
WORKSHEET 11-1

WHAT DO I WANT OUT OF MY LEISURE?

Wants/Needs What I want	Ways How can I get it?

WORKSHEET 11-2

LEISURE INTEREST ASSESSMENT

Magazine title	Interest area	Things I liked about the activity	Things I didn't like about the activity	Might I want to get involved?
1.				
2.				

HANDOUT 11-3

COMMUNITY RESOURCES

Organizations	Description
YM/YWCA	<ul style="list-style-type: none">• a large organization in most medium to large cities;• focuses on fitness activities, and recreation. Examples: crafts and health classes and camping and outdoor programs;• publishes brochures and schedules of activities.
Municipal Recreation Departments	<ul style="list-style-type: none">• most have facilities for sports and may offer fitness programs;• some offer general interest courses from financial to crafts;• many have activities for children which may need volunteers;• usually publish schedules of activities.
State and National Parks Departments	<ul style="list-style-type: none">• offer summer and winter recreation activities for adults and children, including nature walks and talks;• publish schedules of activities.
Community and Neighborhood Associations	<ul style="list-style-type: none">• publish newsletters with information on activities in the community;• community centers make space available for classes led by community members on hobbies such as fishing, sewing, painting and other interests;• have bulletin boards with information on private classes, services and activities;• often look for volunteers to write articles take pictures and deliver fliers;• provide an opportunity to meet local business people through volunteer activities.
Hobby shops	<ul style="list-style-type: none">• specialized stores for hobbies such as model making and carpentry and a wide range of crafts such as woodworking and sewing;• can provide information on local contacts and special interest groups;• may offer free demonstration workshops on, for example, how to tile a bathroom and install lighting.
Museums	<ul style="list-style-type: none">• put on a range of special exhibits depending on the type of museum;• offer lecture programs on various subjects and may hold Saturday and Sunday special hands-on events;• some have volunteer programs for fund raising;• could be a source of information on areas such as restoration, historical searches, for example, family history.



Community Resources (continued)

Organizations	Description
Community Theaters	<ul style="list-style-type: none"> • put on local amateur productions; • run workshops covering theater, music, dance, set building, painting, speech, lighting and sound.
Volunteer Organizations	<ul style="list-style-type: none"> • cover a range of local service and helping activities such as supporting local charities, the SPCA etc.; • always looking for people to canvass or get involved in any kind of work that they do.
Churches	<ul style="list-style-type: none"> • offer social activities and use volunteers for church/community work such as food banks, child care.
Clubs	<ul style="list-style-type: none"> • established to bring people with shared interests together such as crafts, community services, sports and charity work; • can be a source of information on what is available in the community in a specialized area.
Retailers	<ul style="list-style-type: none"> • may sell a range of products for leisure activities and are a source of information on requirements and costs; • specialty stores like fabric shops may have information on sewing or upholstery classes; • may barter supplies for casual labor.
Community Colleges	<ul style="list-style-type: none"> • set up to offer a wide range of programs from certification courses to general interest workshops; • usually publish a schedule twice per year.
Boards of Education (night school, continuing education)	<ul style="list-style-type: none"> • publish a schedule of programs offered such as continuing education classes, certificate programs and arts crafts and fitness workshops.
Public TV	<ul style="list-style-type: none"> • offers special interest programming; • can be a source of information on local events; • runs courses and provides booklets and cassette tapes to go along with them, on subjects such as stress, arts, crafts and continuing education; • always looking for volunteers.
Hospitals	<ul style="list-style-type: none"> • have volunteer programs also may have information on other groups involved in caring for others.
Seniors Centers	<ul style="list-style-type: none"> • provide services to seniors and often looking for volunteers to lead activities such as bingo, fitness, arts, crafts and local outings.



Community Resources (continued)

Organizations	Description
Big Brothers and Sisters	<ul style="list-style-type: none">• a volunteer service that matches children (often from single parent homes) with adults to pursue common interests and provide companionship;• can involve one-on-one activities such as bowling, going to movies and trips to museums
Resources	Description
Libraries	<ul style="list-style-type: none">• have specialty magazines which include the phone numbers of clubs, associations, etc.• have reference books and directories;• some may have bulletin boards with information on local activities and events.
Internet	<ul style="list-style-type: none">• provides a vast amount of reference material including information on clubs, organizations etc.;• can connect with others with common interests.
Phone books and yellow pages	<ul style="list-style-type: none">• essential source of information for names, addresses and phone numbers;• yellow pages can help identify clubs, special retailers and other possible sources of information.
Friends, acquaintances who share interests	<ul style="list-style-type: none">• may know someone who is involved in an activity of interest or know where to go for information.

■ HANDOUT 11-4

FREE OR LOW-COST ACTIVITIES

- Parks/playgrounds
 - Community pools
 - Cycling
 - Volunteer activities
 - Television/radio can have special interest programs such as woodworking, painting, history, crafts, etc.
 - Cooking/baking
 - Free concerts and presentations in some cities
 - Reading alone or with children
(can be fun depending on how you approach it)
 - Ice skating
 - Jogging/running
 - Walking/hiking
 - Informal gatherings to talk about and work on areas of shared interest such as book clubs, sewing circles, etc.
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■ HANDOUT 11-5

CLARK TYRELL'S GUITAR LESSONS

Clark finished his substance abuse program three months ago, and has been doing well at meeting his substance use goals since then. He's also done pretty well in other areas. He's improved his relationship with his daughter and has found a part-time job. But the job doesn't pay very well, so money is extremely tight.

Clark knows that it's important to have some fun in his life — fun that won't threaten his substance use goals or require a lot of money. He's had a lifelong dream of learning to play the guitar, so he scopes it out to see if he can swing it. He finds that though he might be able to manage the \$150 required for 10 lessons, he can't do that and also afford to rent or buy a guitar.

Rather than giving up, Clark does some creative thinking. He gets on the phone and starts visiting all of the music stores in town. Eventually he finds a small place owned by a young guy, who agrees to give Clark free lessons, and let him use one of the older guitars in exchange for Clark working at the store a few evenings a week.
