

# Play, Live, Learn

## Why leisure activities are important to quality of life

When was the last time you had time for yourself to do things you really enjoy? This is something you probably may not even remember because of a fast paced life. With work taking over the lives of many, people have very little time for any kind of leisure activities.

Leisure provides many benefits:

•An opportunity to examine personal values, to focus on what is important to you. It gives you the balance you need to deal with your non-leisure activities.

•Relief from stress and boredom. It can help promote not only better emotional health but physical health as well.

•A feeling of control. Job or school demands might not give us that freedom.

•Enhanced communication skills and self-esteem. Shy or introverted people can benefit from group activities that are based on shared interests.

•Wider horizons. You can meet new people, learn new things and gain valuable perspective.

•A positive teaching model for children, who often learn better by example than by words alone. Your own behaviour in group or family activities helps teach your children about:

- Communication with others
- Relationships with all kinds of people
- Socially acceptable behaviour
- Negotiation and cooperation
- Feelings and emotions
- Listening
- Playing
- Reading habits
- Your values

Leisure activities are important to bring about a positive flow of energy in a person. These activities help to refresh the mind. There are various different recreational activities one can choose from to suit individual tastes. There are two types of leisure activities - active leisure activities include energetic activities that even require one to use mental strength. Passive leisure activities are all about relaxation and can even mean watching a movie with friends or reading.

You can learn to dance, listen to music, go hiking, camping, fishing, swimming, or even try adventure sports. Rock climbing, skiing and surfing are equally popular as leisure activities for those who crave for adventure.



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Please contact Tammy for more information:

**519-856-9324**

tammyeckerman@bell.net

## DANCING

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**New Member  
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Curling  
season  
starts  
Oct 4th

Four easy ways to sign up for  
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1. Register online via the internet, following the links at [www.actoncurlingclub.com](http://www.actoncurlingclub.com)
2. Call the club's New Member Hotline -- 1-866-542-0539 [weekdays - 9:00am to 5:00pm]
3. Send an email at any time to -- [membership@actoncurlingclub.com](mailto:membership@actoncurlingclub.com)
4. Come to the curling club in person on Saturday, Sept 25th -- 10:00am to 3:00pm

**"It's fun throwing  
rocks at the ACC"**

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New leagues opening.**

**Acton Curling Club**

242 Churchill Rd N • Acton • 519-853-0110

For more information visit: [www.actoncurlingclub.com](http://www.actoncurlingclub.com)