

Conversation Starter Cards

(Cars, Tools, Grilling, Fishing & more...)

Set 2

(January 2015)

Part of the **“Spark” Cards Series** to “spark” memories and conversations. These can be used in many settings including: meal sites, senior centers, support groups, adult day centers, for home-delivered participants and caregivers to use together or individually, etc...

Questions or Comments? Please contact Pam VanKampen,
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New!

"Spark" Cards

How do you stay positive or lift yourself up on days when you are feeling blue?



(Set 1- General)

Announcing the new "Spark" Cards Series!

The purpose of these cards is to "spark" conversations that will result in persons sharing stories, memories and reminiscing about days gone by that can have powerful positive effects on several of the dimensions of wellness. The cards also include questions that can help people discuss and plan for ways they can enhance their daily lives, such as thinking about falls prevention, emergency preparedness, etc... Some topics focus on ways to be more positive, grateful and joyful. Finally, the cards can be used to gather information about what people want and need from our agencies to help them remain independent in their own homes and communities.

The cards can be used in many settings including: meal sites, senior centers, support groups, adult day centers, ice breakers for meetings, information gathering tool for environmental scans or program planning, staff and volunteer relationship building exercises, for home-delivered participants and caregivers to use together or individually to write down and record thoughts or just reflect upon individually, etc... They would also make great table tents for the meal sites or could be the "question of the day or week" for meal sites.

Feel free to cut and laminate the cards or use in whatever way you, your staff and Board or Advisory Council feels is best. There are many uses for the cards, be creative and have fun with them.

As you use the cards and think of additional questions, statements, topics etc... to include for future sets please let us know!

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*We have designed 2 initial sets of cards, a **General Set**, and another set called **"Cars, Tools, Grilling, Fishing & more..."** focused on topics that may be more engaging to men or outdoor, hands-on individuals.*

“Spark” Cards

**What was your
first driving
experience?**

“Spark” Cards

Chevy or Ford?

“Spark” Cards

**When did you
get your driver’s
license?**

“Spark” Cards

**What is your
favorite fishing
story?**

“Spark” Cards

Do you hunt?

“Spark” Cards

Do you cook or
grill?

“Spark” Cards

**Do you have any
stories about
farming?**

“Spark” Cards

**What was
something you
fixed?
Did you have any
unsuccessful fix
attempts?**

“Spark” Cards

**Did you have a
bike growing up?**

“Spark” Cards

**What was your
first job where
you got paid?**

“Spark” Cards

**How much was
gas when you
started driving?**

“Spark” Cards

**Did you play any
sports growing
up?
Are you on any
teams now?**

“Spark” Cards

**How do you stay
active?**

**Do you do any
exercises?**

“Spark” Cards

**Did you serve in
the military?**

“Spark” Cards

**Do you have any
motorcycle
stories?**

“Spark” Cards

**What is your
favorite use for
duct tape?
Any funny
stories involving
duct tape?**

“Spark” Cards

**If you could only
have one tool,
which one would
you have?**

“Spark” Cards

**What is your
favorite outdoor
activity?**

“Spark” Cards

**What is your
favorite grilling
story or
memory?**

“Spark” Cards

**What is your
favorite boating
memory?**

“Spark” Cards

**What was the
longest driving
trip you ever
took?**

“Spark” Cards

**What is your
favorite water
memory?
Yes, it can be
squirt guns!**

“Spark” Cards

**What was the
highest mileage
you ever had on
a vehicle?**

“Spark” Cards

**Do you have any
gun stories?**

“Spark” Cards

**Do you have a
building or
remodeling story
to share?**

“Spark” Cards

**What did you
want to be when
you grew up?**

“Spark” Cards

What services or programs would you like to see that target men?

“Spark” Cards

What would attract more men to utilize the programs and services offered by the ADRC or Aging Office?

“Spark” Cards

Insert question?

“Spark” Cards

Insert question?