

Interests, Abilities, Challenges & Topics

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Builders Born 1923—1945 (50-69 years old)

Boomers Born 1946—1964 (69 years and older)

Middle Adults – 50 to 70; **Senior** Adults – 70 to 85; **Elderly** Adults – 85 +

Circle the number of any you feel might best reach *younger* seniors.

Early Childhood	Elementary	Adolescence	Emerging Adults (College)	Young Adult	Middle Adults	Senior Adults	Elderly Adults
Birth – Age 5	Grades 1-5	Ages 13-19	Ages 18-29	30-49	50-70	70-85	85+

50-60	60-70	70-80	80-90	90-100+
Extremely Active	Quite Active	Active	Moderately Active	Less Active

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| <ol style="list-style-type: none"> 1. Affordable housing 2. Alzheimer's support 3. American Legion 4. Arthritis support 5. Aviation/Pilots 6. Backpacking 7. Beta Sigma Phi 8. Bicycling 9. Boat rides/cruises 10. Bocce 11. Bowling 12. Bridge 13. Cancer support 14. Car club 15. Ceramics 16. Comedy club 17. Computer 18. Cooking 19. Dancing 20. Dementia Support 21. Dominoes 22. Drama 23. Eating out 24. Elder abuse 25. Elder scams 26. Estate planning 27. Extended trips | <ol style="list-style-type: none"> 28. Financial concerns 29. Fishing 30. Gardening 31. Golf 32. Grand-parenting 33. Grief Share 34. Ham radio 35. Heart Bypass support 36. Hiking 37. Historical society 38. Horseback riding 39. Horseshoes 40. Hospice education 41. Jogging 42. Lawn bowling 43. Life Line Alert 44. Lifelong learning 45. Marriage Encounter 46. Metal working 47. Mission Projects 48. Motorcycling 49. Music/concerts 50. Mystery Book lovers 51. Parkinson's support 52. Pet 53. Photo club 54. Pickleball | <ol style="list-style-type: none"> 55. Quilting/Prayer Shawl ministry 56. Railroading 57. Reading/Library 58. RV club 59. Sailing 60. Scrapbooking 61. Service clubs 62. Singles 63. Skiing, water & jet skiing 64. Snow Skiing 65. Softball 66. Sports cars 67. Stained glass 68. Stitches club 69. Stroke support 70. Substance abuse 71. Team Sports 72. Tennis 73. Traditional Worship 74. Travel 75. Tremor support 76. Use of leisure time 77. Vision impaired support 78. Walking 79. Water team sports 80. Woodworking |
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Thinking Through our 50+ Second Half Ministry

Challenges, Small Group Topics and Bible Study topics

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Aging and Lifestyle Challenges and Changes – New Vocabulary

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| 1. Arthritis increases; joint pain | 16. Food preparation difficulty | 31. Restlessness |
| 2. Back pain, severe | 17. Hearing issues | 32. Safety issues |
| 3. Blood Pressure changes often | 18. Hospice | 33. Security |
| 4. Breathing changes & difficulty | 19. Hospital beds | 34. Seeing challenges |
| 5. Communication difficulty | 20. Housekeeping issues | 35. Scooter |
| 6. Confused speech | 21. Incontinence | 36. Shopping problems |
| 7. Decision making difficulty | 22. In & out of bathtub falls, issues | 37. Sleeping most of time |
| 8. Decrease in eating | 23. Loneliness | 38. Telephone use difficult |
| 9. Depression | 24. Medical needs increase noticeably | 39. Toileting |
| 10. Diabetes | 25. Medicine, missing times, etc. | 40. Vertigo |
| 11. Dressing & grooming problems | 26. Nighttime care | 41. Walks with cane, walker |
| 12. Driving issues | 27. Non-responsive | 42. Withdrawal/Isolation |
| 13. Eating habit changes | 28. Orientation | 43. Wheelchair |
| 14. Falls, hip, knee, shoulder surgery | 29. Oxygen equipment | |
| 15. Fibromyalgia | 30. Power Life chair | |

Small Group Topics:

- 12 Steps – The Path to Wholeness
- Addictive Lifestyles
- After Mid Life, Then What?
- Blended Families
- Codependency – Entangled Relationships
- Divorce Recovery

7. Family Living Under the Same Leaky Roof
8. Healing the Inner Child
9. Holiday themes/topics
10. Learning Disabilities
11. Lifestyles
12. Mission Trips
13. Money – Handling the Bucks

14. Putting the Pieces Together
15. Second Careers
16. Short Term Ministry Opportunities
17. Single Again
18. Stressed – Out
19. Success
20. The Seasons of Life

Bible Study Topics (Serendipity House):

1. Abuse
2. Addictions
3. Balancing Your Priorities
4. Benefits of Waiting
5. Bitterness
6. Building Healthy Relationships
7. Communicating Truth with Love
8. Developing Healthy Relationships

9. Distorted Images of God
10. Family Dysfunctions
11. Fruit of the Spirit
12. Guilt
13. How to Rejoice in Any Situation
14. Living in Harmony
15. Mastering Our Passions
16. New Testament Characters
17. Old Testament Characters
18. Overcoming Anxiety and Conflict

19. Reaching Out to Others
20. Shame
21. Strength of Being Tender
22. The Foundation of True Friendship
- ✓ Each book of the Bible
- ✓ Thousands of biblical topical studies
- ✓ Women of the New Testament