

## Come to the Table

**Program description:** The idea is simple... “come to the table and let’s talk”. This program invites people to sit down and discuss ideas around aging and ageism. The discussion is moderated by a trained facilitator.

### How you play:

This program can be delivered in two ways: as a casual conversation or a panel discussion. Either way, it is important to appoint someone to moderate the conversation to ensure everyone gets a chance to participate, the conversation is flowing, and new questions are being chosen when needed.

#### Casual conversation

- Setting up the space - Organize chairs and tables in a circle so that everyone can see one another. The moderator should sit around the circle with everyone.
- Ask everyone to write down a question they have about aging or ageism.
- Fold up questions and place them in a bowl or basket to draw from.
- Have one person pick a question and read it out loud.
- Set a timer for 1-5 minutes (you get to choose the time based on your particular group)
- As a group discuss the question.

#### Panel discussion

- Setting up the space - Organize enough chairs and tables at the front of the room for 3-4 people. Arrange the rest of the chairs as an audience. Make sure that everyone can see and hear the panel at the front of the room.
- Ask everyone to write down a question they have about aging or ageism.
- Fold up questions and place them in a bowl or basket to draw from.
- Choose 3-4 people to sit on the panel and have them sit at the front of the room with the moderator.
- The rest of the group will be your audience.
- The panel can be swapped out periodically so that everyone has a chance to participate.
- Have one person on the panel pick a question and read it out loud.
- Set a timer for 1-5 minutes (you get to choose the time based on your particular group)
- As a group discuss the question.

**Materials:**

- Paper (to write down questions)
- Pens / pencils
- A timer
- Basket or bowl (to put the questions)

**Here are some questions we had fun answering!**

- What is ageism?
- Why is the Let's Stop Ageism awareness campaign important?
- What do you love about your appearance as you age?
- What did you expect to look like and feel at your age?
- What is your favorite thing about aging?
- What is your least favorite thing about aging?
- Have you ever thought you were too old to do something?
- Are there things you would like to do but don't because it's for "older people"?
- Are there things you would like to do but don't because it's for "younger people"?
- What is the best part about aging?