



Connect with your seniors **#JustCheckingIn**

Why let awkwardness stop you from reaching out to your senior loved ones? All it takes is a short phone or video call to make their day. With these conversation starters, it will be easier and more meaningful than ever.

Make small talk

How was your day?
What did you eat?
Heard about _____?
How's Uncle/Auntie _____?

Express how you feel

I miss your _____.
It feels different
now that _____.

Learn something new

Can you teach me how to cook _____?
How did you deal with _____?
Can you teach me how to speak _____?



Share what's happening in your life

My day was _____.
I'm very excited about _____.
I'll be travelling to _____.
Work/school is _____.

Show you care

Do you need anything?
Are you feeling alright?
Do you have enough groceries?
Do you want to eat _____?