

Hobbies

*Hobbies...you do it because you enjoy it...AND
there are many other benefits to pursuing leisure-time activities,
some of which are:*

- **providing opportunity for accomplishments and achievements
structuring time*
- **fostering new relationships*
- **sustaining long-term relationships*
- **coping with stress*
- **increasing confidence and self esteem*

Reading & Writing

*Reading is an exercise in empathy...
an exercise in walking in someone else's shoes for a while.*
Malorie Blackman

Reading is to the mind what exercise is to the body.
Sir Richard Steele

A room without books is like a body without a soul.
Cicero

*No writing has any real value which is not the expression of
genuine thought and feeling.*
Eleanore Roosevelt

*To write means more than putting pretty words on a page;
The act of writing is to share a part of your soul with the world.*
Unknown

The writer is by nature a dreamer - a conscious dreamer.
Carson McCullers

Music & Art

Without music life would be a mistake - Friedrich Nietzsche

*The purpose of life is to discover your gift.
The meaning of life is giving your gift away.
David Viscott*

*Music and art are the guiding lights of the world.
Pablo Picasso*

Recreation & Sport

*To those who keep pace with the sun, the day is perpetual morning.
Unknown*

*Life is like riding a bicycle...
you don't fall off unless you stop pedaling.
Claude Pepper*

*To give anything less than your best is to sacrifice the gift.
Steve Prefontaine*

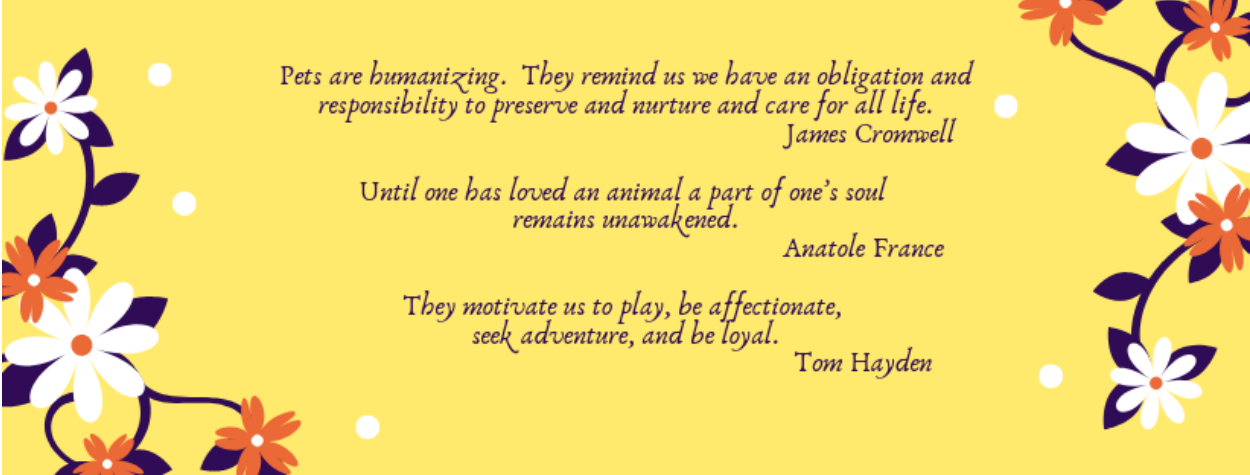
Gardening

*The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.
— Alfred Austin*

*A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust.
— Gertrude Jekyll*

*Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized.
— Allan Armitage*

Animals

The background is a solid yellow color. It is decorated with stylized floral patterns in the corners. The patterns consist of dark blue stems with white and orange flowers. There are also several small white circles scattered across the yellow background.

Pets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life.
James Cromwell

Until one has loved an animal a part of one's soul remains unawakened.

Anatole France

They motivate us to play, be affectionate, seek adventure, and be loyal.

Tom Hayden