest.

Dancing was ninth in priority of activities offered according to the combined center directors. The combined respondents indicated that dancing was ninth in interest. The Temple center indicated the highest interest in dancing. The Temple director indicated that dancing was ranked second in activities offered, while dancing was third in interest to the respondents.

Table games was ranked first in activities offered according to the combined directors and first in ranking of interest according to the combined respondents. However, the director of the Temple center indicated that table games were fifth in ranking of activities offered. The respondents of the Temple center ranked table games first in interest.

The combined directors indicated that social activities were third in ranking of activities offered. The respondents ranked social activities second in interest.

Literary activities were ranked eighth in activities offered according to the directors. The respondents ranked literary activities seventh in interest. San Antonio Parkview

center respondents indicated that literary activities were third in ranking of activity interest. The director of the Parkview center indicated that literary activities were fourth in ranking of activities offered.

The directors' combined responses indicated that trips and tours were ranked second in activities offered. The respondents indicated that trips and tours were fourth in their interest of activities. Trips and tours were first in ranking of activities offered at the San Antonio Parkview center according to the director. The respondents at Parkview indicated that trips and tours were ranked first in interest to them.

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to determine what recreational activities were of greatest interest and appeal to members of senior centers in Texas. A stratified random sample was drawn from forty-two senior centers in Texas. Members from each of nine centers sampled were asked to complete a questionnaire designed to determine what activities they found of interest. Only members present the day that the investigator administered the questionnaire were asked to respond.

The data obtained were expressed in number of responses and in percentage of responses according to recreational activity interest. The data were also examined with respect to the sex and age of the respondents.

Two hundred and seventy-four respondents were surveyed, including one-hundred and ninety-five females and seventy-nine males. The female respondents were younger than the male respondents. The male respondents attended the centers more days per week than the female respondents attended.

According to the findings of the study, the respondents indicated considerable interest in each of the nine recreational activity categories. Interest in table games was highest with 241 (88 per cent) of the total respondents indicating an interest.

Dancing was the least preferred activity, even though 129 (47 per cent) or almost half of the respondents showed an interest in dancing. Social activities were second in interest with 227 (83 per cent) respondents indicating an interest. The high interest of the respondents in the activities of a social nature agreed with findings of Kaplan (4) and MacLean (6) who reported that older persons wanted and needed social activities. Kraus (5) has indicated that the elderly must maintain a full range of social and recreational opportunities. The findings of this study showed that those persons surveyed had a high interest in most recreational activities.

Zborowski (8) and Baley (1) in their respective studies of older men and women indicated that there was a decrease in the more strenuous activities as a person grew older and an increase in less strenuous or quiet activities. The findings of this study indicated that table games and social activities of the less strenuous kind were highest in interest for all respondents and interest increased with the older age groups. However, outdoor life activities, which included hiking, gardening, fishing and camping trips, the more strenuous activities, placed third in the interest of the respondents. Some strenuous activities were still of interest to the participants in this study regardless of increasing age.

Zborowski (8) also noted in his study that there was resistance by the elderly to social pressure to decrease the amount of activities participated in as they grew older. The

high level and variety of interest indicated in this study by the participants demonstrates continuing desire for activity by the elderly.

Several lists of suggested activities for senior centers have been compiled (2,3,7). These lists included most of the activities used in the questionnaire for this study. A minimum of seven of the nine activity categories included in this study were offered by each of the nine centers surveyed.

The findings of this study indicated that members of senior centers in Texas had high interest in most activities of a recreational nature. Activities that included social contact were found to have the greatest interest and appeal to the participants.

Conclusions

1. Even though the centers were providing a similar variety of activities that were of interest to their members, there was an evident lack of innovation demonstrated in programming.

2. Activities of a social nature were of greatest interest to members of senior centers.

3. Less strenuous activities were of more interest as the older persons aged.

4. Male and female respondents were interested in similar activities, with the exception of musical activities and arts and crafts.

5. Outdoor life activities were not provided by senior centers to match the indicated interest of the members.

6. Senior centers were generally meeting the recreational interest of the members.

Recommendations

1. Senior centers should provide more outdoor life activities for their members.

2. Senior centers should conduct detailed studies of attendance patterns and interest of their participants so that they can more adequately program activities based on these factors.

3. Senior centers should stress those activities which are of social group nature.

4. Senior centers should involve the members in the process of program planning.

5. Senior centers should determine the needs of the members that attend the centers and attempt to program recreational activities to meet these needs.

Recommendations For Further Study

1. A study should be conducted to consider the effects of age on an individuals recreational patterns.

2. A study should be made of why those persons who attend senior centers choose them as a source of activity in their later years.

3. A study should be made of a comparsion between the activitiy interest of the members of senior centers and activities the directors consider of greatest interest at their centers.

4. A study should be conducted about who participates and why in senior center activities and who doesn't participate and why.

5. A study should be made of the activity interest of senior center members in other geographical regions.

6. A study should be made of the marital status of participants of senior centers.

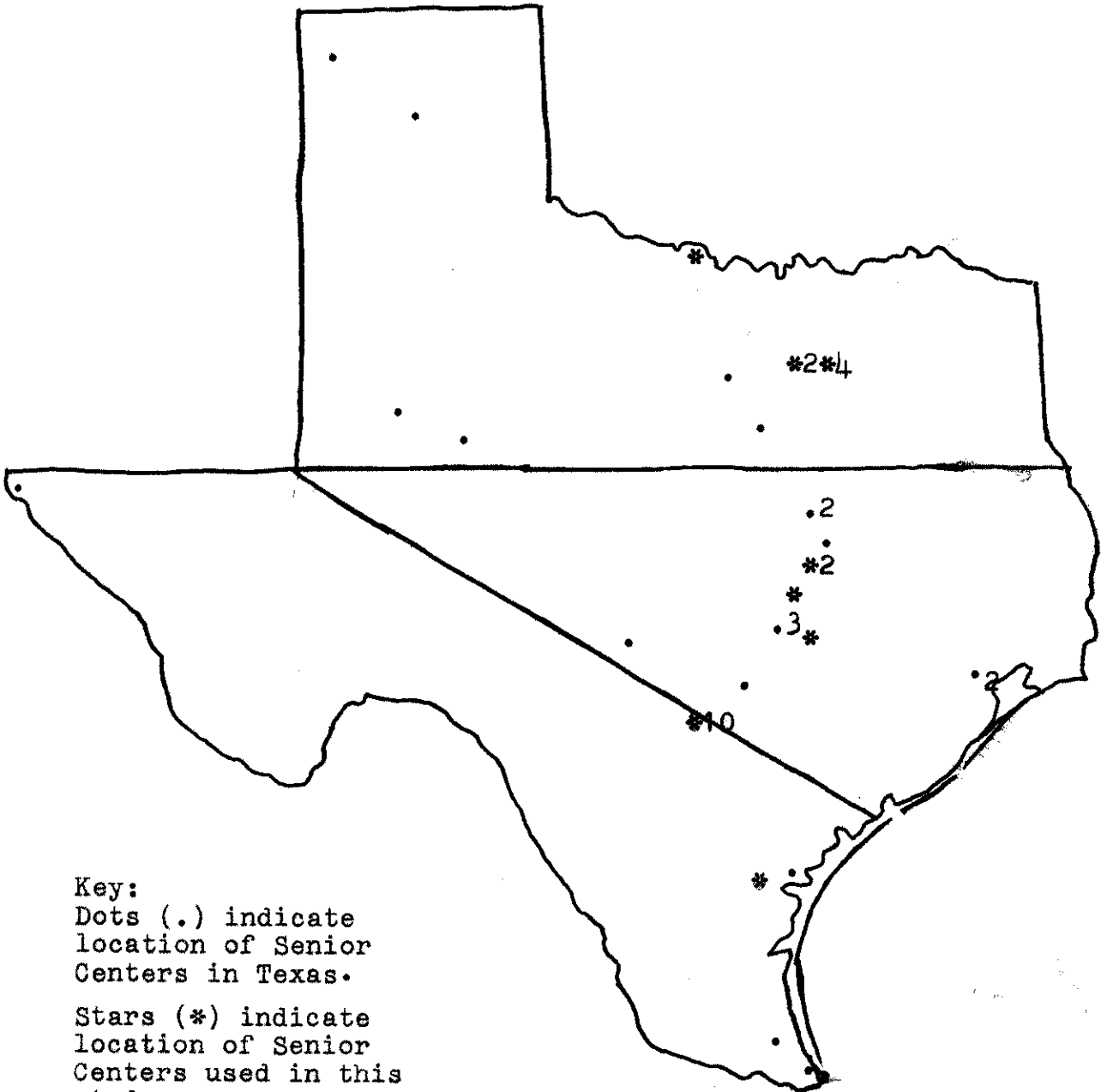
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APPENDIX A

ILLUSTRATION 1

Senior Centers In The State Of Texas



Key:

Dots (.) indicate location of Senior Centers in Texas.

Stars (*) indicate location of Senior Centers used in this study.

Numbers following the dot or star indicate number of centers at that location.

Black lines indicate stratified break down of state.

APPENDIX B

SAMPLE QUESTIONNAIRE

Name of Center _____

Age _____ Sex _____

How often do you come to the center? _____

INSTRUCTIONS: Please put an X before those activities you particularly enjoy doing and find of greatest interest. In the category "OTHER" please list any activity that you enjoy that is not otherwise listed.

1. What types of arts and crafts activities would you find of greatest interest if made available?

- | | | |
|--|--|--|
| <input type="checkbox"/> a. Painting | <input type="checkbox"/> e. Sculpture | <input type="checkbox"/> i. Rug-making |
| <input type="checkbox"/> b. Sketching | <input type="checkbox"/> f. Weaving | <input type="checkbox"/> j. Decoupage |
| <input type="checkbox"/> c. Ceramics | <input type="checkbox"/> g. Needlecraft | <input type="checkbox"/> k. Other(specify) |
| <input type="checkbox"/> d. Woodcrafts | <input type="checkbox"/> h. Leathercraft | |

l. Not interested in arts and crafts activities.

2. What types of nature, science, and outdoor life activities would you enjoy participating in?

- | | | | |
|--|---|---|-----------------------------------|
| <input type="checkbox"/> a. Fishing | <input type="checkbox"/> c. Hiking | <input type="checkbox"/> e. Camping trips | <input type="checkbox"/> g. Other |
| <input type="checkbox"/> b. Gardening | <input type="checkbox"/> d. Animal or
bird study | <input type="checkbox"/> f. Picnics | (specify) |
| <input type="checkbox"/> h. Not interested in this type of activities. | | | |

3. What types of physical activities would you participate in if available?

- | | | |
|--|---|--|
| <input type="checkbox"/> a. Shuffleboard | <input type="checkbox"/> e. Golf | <input type="checkbox"/> i. Group games |
| <input type="checkbox"/> b. Croquet | <input type="checkbox"/> f. Team games | <input type="checkbox"/> j. Billiards |
| <input type="checkbox"/> c. Swimming | <input type="checkbox"/> g. Exercise groups | <input type="checkbox"/> k. Bicyling |
| <input type="checkbox"/> d. Bowling | <input type="checkbox"/> h. Horseshoes | <input type="checkbox"/> l. Other(specify) |
| <input type="checkbox"/> m. Not interested in physical activities. | | |

4. What musical activities would you enjoy if given the opportunity?

- | | | |
|---|--------------------------------------|---|
| <input type="checkbox"/> a. Group singing | <input type="checkbox"/> c. Choruses | <input type="checkbox"/> e. Music appreciation groups |
| <input type="checkbox"/> b. Orchestras | <input type="checkbox"/> d. Bands | <input type="checkbox"/> f. Other(specify) |
| <input type="checkbox"/> g. Not interested in musical activities. | | |

5. What kinds of dancing would you enjoy if given the opportunity?
- a. Social c. Square e. Other(specify)
 b. Folk d. Country Not interested in dancing.
6. What table games would you like to play?
- a. Chess d. Monopoly g. Scrabble
 b. Checkers e. Bingo h. Other(specify)
 c. Card games f. Dominoes i. Not interested in table games.
7. What social activities would you enjoy if available?
- a. Parties for holidays d. Teas
 b. Birthdays e. Covered Dish Suppers
 c. Anniversaries f. Other(specify)
 g. Not interested in social activities
8. What activities of a literary nature would you find of interest?
- a. Book reviews d. Reading g. Story Telling
 b. Poetry reading e. Debates h. Center Newspaper
 c. Writing classes f. Spelling Bees i. Other(specify)
 j. Not interested in literary activities.
9. What kinds of tours, trips, and excursions would you especially enjoy participating in if provided?
- a. Concerts e. Industrial i. Historical spots
 b. Plays f. Museums j. Boat trips
 c. Sports Events g. Parks k. Lakes
 d. Zoos h. Libraries l. Other(specify)
 m. Not interested in traveling.
10. What other recreational activities do you enjoy participating in or would be interested in doing that are not listed above?
11. From the following activities please rank the three that you would enjoy doing most. Example: 1 first choice, 2 second choice, 3 third choice.
- arts and crafts table games
 physical activities social activities
 musical activities literary activities
 dancing tours, trips, excursions
 nature, science, outdoor life activities

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