

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



HEALTHY AGING FOR SENIORS ILLUSTRATED ACTIVITY BOOKLET

Calgary Black Seniors Foundation (CBSF) Intergenerational Mental Health & Social Connection Toolkit

1 Staying Emotionally Connected

Use this gentle checklist to stay socially active. Check the box when you complete a task!



Weekly call:
Call or voice-note one friend or family member weekly



Join the circle:
Join CBSF social programs or phone circles



Daily Connection:
Spend 10 minutes daily connecting with someone



Neighbourhood Greeting: Say hello to neighbours or building members

Reflection: Who are three people I can stay connected with?

(Type or Write Name 1)

(Type or Write Name 2)

(Type or Write Name 3)

2 Memory Moments: Your Legacy

Use these prompts to share meaningful memories:



Childhood Story:
What is one story from your youth you want to pass on?



Cultural Joy:
Which tradition brings you the most pride?



A Taste of Home:
A recipe, song, or saying that defines your roots.

Space to write:

3 Gentle Movement Corner

Follow along with these three simple home exercises. Move at your own pace!



1. Seated Marching:
Lift knees gently for 20 seconds.

2. Shoulder Rolls:
Roll shoulders forward and back 10 times.

3. Ankle Circles:
Rotate each foot slowly five times.

Safety First: Stop immediately if you feel any pain!

4 Digital Confidence Tips

Follow along with these three simple home exercises. Move at your own pace!



Save important contacts in your phone



Practice sending short voice notes



Join CBSF Zoom sessions (ask for help!)



Avoid unknown calls or messages



Never share personal information with strangers online



Always confirm unfamiliar calls, texts or emails with someone you know

5 Building Community From Home

Options when mobility or transportation is limited:



Phone companionship programs



Online storytelling sessions



Live streams and prayer groups



Radio programs for entertainment



Online trusted community groups

Get in touch with CBSF for more options in your area!

6 Mood Check-In

Choose how you feel today:



Good



Okay



Low



Stressed

What is one thing that might help me feel better today?

Space to write:



Calgary Black Seniors Foundation



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info@cbsf.ca