Connect
WITH FRIENDS, FAMILY, AND SERVICES
THAT SUPPORT PARTICIPATION.

JOIN A SENIOR CENTER and participate in the
social activities and programs they offer.

PLAN A GAME NIGHT or crafting activity that
brings people together in the name of fun.

VISIT ELDERCARELOCATOR.GOV for services
and support to help you stay independent.

Stay connected with family
and friends around a dinner
table, by phone, or
through other methods of communication.

CREATE

THROUGH ACTIVITIES THAT PROMOTE
HEALTH AND PERSONAL ENRICHMENT.

Engage in creative activities like
gardening, dance, music and art.

TAKE A CLASS or workshop and learn to paint,
dance, or navigate social media.

CREATE A FITNESS PLAN that involves
physical activity and maintaining a healthy diet.

GO ONLINE to learn a new language, write a
blog, or earn a college degree.

Contribute
TIME, TALENT, AND LIFE
EXPERIENCE TO BENEFIT OTHERS.

VOLUNTEER by participating in fund raisers,
food drives, and community cleanups.

JOIN a local neighborhood organization to be
heard and participate in community planning.

SHARE STORIES about history and culture
with family and friends.

Provide support to those who
need help with chores,
trips to the store, and
companionship.

For more ideas, visit acl.gov/oam/2019/resources