



Hobbies for the Elderly

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Painting

Picture; It is an activity that brings calmness, delicacy and sensitivity. It is also an excellent activity for training motor coordination, detail and attention. Painting is an occupation where you can express yourself as well as train creativity.



Stone Painting

Stone painting is an application that anyone with or without painting skills can do with a little effort. There are two things that make the art of stone painting attractive. These are that it does not require much experience and is an activity that can be done with the family.



Mandala Coloring

Mandalas made with loved ones help strengthen social relationships and have a pleasant time. Thanks to its small and rich cosmic patterns that symbolize the Earth, it allows one to remember one's relationship with the infinite. It widens your view of the universe.



Music



Playing an instrument, listening to music, recording music, composing, going to concerts and such activities are among his music hobbies. Since music is known as the food of the soul, you may have fed your soul in a way.



Photography

Hobby photography is perhaps one of the most intertwined with life among the art genres. In this respect, it is not surprising that many people prefer to deal with photography as a hobby. First of all, hobby photography is a non-local pursuit and is a work of creativity in itself.



Taking Care of Garden Mold and Flowers



Hobby gardening should not be considered only in terms of gardening. If you grow tomatoes on a small balcony in your home, if you grow flowers, this is hobby gardening. If you wish, grow parsley on your balcony or tulips, lemon trees... Especially in recent years, everyone who wants to get rid of the chaos of urban life has gotten one step closer to nature. Taking care of plants and flowers relaxes people.



Fishing



Fishing relaxes one's soul and brings peace. It makes the person feel good and happy. A fishing bag is a must-have for any fisherman. Fishing bag contains materials such as fishing rod, hook, bait, pliers, bucket, knife and rod resting board.



Craftsmanship



Made with special materials; however, hobby types that do not require professional electrical tools such as hobby motors and saws, and which are among the practical hobby ideas that anyone can do thanks to directions, are classified as "handcrafted hobbies". Handcraft ideas, which are among the hobbies that can be done at home, also allow you to use and develop your creativity by combining different colors and patterns.



Visiting Gallery/Museum



If a person likes to add something to himself by traveling, visiting museums or galleries can be an ideal hobby. During a historical journey, he can give pleasure to himself by wandering in those moments. The trip can become more enjoyable if information is gathered before going to the gallery or museum.



Doing Puzzles



Undoubtedly, the most important achievement of those who engage with puzzles is patience. Finalizing a complex image and combining tiny pieces correctly will require serious patience.

Puzzle also gives the person a sense of responsibility. Another benefit is that it helps to keep the brain alive, preventing the occurrence of diseases. Puzzle, which is a type of hobby, will allow you to evaluate your spare time and create tables that suit your taste.

