

LEISURE AND THE SENIOR CITIZEN

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

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

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

Creative Activities

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

Physical Activities

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

Walking	Fishing
Picnics	Hunting

Outings
Camping
Bicycling
Deck tennis
Table games
Table tennis
Dancing-square and social

Trap shooting
Swimming
Croquet
Shuffelboard
Sailing
Shelling nuts

Social Service Activities

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

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

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

References

- Begin Now To Enjoy Tomorrow.* Mutual Benefit Life Insurance Co., Newark, New Jersey, 1957 edition.
- Williams, Arthur. *Recreation In The Senior Years.* 1962. Available from the National Recreation Association, New York City. \$3.95.

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