Retirement Pursuits, Interests and Hobbies

Learn a new language	Take art classes
Learn a new musical instrument	Attend cookery classes
Join a local community band	Volunteer at a local charity
Mentor someone	Study for A Level or a Degree
Go for long walks	Write poetry
Visit local places of interest	Swim
Ride a bicycle	Join a bridge club
Play golf	Host dinner parties
Visit museums	Volunteer at local hospital/hospice
Go to the cinema	Play tennis
Join a book club	Attend a computing course
Start an allotment	Join a local amateur dramatics group
Go fishing	Teach English as a second language
Read	Join a gym
Join a board: school/church/non-profit organisation	Attend sporting events
Go to a concert	Write a short story
Research your family tree	Engage in a gardening project
Volunteer as a dog walker	Learn a new DIY skill
Sign up for an adult education course	Volunteer for a political party
Start up a new company	Sign up for dancing lessons
Undertake a home improvement project	Restore a vintage car
Make your own clothes	Write your autobiography
Book a residential course abroad	Learn to fly a plane
Make your own beer or wine	Write letters to friends
Set up a website or blog	Practice yoga
Take up photography	Create crafts to donate or sell
Create playlists from your music collection	Learn to sail
Go on a walking holiday	Cook a new recipe every week
Learn flower arranging	Try a new sport

In the table below, name the chosen pursuit, interest or hobby in the column on the left. Then categorise the activity with either a P, I, S or C if it's Physical, Intellectual, Social or Creative. Clearly some activities will fall into more than one category, e.g. playing a team sport is both physical and social, just as writing poetry is both creative and intellectual, so list both.

Then tick who this activity applies to, sole or joint, and then finally tick whether this is something you already engage in or is a something new you would like to try.

Pursuit/Interest/Hobby	Partner 1 Alone	Partner 2 Alone	Joint Activity	New or existing

The idea is to have a range of hobbies in the left hand column – aim for 10 as a starter. Then to have a spread across the 4 categories of physical, intellectual, social and creative. If you are married or in a long term relationship, ideally there will be a mix of individual and joint activities. Finally, you are never too old to try new things, but be wary if all are new activities, as you run the risk of never getting started, so a healthy blend of new and existing is encouraged.