

## New Adventures – Ideas for Exploration

Name \_\_\_\_\_

Scale:

1-Yes! I'd Love to do That!   2-That could be fun, I will try it   3-No Way!

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### Faith:

Visit churches/find a church to join   1   2   3

Join a Bible Study Class   1   2   3

Be a greeter at church   1   2   3

### Food and Feeling Good:

Join an exercise class   1   2   3

Join a gym   1   2   3

Work with a personal trainer   1   2   3

Join a health/wellness class or group   1   2   3

Go for walks/hikes   1   2   3

Take a cooking/baking class   1   2   3

Join/Start Community Garden   1   2   3

### Give Back:

Volunteer at a sporting event   1   2   3

Volunteer at a library   1   2   3

Volunteer cleaning up the park   1   2   3

Volunteer at an animal shelter   1   2   3

Volunteer at a soup kitchen or food pantry   1   2   3

Volunteer somewhere, but not sure where   1   2   3

Join an advocacy or civic group   1   2   3

### Fun and Creative:

Take a class in art/painting   1   2   3

Take a class in crafts (sewing, drawing, crochet, scrapbook, etc...)   1   2   3

Make crafts for sale   1   2   3

Join a book club:   1   2   3

Join a dance class   1   2   3

### Friends and Family

Meet some of my neighbors   1   2   3

Have cookouts and invite friends, neighbors   1   2   3

I need some help thinking of new ideas. I am not sure what is out there to do:   Yes   No

Name \_\_\_\_\_

List up to 10 new things that you would like staff to help you accomplish or do with you.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.