

Things to Do

Select the things I have enjoyed doing or talking about at any time in my life. It doesn't matter if I used to do it or still do it. Make a star or heart near anything that is especially meaningful to me.

Living Well with Music

- Concerts: Gospel, Rock, Country
- Dancing: Ballroom, Swing, Hip Hop
- Listening to the radio/CD player
- Playing an instrument:
- Singing with: Friends or Choir
- Symphonies
- Theatre: Opera or Broadway
- Writing Songs, Composing

Living Well in Spirit

- Candles, Incense, Icons
- Clergy Visits
- Devotional/Inspirational Readings
- Group Scripture Study
- Helping Others, Showing Compassion
- Hymns, Worship Songs
- Listening to Sermons
- Miracles, Speaking in Tongues
- Personal Scripture Reading
- Prayer Groups
- Reciting Rosary, Chants
- Telling Faith Stories

Living Well with Art

- Acting, Puppetry, Improv Comedy
- Architecture, Landscape Design
- Art Shows and Galleries
- Cooking, Baking, Grilling
- Detailing Classic Cars
- Drawing
- Fixing Things, Remodeling
- Flower Design
- Holiday Decorating
- Interior Design
- Jewelry
- Painting
- Photography
- Pottery, Ceramics
- Scrapbooking
- Sewing, Knitting, Crochet, Cross Stitch
- Woodwork, Furniture Refinishing

Living Well in Nature

- Aquariums
- Bird Watching
- Camping
- Gardening: Flowers, Vegetables, Succulents
- Hiking
- Horseback Riding
- Hunting
- Outdoor entertaining
- Rock Climbing
- Skiing, Snowboarding
- Sky Diving
- Star Gazing, Sunsets
- Yard Work, Landscaping

Living Well with Family and Friends

Furry Friends

- Holding or Caring for Pets

- Riding a Horse
- Taking Care of Farm Animals
- Watching Shows about Animals

Family and Friends

- Coffee or tea together
- Hosting or attending parties
- Outings or lunch with family and friends
- Playing games together
- Playing with children
- Seeing social media posts and video
- Skype or Face Time
- Watching movies or reading together
- Working on projects together

Living Well in Community

Giving and Helping

- Advocating for the environment
- Advocating for the oppressed
- Ambassador to new members
- Befriending the lonely
- Cheering up the sick
- Cooking, baking, or serving meals
- Fixing things that are broken
- Listening to children learn to read
- Making things to sell or give away
- Marches and protests
- Mentoring others
- Pen pal program with children
- Serve on committees or teams
- Supporting missionaries
- Wrapping, packing, or organizing
- Writing to veterans or prisoners

Patriotism or Heritage

- Attending civic events
- Celebrating special days
- Honoring the flag
- Honoring veterans or leaders
- Joining local parades
- Learning and discussing history
- Voting
- Wearing symbols, traditional dress

Exploring the Community

- Antique Shopping
- Art Galleries
- Casino
- Coffee Shops
- Comedy Shows
- Concerts
- County Fair
- Cruises
- Garage Sales, Flea Markets
- Grocery Shopping
- Horse Racing
- Lectures, Classes, Workshops
- Libraries, Book Stores
- Mall Walks and Window Shopping
- Movies
- Museums
- Nascar or Formula 1

- Plays or Musicals
- Restaurants
- Road Trips
- Sporting Events
- Winery
- Aquarium, Botanical Gardens, Zoo

Living Well in Mind and Body

Lifelong Learning

- Archeology
- Collections: Stamps, Coins, Dolls
- Engineering, Design, Inventing
- Entrepreneurial, Business, Investing
- Genealogy
- History
- Languages
- Literature, Poetry
- Politics, Current Events
- Popular Culture
- Science
- Storytelling

Fitness and Sports

- Aqua Aerobics, Swimming
- Bowling
- Fishing
- Golf
- Hunting
- Running
- Tai Chi
- Tennis
- Walking
- Weight Training
- Yoga

Brain Fitness

- Bingo
- Board Games
- Bridge, Rummy, Hearts
- Checkers, Chess
- Computer, Video Games
- Crossword Puzzle, Word Search
- Dominos
- Math Games, Sudoku
- Poker, Casino Games
- Trivia, Quizzes

Reading and Writing

- Bible
- Letters, Cards, Postcards, Emails
- Magazines:

Reading Books

- Mysteries
- Biographies
- Romance
- Non-Fiction
- Fantasy
- Historical Fiction
- Comic Books
- Writing in a Diary
- Writing stories or poetry