

## Resident Strengths Questionnaire for Senior Development

Everyone has different skills, strengths and abilities. This is one of the things that make us unique- and so interesting! We want to know what your skills, strengths, and abilities are so that people who share interests can connect- and helps this community grow in ways that they know best.

If you have experience or skill in any of the following areas, check the box next to the items. If you would like to share these skills in the future, then also mark the box "Willing to Share."

Skills	Have skills, experience	Willing to share
<b>Organizing:</b>		
Telephoning people to invite them to an activity		
Organizing a party or special event		
Leading a group or committee		
<b>Music and Art:</b>		
Teaching/playing a musical instrument/singing		
Painting, drawing, sculpture, ceramics, calligraphy		
Sewing, knitting, crocheting, quilting		
Other arts/crafts:		
<b>Food Preparation</b>		
Serving food to people (more than 10)		
Preparing meals for people (more than 10)		
Clearing/Setting tables for people (more than 10)		
Baking/cake decorating		
<b>Office or Computer Skills</b>		
Bookkeeping, accounting, or keeping track of supplies		
Answering phones and taking messages		
Using e-mail and the internet		
Using computer graphics programs		
Typing or computer word processing		

<b>Other</b>		
Gardening		
Exercise, sports, or active games		
Bingo or card games		