



Thank you for participating in the Care+ Wellness program. We want to get to know more about your interests, hobbies and other activities, so we can match you with other like-minded residents to help all of you live your best quality of life.

Please take a few minutes to complete this intake questionnaire.
Tell us about YOU!

Your Name Age

Your Spouse/Partner Name

Marital Status

Hometown

Children? How many? Ages?

Grandchildren? How many? Ages?

What brought you to this community?

.....

.....

Are there any physical or mobility challenges we should know?

Please tell us about your faith/spirituality

Now we will explore the different options for the Care+ Wellness activities.



MUSIC

What is your prior **Music** experience?

I am interested in the following **Music** activities:

☐ Music lessons:

Level

- ☐ Beginner
- ☐ Intermediate
- ☐ Advanced

☐ Voice

☐ Piano

☐ Strings (check one):

- ☐ Violin
- ☐ Viola
- ☐ Cello

☐ Brass (check one):

- ☐ Trumpet
- ☐ Trombone
- ☐ French Horn
- ☐ Tuba

☐ Percussion (circle one):

- ☐ Drums
- ☐ Xylophone
- ☐ Other

☐ Woodwind (check one):

- ☐ Flute/Piccolo
- ☐ Clarinet
- ☐ Oboe
- ☐ Bassoon/Contrabassoon
- ☐ Saxophone

☐ Participate in a music group:

☐ Vocal (check one):

- ☐ Chorus
- ☐ Small ensemble
- ☐ Religious
- ☐ Solo
- ☐ Duet/Trio

☐ Instrumental (check one):

- ☐ Small ensemble (classical)
- ☐ Large band (classical)
- ☐ Small group (rock/jazz)
- ☐ Small group (folk/country)

☐ Video production

☐ Music professor educational session

☐ Produce a community talent show

☐ Organize a "senior prom" event in the community

☐ Host a local musician or musical group in our community



COLLECTING

What are your prior experiences for **Collecting**?

I would like to participate in the following **Collecting** activities:

- ☐ Visit museums and local collections
- ☐ Host local collector to share collection
- ☐ Produce collection display community fair
- ☐ Arrange a scavenger hunt with resident collections or interests

I am an avid collector of the following items and welcome activities focused on exchanging my collection:

- ☐ Historical artifacts
- ☐ Memorabilia signed by celebrities, athletes, etc.
- ☐ Coins/money
- ☐ Pins
- ☐ Other (please specify)



COOKING

What are your prior experiences for **Cooking**?

I would be interested in the following **Cooking** activities:

- ☐ Recipe exchange
- ☐ Preparing meals:
 - ☐ Daily
 - ☐ Weekly
 - ☐ Monthly
 - ☐ Quarterly
- ☐ Cooking workshop:
 - ☐ Participating
 - ☐ Being a demonstrator
- ☐ Visiting local restaurants with a dinner club
- ☐ Cooking show watch party
- ☐ Producing fund raising meal hosting the extended community



ADVENTURE

What are your prior experiences for **Adventure**?

I would be interested in the following **Adventure** activities:

- | | |
|--|---|
| <input type="checkbox"/> Visit local attractions (museums, farmer's market, attractions, etc.) | <input type="checkbox"/> Learning sessions (world cultures, history, other ongoing education) |
| <input type="checkbox"/> Book club to explore adventures through reading | <input type="checkbox"/> Domestic extended trip |
| <input type="checkbox"/> Networking group | <input type="checkbox"/> International extended trip |
| <input type="checkbox"/> Regional overnight trip | <input type="checkbox"/> Extreme adventure (river rafting, bungee jump, skydive, etc.) |



DANCE

What are your prior experiences for **Dance**?

I am interested in the following **Dance** activities:

- | | |
|--|---|
| <input type="checkbox"/> Daily dance break | <input type="checkbox"/> Weekly dance class with local instructor in the following styles (check all that apply): |
| <input type="checkbox"/> Attend local dance performances | Ballet: |
| <input type="checkbox"/> Host local dance company to perform for residents | <input type="radio"/> Beginner |
| <input type="checkbox"/> Watch party for dance-related television program | <input type="radio"/> Intermediate |
| <input type="checkbox"/> Coordinate monthly/quarterly/annual dance event with residents and the community. | <input type="radio"/> Advanced |
| <input type="checkbox"/> Teach a dance class | Ballroom: |
| Style..... | <input type="radio"/> Beginner |
| <input type="radio"/> Beginner | <input type="radio"/> Intermediate |
| <input type="radio"/> Intermediate | <input type="radio"/> Advanced |
| <input type="radio"/> Advanced | Country: |
| | <input type="radio"/> Beginner |
| | <input type="radio"/> Intermediate |
| | <input type="radio"/> Advanced |



ANIMALS & NATURE

What are your prior experiences for **Animals & Nature**?

I would be interested in the following **Animals & Nature** activities:

- | | |
|--|--|
| <input type="checkbox"/> Zoology regular educational session | <input type="checkbox"/> Nature hikes |
| <input type="checkbox"/> Listening to local experts | <input type="checkbox"/> Field trips to the zoo or conservation site |
| <input type="checkbox"/> Starting a conservation club | <input type="checkbox"/> Raise money for local animal shelter or environmental group |
| <input type="checkbox"/> Helping with local cleanup efforts | <input type="checkbox"/> Field trip to tour alternative energy sites |



ARTS & CRAFTS

What are your prior experiences for **Arts & Crafts**?

I would be interested in the following **Arts & Crafts** activities:

- ☐ Painting
- ☐ Sculpting
- ☐ Needlepoint (crochet, cross stitch, knitting)
- ☐ Sewing includes clothes, quilting, holiday décor, etc.
- ☐ Stained glass
- ☐ Ceramics
- ☐ Art history
- ☐ Museum and art gallery visitation
- ☐ Raise money for local art education or other services
- ☐ Host local artist



GAMES & PUZZLES

What are your prior experiences for **Games & Puzzles**?

I am interested in the following activities for **Games & Puzzles**:

- | | |
|---|---|
| <input type="checkbox"/> Daily puzzle activities (vocabulary, crossword, word search, etc.) | <input type="checkbox"/> Gin |
| <input type="checkbox"/> Group game activity | <input type="checkbox"/> Spoons |
| <input type="radio"/> daily | <input type="checkbox"/> Rummy |
| <input type="radio"/> weekly | <input type="checkbox"/> Table gambling games |
| <input type="radio"/> monthly | <input type="checkbox"/> Blackjack |
| | <input type="checkbox"/> Poker – Traditional |
| | <input type="checkbox"/> Poker – Texas Hold ‘Em |
| | <input type="checkbox"/> Craps |
| | <input type="checkbox"/> Other: please specify |
| | |
| | <input type="checkbox"/> Scavenger Hunts |
| | <input type="checkbox"/> Watch party for game show television program |
| | <input type="checkbox"/> Escape Room |
| | <input type="checkbox"/> Senior Olympics: |
| | <input type="radio"/> Organizer <input type="radio"/> Participant |
- I enjoy playing the following games:
- ☐ Charades
- ☐ Name That Tune
- ☐ Chess
- ☐ Backgammon
- ☐ Dominoes: ☐ 42 ☐ Mexican Train
- ☐ Bridge
- ☐ Mai Jong
- ☐ Board Games: Specify favorites:
-



GARDENING

What is your prior experience **Gardening**?

I am interested in the following **Gardening** activities:

- | | | |
|--|--|--|
| <input type="checkbox"/> Community gardening | <input type="checkbox"/> Maintenance | <input type="checkbox"/> Harvest |
| <input type="checkbox"/> Design | <input type="checkbox"/> Host local gardening expert for educational session | <input type="checkbox"/> Visit local nurseries |
| <input type="checkbox"/> Build | | <input type="checkbox"/> Seed exchange participation |
| <input type="checkbox"/> Planting | | |



SPORTS&FITNESS

What is your prior **Sports&Fitness** experience?

I am interested in the following **Sports&Fitness** activities:

- | | |
|--|---|
| <input type="checkbox"/> Hunting | <input type="radio"/> Racquetball |
| <input type="radio"/> Bird | <input type="radio"/> Swimming |
| <input type="radio"/> Hog | <input type="radio"/> Diving |
| <input type="radio"/> Deer | <input type="radio"/> Archery |
| <input type="radio"/> Other (please specify) | <input type="radio"/> Boxing |
| | <input type="radio"/> Other (please specify) |
| | |
| <input type="checkbox"/> Fishing | |
| <input type="radio"/> Fly fishing | <input type="checkbox"/> Fitness |
| <input type="radio"/> Deep sea | <input type="radio"/> Running |
| <input type="radio"/> River/Lake | <input type="radio"/> Walking |
| <input type="radio"/> Other (please specify) | <input type="radio"/> Weightlifting |
| | <input type="radio"/> Aerobics |
| | <input type="radio"/> Spinning |
| <input type="checkbox"/> Sports | <input type="radio"/> Cycling |
| <input type="radio"/> Basketball | <input type="radio"/> Yoga |
| <input type="radio"/> Flag football | <input type="radio"/> Pilates |
| <input type="radio"/> Softball | <input type="radio"/> Hiking |
| <input type="radio"/> Baseball | <input type="radio"/> Massage |
| <input type="radio"/> Hockey | <input type="radio"/> Reiki |
| <input type="radio"/> Golf (please circle) | <input type="radio"/> Meditation |
| <input type="radio"/> 18 holes | <input type="radio"/> Other (please specify) |
| <input type="radio"/> 9 holes | |
| <input type="radio"/> Putting | |
| <input type="radio"/> Driving Range | <input type="checkbox"/> Coordinate an overnight camping trip |
| <input type="radio"/> Badminton | <input type="checkbox"/> Organize senior Olympics or field day even |
| <input type="radio"/> Tennis | |



THEATER & MOVIES

What is your prior experience with **Theater & Movies**?.....

I am interested in the following **Theater & Movie** activities:

- | | |
|---|---|
| <input type="checkbox"/> Regular weekly/monthly Movie Night in the community | <input type="checkbox"/> Organize theatrical production (dinner theater, improv, comedy, reenactment or full production) in the community (specify desired role): |
| <input type="checkbox"/> See newly released movies in the theater | <input type="radio"/> Cast member |
| <input type="checkbox"/> Attend local community theater productions | <input type="radio"/> Stage/Tech |
| <input type="checkbox"/> Watch party for Golden Globe and Academy Award shows | <input type="radio"/> Promotion |
| | <input type="radio"/> Other..... |



VOLUNTEERING

What is your prior experience with **Volunteering & Charitable Work**?.....

I am interested in the following **Volunteering & Charitable** activities:

- | | |
|--|--|
| <input type="checkbox"/> Random Acts of Kindness program | |
| <input type="checkbox"/> Blood donor drive | <input type="checkbox"/> Fund raising for local charity (check all that apply) |
| <input type="checkbox"/> Street cleanup | <input type="radio"/> Youth |
| <input type="checkbox"/> Participate in a service organization (check one) | <input type="radio"/> Church/Religious |
| <input type="radio"/> Lions Club | <input type="radio"/> Alzheimer's |
| <input type="radio"/> Kiwanis | <input type="radio"/> Cancer Related |
| <input type="radio"/> Rotary | <input type="radio"/> United Way |
| <input type="radio"/> Other (please specify) | <input type="radio"/> Other (please specify) |