

# SOBER LEISURE ACTIVITIES

- Acting, dramatics
- Aerobics
- Amusement parks
- Aquariums
- Archery
- Art appreciation
- Arts and crafts
- Art and craft shows
- Astrology
- Astronomy
- Auctions
- Auto racing
- Auto repairing
- Backpacking
- Badminton
- Barbeques
- Baseball
- Basketball
- Batik
- Bicycling
- Billiards, pool
- Bingo
- Bird-watching
- Board games
- Boating
- Boccie ball
- Book club
- Bowling
- Boxing
- Calligraphy
- Camping
- Canoeing
- Car shows
- Card games:
  - Bridge
  - Cribbage
  - Euchre
  - Hearts
  - Poker
  - Sequence
  - Spades
  - Uno
- Carpentry
- Ceramics, pottery
- Child-related organizations
- Choir
- Coffee houses
- Collecting: coins, antiques
- Community organizations
- Computer games
- Concerts
- Conservation, ecology
- Cooking, baking
- Copper enamel
- Croquet
- Cross-country skiing
- Crossword puzzles
- Dancing:
  - Ballroom
  - Country line
  - Social
  - Square
- Darts
- Dating
- Designing clothes
- Dining out
- Downhill skiing
- Driving, motoring
- Education
- Electronics
- Exercising:
  - Exercise video
  - Health club
  - Nordic Track
  - Stair Master
  - Stationary bike
  - Step aerobics
  - Treadmill
  - YMCA
- Exhibits
- Fishing
- Football
- Frisbee
- Garage sales
- Gardening
- Genealogy
- Golf
- Gymnastics
- Hackey sack
- Hair styling
- Ham radio
- Handball
- Hiking, walking
- Hockey
- Home decorating
- Horseback riding
- Horseshoes
- Hot air balloon
- Houseplants
- Hunting
- Ice-skating
- In-line skating
- Isometrics
- Jet ski
- Jewelry making
- Jigsaw puzzles
- Jogging
- Judo, karate
- Kayaking
- Kite flying
- Knitting, crochet
- Lawn games
- Leather working
- Listening to music
- Luge
- Macramé
- Marathons
- Marksmanship
- Mechanics
- Mediation
- Mentoring
- Metalwork
- Miniature golf
- Model making
- Motorcycling
- Mountain climbing
- Movies
- Museums
- Musical instruments:
  - Flute
  - Guitar
  - Horn
  - Piano
  - Strings
- Needlework
- Newspaper
- Officiating:
  - Basketball
  - Soccer
  - Softball
  - Volleyball
- Orchestra
- Painting, drawing
- Parachuting
- Parasailing
- Parks
- Party going or planning
- People watching
- Pets:
  - Birds
  - Cats
  - Dogs
  - Snakes
- Photography
- Ping Pong
- Plays, lectures
- Political activities
- Quilting
- Racquetball
- Reading
- Refinishing furniture
- Relaxation
- Religious organization
- Reminiscing
- Rock climbing
- Roller-skating
- Sailing
- School clubs
- Scuba diving
- Sculpturing
- Sewing, needlepoint
- Shopping
- Shuffleboard
- Sightseeing
- Sign language
- Singing
- Skateboarding
- Skydiving
- Sledding, tobogganing
- Snowboarding
- Snowmobile
- Soccer
- Softball
- Squash
- Stargazing
- Stenciling
- String art
- Sunbathing
- Supernatural
- Support groups
- Surfing
- Sweepstakes
- Swimming
- Synchronized swimming
- Table games:
  - Backgammon
  - Checkers
  - Chess
  - Dominoes
- Tai chi
- Talking on phone
- Teaching a skill
- Television
- Tennis
- Tetherball
- Touring
- Traveling
- Tubing
- VCR movies
- Video games
- Visiting friends
- Volleyball
- Volunteer work
- Watching:
  - Baseball
  - Basketball
  - Football
  - Hockey
- Water polo
- Water skiing
- Watercolor
- Weaving
- Weightlifting
- Window-shopping
- Woodworking
- Wrestling
- Writing
- Yard work
- Yoga