

Prepared as part of the Calgary Black Seniors Foundation Intergenerational Mental Health & Social Connection Toolkit.

HEALTHY AGING FOR SENIORS



✓ MY HEALTHY AGING ACTIVITY SHEET:

This activity helps you see who and what keeps you connected. Staying connected supports emotional health, reduces loneliness, and strengthens well-being as we age.

My Healthy Aging Activity Sheet:

Take your time. You can complete this in one sitting or over a few days. There are no right or wrong answers.

You may:

- Write names
- Draw lines
- Circle items
- Leave some sections blank

ME

Write your name or draw a circle here:



1. FAMILY CONNECTIONS ✓

People related to me or who feel like family. Examples: children, grandchildren, siblings, cousins, chosen family. Write names or roles:

How often do I connect with them?

Daily Weekly Monthly Sometimes



2. FRIENDS & PEERS ✓

People I enjoy talking with or spending time with. Examples: friends, neighbours, peers from programs.

Write names:

How do I usually connect?

Phone In person Text WhatsApp Other: _____



3. COMMUNITY & GROUPS ✓

Places or groups that help me feel part of something.

Examples:

- CBSF programs
- Faith groups
- Cultural associations
- Senior centres
- Storytelling circles

Groups I belong to or want to join:



4. SUPPORT SERVICES ✓

People or services I can reach out to when I need help or encouragement.

Examples:

- CBSF staff or volunteers
- A doctor or counsellor
- A community organization
- A government service

Write names or services:



5. CONNECTION FROM HOME ✓





Ways I stay connected when I cannot go out.
Check what applies to you:

- Phone calls
- Video calls (Zoom, WhatsApp)
- Radio or TV programs
- Church or community livestreams
- Online groups
- Letters or cards



6. HOW I FEEL ABOUT MY CONNECTIONS ✓

Circle one that fits best today:

-  Well connected
-  Somewhat connected
-  Often lonely
-  Want more connection

One thing I would like to change or improve:



7. ONE SMALL STEP I CAN TAKE THIS WEEK ✓

Choose **one** gentle action:

- Call someone I trust
- Join a CBSF activity
- Ask for help using my phone or computer
- Attend a virtual or in-person gathering
- Invite someone for tea or a walk

My chosen step:

✓ REMINDER

- ✓ You matter.
- ✓ Connection can be built slowly, gently, and in ways that work for you.
- ✓ CBSF is here to support you.