

HOBBIES AND INTERESTS

I am talking about active hobbies. Sitting in front of the television for hours doesn't count, and can actively harm you, because you are getting no stimulation or activity.

PART ONE

Write down all the hobbies and interests you ever had OR you wanted to do. So, include hobbies and interests you were unable to take up in the past.

PART TWO

Would you like to take any of these interests up now?

How would you do that?

They may be provided at: adult day classes; evening classes; social clubs; specialist hobby clubs; pensioner luncheon clubs.

NOTE: It is important you **sign on for what does *actually* interest you**, because if you sign on just to meet people, your heart won't be in it. Your fellow participants will recognise this.

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