

Interactive Postcards

Program description: The Let's Stop Ageism campaign uses postcards to share the message of the campaign and tell stories from our community. Each postcard features a personal sharing of how one sees their current or future self and captures their philosophy on aging. This program invites everyone to think about an image or icon to reflect their current or future self, and a word or phrase to describe their philosophy on aging.

How you play:

This program can be done in groups of all sizes. Regardless of size it is important that everyone gets a chance to share and that everyone can hear what others are sharing.

- Give everyone a Let's Stop Ageism postcard. This gives everyone a visual of what is being described and the question being asked.
- Talk about the postcard campaign and its purpose.
- Ask everyone to think about an image or icon to reflect their current or future self. Think about what you would be doing, the environment you where you are, what pose you would take.
- Next, think about a word or phrase to describe your philosophy on aging.
- Give everyone a chance to talk about their image and phrase.

Materials:

- Let's Stop Ageism postcards
- Microphone, optional
- Camera, optional

Take this program even further:

Alberta Council on Aging has a template to help you design your own postcards inspired by your group. Take photos of your group in the images they described and create your own postcards to share with your community.