

## Wisdom Café - June 7, 2023 – “Community Conversation” Hobbies, Interests and Passions

### 1. Is there a difference between hobbies, interests, and passions? Personal definitions-

#### Hobbies

- Something you enjoy for your own satisfaction
- Activity you do in your spare time
- Something you do for your own enjoyment

#### Interests

- When you are intrigued by something, but not too curious
- An interest can become a hobby
- Something that you want to learn more about

#### Passion

- More intense feeling, beyond interest and hobby
- Could be something you love to do, like work
- Activity that you totally love to do

### 2. What are the benefits of having a hobby?

- Keeps one doing something they enjoy, so they don't get bored
- Keeps you busy doing something interesting
- Keeps your mind off of something unpleasant
- Gives you a chance to socialize with others
- Self satisfaction, self care

### 3. What is your favorite hobby? Is it different from when you were young?

#### When young-

- Riding bicycle outside
- Playing Red Rover
- Knitting
- Cooking
- Sewing doll clothes
- Collections- rocks, shells, gum wrappers, baseball cards, pictures of famous people , post cards, stamps

#### When older-

- Gardening
- Quilting
- Reading
- Writing
- Embroidery
- Calligraphy
- Playing bridge
- Drawing portraits
- Swimming
- Acting
- Volunteering

### 4. Can you make money from a hobby?

- Not usually
- It is possible, but not the norm

### 5. Have you wanted to, or tried a new hobby recently?

- I want to try unicycle
- Rollerblading
- Playing pool
- Video games
- Travel
- Cruises
- Visiting parks I have never been to in neighboring town