**Hobbies and past times**

Physical Hobbies Mentally stimulating

Walking clubs Crosswords

Hill walking Sudoku

Golf Scrabble

Kayaking Interior Design

Sailing Geneology

Cycling Astronomy

Swimming Archaelogy

Gym Story/Poetry writing

Men’s and Women’s sheds

Summer hobbies Winterhobbies

Photography Night classes

Bird watching Bridge/ Chess

Home Repairs Dancing

Gardening Yoga

Flower club Language Learning

Fishing Collecting items coins/stamps

Touring

Social Network Hobbies Individual Hobbies

Performing Arts Internet surfing

Visiting Cooking

Dinner parties Painting

Book club Study of classics

Animal Rescue Flower arranging

Vincent De Paul Carers

**Daily retirement plan**

* Have a structure to your day
* Do something productive
* Do a leisure activity outdoors and indoors
* Take up a new hobby or activity every year