



FEATURE ARTICLE FROM Always Best Care

Staying Active with Fun Fall Hobbies for Seniors

Now that autumn has arrived, summer activities such as gardening or boating are winding down. It's time to make the switch and start in on fun fall hobbies instead. Staying active throughout the year is a wonderful way to [exercise your mind and body](#), ward off boredom and isolation, and try new things. It's not too late to explore new hobbies and activities you've been putting off trying, or ones you haven't done in years. Here are a few autumn hobbies to test out:

1. Photography

Head outside and capture beautiful images of the fall foliage, morning sunrises, evening sunsets, and rainbows after the rain. Look for birds, rabbits, squirrels, dogs, cats, and other creatures enjoying the great outdoors, or find still life that inspires you. You could also take pictures of family and friends as you celebrate together, or just doing day-to-day activities. Let your imagination run wild and your creativity shine.

2. Knitting/Crocheting

What better way to prepare for cooler weather and upcoming holidays than by knitting or crocheting? You can make blankets, scarves, mittens, socks, sweaters, and much more! These make great homemade gifts or you could donate them to charities in need. Many craft stores and community centers have groups that teach knitting/crocheting or where community members can come together and socialize while working on their craft.

3. Canning

Put all of the wonderful produce you grew this summer or picked at the local farm to good use. Can your own jams and jellies, sauces, pickles, [fruits](#), and much more! You'll have delicious homemade goods to enjoy throughout the winter and spring until it's time to start gardening again. This can also be a great way to use up the apples you've picked this fall.

4. DIY Projects

Whether you love painting, sewing, beadwork, needlepoint, woodworking, or other crafty tasks, autumn is a great time to start. There are lots of fall- and holiday-inspired crafts to make for decorating your home, selling, or giving as gifts. Put a personal touch on projects you find to make them your own. DIY projects can also be a wonderful way to spend time with grandchildren and do fun things together.

5. Bird Watching

While you're outside taking in the gorgeous weather and hiking, bring along a pair of binoculars and a small bird book and go bird watching. See how many different types of birds you can find in your area and how many you can identify. This is also a fun and easy hobby to do while you're traveling.

These are just a few of the many hobbies you can enjoy this fall! You may also want to try baking, scrapbooking, painting, golf, hunting, antiquing, book clubs, writing, and much more. Find things that interest you and make new friends while you're at it.

If you're concerned about your senior's safety at home or feel that they could benefit from someone checking in and providing support with daily activities, contact [Always Best Care](#) today at 1(855) 470-CARE (2273). Empower your senior to stay active as they age in place and enjoy pleasant companionship through the help of an in-home caregiver.