

## The Transition Network Neighborhood News - Caring Times February 2015



Brooklyn Bridge

November 2014

## **Hobbies**

At the November meeting our conversation centered on hobbies and why we like them. Members shared a broad range of activities.

 Hobbies -- knitting, sewing from our own patterns, jewelry making with unusual, recycled or "found" objects, jigsaw puzzles, painting, collage making, felting, blue printing on cloth, collecting really funny cards, and playing the cello.



- Outcomes --some activities can take our minds off things we don't want to think about and are relaxing.
- Other benefits -- activities enable us to be creative and inventive. They can connect us to others with similar interests.
- Discussing interests and hobbies helped us learn about the practical aspects of doing things, and about ourselves.