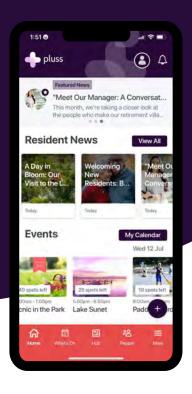
ARTICLE & EVENT

Content Ideation
Content Package



WHAT IS THIS CONTENT PACKAGE AND HOW WILL IT HELP?

Pluss Communities is helping communities stay connected and involved so retirees can live life to the fullest. Content creation is a fundamental in-app tool to support connection building. When fully utilised, the 'News' tab can translate big ideas into a newspaper style format that is both informative and personal to residents, boosting engagement through enriching lifestyle content. Recognising ideation as a key challenge to consistent content creation, the following package was developed to highlight opportunities for articles and potential associate events. Additionally, some example content has been provided and prospective sponsorship avenues are identified.





CONTENT GUIDE

The following table provides an alphabetically organised topic guide for potential content/news articles.

Category	Example Headlines for Content Articles
Books	 Digital or Paperback? This Month's Top 3 Reads Must-Read Biographies Recent Books I've Read and Enjoyed Books of the [era] Must Attend: Author Luncheons Coming Soon Meet the Authors: A Calendar of Upcoming Book Tours
Community	 Giving Back: Jumping into the Volunteering World Dealing with Feeling Alone: Finding Community Tips for Organising a Charity Morning Tea Serving on a Community Board - What You Need to Know [7] Creative Ways to Give Back to the Community
Creativity	 Ways to Feed Your Creative Mind Finding Your Inner Artist: Learning a New Medium Popularity of Adult Colouring Books Wine and Paint - The Perfect Ladies Night Dabbling in Photography? Now what? Sculpture and Pottery - A Relaxing Craft Jewellery Making: A Beginners Guide Crocheting and Knitting 'This Yarn is off the HOOK' 'We All NEEDLE Little Help'

Category	Example Headlines for Content Articles
Education	 Learning Languages and Cultural Enrichment Thinking of Studying? University Pathways Post Work Life 10 Ways to Keep Learning as an Adult [6] Must-Listens in the Podcast World to Expand Your Thinking Learning Apps to Keep Your Mind Active The Benefits of Reading Outside Your Interests Creating a Word-Bank: Improving Your Vocabulary Must See TED Talks to Broaden Your Thinking Volunteer Teaching Opportunities
Eras	 Memories from a Life Without Computers The [60s] at a Glance What Happened the Year You Were Born? Incredible Ways the World Has Changed in the Past 100 Years How the [Transport] Industry Has Changed: A Look Back
Facilities	 No Two People are the Same: The Best Activities for You How to Stay Active and Still Have Fun Well into Retirement Village Specific Have you tried [Tai Chi]? Full class today at [Aqua Aerobics]! Did You Know [Yoga] is on [Three] Times a Week Now New! Excited to Announce the Introduction of a [Pottery] Class at [Village] Update: Change of [Yoga] Schedule [Archery] in Review: A Resident's Rendition Five things that make [Village] our home
Family	 Writing a Children's Book for My Grandkids Father's Wisdom: Ageless Advice Lessons from Mum Knowing Your Family History: Is It Important to You? Interesting Findings from Tracing Your Family Tree An Important Lesson About Life: From My [Granddaughter] Five Skills Grandparents Need Strengthening Family Bonds A Balancing Act Between Family and Self Creative Gift-Giving for Birthdays

Category	Example Headlines for Content Articles
Fashion	 How to Add More Colours to Your Wardrobe Making Peace with An Aging Body: Tips for Feeling More Confident How to Wear This Season Runway Trends Feeling Creative? Tips for Becoming a Fashion Designer at Home This Season's Top Trends for the Men Dressing for Summer: Lightweight Must-Haves Fashion from your Favourite Eras Subtle Nod to the [70s]: Fun Throwback Ideas Let's Get Thrifty: Styling Up with Pre-Loved Fashion Items Styles from the [90s] Reimagined on the Catwalks in 2020's Dressing Royal: Fashion Rules of the Royal Family Australian Designer Spotlight Suiting Up: Tips for Finding the Best Suits for Fit and Comfort
Film	 Movies Your May Have Missed Where to Find Film Trivia The [80s]: A Film Era in Review Must-see Australian Made Films Top Documentaries of All Time Awards Season: Winners Worth Watching Foreign Films - Must-Watch Movies (With Subtitles) Watching Childhood Favourites with the Grandkids Spotlight: Disney over the Decades Retirement Representation in Film: What the Movies Get Right and Wrong
Finance	 A Satisfying Retirement on a Budget How to Know if I Have Enough Money to Retire on? Savvy Ways to Do Christmas on a Budget Feeling Charitable? A Breakdown of Ways to Give Back Top Five Hacks to Collecting Frequent Flyer Points Understanding the Digital Currency Trend
Food & Nutrition	 General 8 Clever Ways to Work More Vegetables into Your Diet 8 glasses of Water? What your Body is Trying to Tell You How Much Damage is that Pinch of Salt Really Doing? The Secret of Small Plates and Portion Control Transitioning from a Kitchen to a Kitchenette - The Changes to Make Village Specific Who Cooks Your Meals - Meet Our Chef! Burnt the Toast and Sent the Fire Alarm Off? Safe Cooking Tips at [Village] Eat like the Queen with [Village Chef's Name]: Tips on Making Your Meals Look and Taste Professional Recipe of the Week (Staff or Resident Submitted)

Category	Example Headlines for Content Articles
Generations	 What Don't You Miss from your Youth Spotlight: Top Trends of the Baby Boomer Generation What Will the World Look Like to Generation 'Alpha'? Talk About the Generations - A Breakdown of Interesting Differences Between the Generations Bridging the Technology Gap: Lesson from a Tech Genius (My Grandchild) Good Leaders Identify the Opportunities of Cross-Generational Collaboration A Gen Z and A Baby Boomer: An Interesting Conversation Being a Long-Distance Grandparent - Top [3] Tips
Global Trends	 A Breakdown of Brexit Trust: A Disappearing Commodity? Virtual Reality: A Glimpse into the Future Globalisation and its Impact on Retirees In the News (A resident's rendition of a current news event)
Health & Wellness	 Staying Sharp: Brain-training and Memory Building Activities Quiet Time is Never a Waste of Time Are Personal Trainers Worth the Investment? Shocking Retirement Medical Expenses: How Do You Cope? Sun-Safety Checklist Learn How to Play [Game Name] Creative Fitness Form: fitness with no equipment Activity of the Day (can be a dance, exercise, physical game) Village Specific Five Ways to Stay Physically Fit at [Village] Five Ways to Stay Mentally Active at [Village] How to Meditate in Your Home Class/Activity Review and Explanation Experience [Pilates] Through [John] Laughter is the Best Medicine How to Relax the Mind and Body At [Village]
Home	 How to Make Your Living Space Feel Like Home [2020]'s Top 7 Decorating Trends Home Modifications for Those with Low Vision (Adjusting lighting, eliminating safety hazards, use contrasting colours, create an organised environment) Decluttering: Strategies to Organise Your Life 8 Tips for Decluttering Benefits of Downsizing Simple Living My Way Simply Living: One Room at a Time

Category	Example Headlines for Content Articles
Lifestyle	 Managing Time: Do You Schedule or Go with the Flow? As we Become Busier are our Busy Schedules Helping or Hindering our Lifestyle? Creating a Routine to Reduce Stress Understanding Spreadsheets and How They Can Help You Become More Organised Why You Still Need Time Management After You Retire
Maintenance & Protocols	 Village Specific Maintenance Alert Submit Your Maintenance Requests A Reminder on How to Submit Requests Through the App Shiny and New Before and After of New Villages Additions and Upgrades Procedure Reminders Visitor Sign In and Out Reminder Using the New [Pool]
Mentoring	 Captain of Your Industry: What now? Being There for Younger Generations Where to Find a Mentee 8 Tips for an Amazing Mentor Relationship A Mentor's Guide to Success 5 Qualities of a Good Mentor Best Ways to Share Your Wisdom Want to Start Your Own Podcasts? Here's How
Milestones	 The Excitement of a Fresh Start: Moving In Turning 100 and the Mental Advantage You Have Once You Do Remembering When: Thinking Back to [My First Love/Buying My First House/My First Time Overseas] Milestone: Feeling Completely and Genuinely Happy Reflecting on Lessons From [My First Job] Becoming a Parent: [7] Key Lessons

Category	Example Headlines for Content Articles
Miscellaneous	 Poem/Quotes Fun Images/Cartoons Survey/Poll FAQs and Answers Reminders Great Reviews of [village] Top 10 Lists Contests Weekly/Monthly Roundup Links to Relevant Blog/Posts Written by Third Parties Recommended Podcast/Movie/Book How-To: Sign up to Classes Give Feedback Book a Concierge Vehicle
Music	 Music of the [Era] [Musician]: Look Back on a Legend Learning to Read Music Singing to Soothe the Soul Throwback Thursday - Classic Tune of the Week New Music Monday - This Week's Favourite Song Writing Essentials Music Made for Movies: Top 10 Movie Scores of All Time The Australian Music Industry at a Glance Never Too Late: Tips on Learning a New Instrument Music of the World: Be Taken Anywhere Through the Power of Music
Nature	 Five Ways to Be More Environmentally Friendly in Day-To-Day Life What You Didn't Know About Recycling What Nature Can Do for Your Mood Beautiful Botanic Gardens to Visit Top [5] Ways to Reconnect to Nature in Retirement The Latest in Nature News Finding Your Green Thumb: Beginners Guide to Gardening
Projects	 Pursuing Your Passion: Writing Success is Possible (J.R.R Tolkien published first volume of Lord of the Rings at age 62) Satisfying Retirement: Becoming a Collector Car Show World: A Passion for Mechanics Time to Rekindle an Old Hobby Flower Arranging: Tips from the Local Florist Dabbling in Calligraphy: A Relaxing Art Martial Arts and What it has Taught Me What You Need to Know About Getting into Woodworks

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Category Reflection	 Example Headlines for Content Articles A Letter to My [40] Year Old Self Leaving a Legacy: What I Want to Be Known For Second Chances - Experiences in Giving and Receiving Them Reliving Powerful Memories
Relationships	 Five Attributes That Mark a True Friend Maintaining Balance in an Aging Relationship Finding That Spark - Dating Adventures Dealing with the Loss of a Loved One Being Single and Retired I Dated Someone Famous Adjusting to Time Together After Retirement Top [10] Pieces of Relationship Advice Younger Generations Should Hear
Resident News	 A Day in the Life (Resident explains how they spend their day - could increase participation in activities) Back in the Day (Resident writes short story attached to photo) The Week That Was (A summary of the week at [village]) Meet My Pet Who Are My Neighbours? Short Autobiography by Resident Q and A Between Two Residents Resident of the Week How We Met (residents' love or friendship story) Welcome to the [Village] Family Welcome to the [Village] Extended Family Birth of a Resident's Grandchild/Great Grandchild Wedding of a Resident's Child Things that Inspire Us Major Milestones Happy Birthday [Resident] Happy Anniversary [Resident] and [Resident] Congratulations to [Resident] for Completing [Bridge to Brisbane] [Resident] for Participating in the Most Activities this Week Before and After Art Projects and Masterpiece Interior Design of Resident's Apartment Residents New Fashion Style/Tips

Category	Example Headlines for Content Articles
Role Models	 Aging Superstars: Famous Retired Lives How to Be the Best Role Model for the Next Generation A Look Back: [8 Incredible Role Model from History] Inspiring Leaders and How they are Changing the World Industry Focus: Key Players that Changed the [Banking] Industry for the Better
Routine	 Managing Time: Do You Schedule or Go with the Flow? As we Become Busier are our Busy Schedules Helping or Hindering our Lifestyle? Creating a Routine to Reduce Stress Understanding Spreadsheets and How They Can Help You Become More Organised Why You Still Need Time Management After You Retire
Seasonal	 Clever Tricks to Survive the Heat this Summer Christmas Traditions: Australian Edition Cozy Winter: Top Tips for Staying Warm Springtime Markets - Getting Out of the House After a Cold Winter New Year, New Plans
Sports	 New Ways to Golf Glued to the Australian Open: [202x] Tennis in Review Olympic Fever: What You Need to Know Community Sports Teams and How to Get Involved Giving Back: Jumping into the World of Umpiring The Sport of Fishing Social Sports
Technology	 My Smart Watch Does What? Digital Artist: iPad Apps for your Inner Creative A Closet Full of Old Photos: Best Ways to Save Your Memories Our Favourite New Smartphone Apps Living with a Smart Speaker (Google Home) No More Broken Screens: How to Protect Yours and Your Family's devices Feeling One Step Behind the Technology Curve Scams and How to Recognise Them My Social Media Questions Answered Snapshot of the Next Era: Five Things That Will Be Different in 10 Years

Category	Example Headlines for Content Articles
Television	 Australian Reality Dating Shows - A Review Netflix as a Business Model: Changing Television Reality Television: The Best and Worst Of [September's] Top Rated TV Shows Foreign TV Dramas Worth a Watch [News Program] - Top Stories from this Month DIY: Guide to the Best Decorating and Renovating Shows Shows to Channel Your Inner Chef
Theatre	 Big Productions Currently in Development The History of Theatre and Where it is Heading Theatre of the [era] Theatre at Sea: Interesting Facts About Cruise Ship Productions Comedy and Theatre: Laugh is the Best Medicine What You Didn't Know About Broadway Coming Soon: Productions to Look Out For
Travel - Australia	 General Take a Hike - Australia's Best Views Quick Getaway Ideas Weekend Road Trip Guide Australian Beach Checklist The Outback at a Glance Glamping? Glamourous New Ways to Get Amongst the Outdoors Check Snorkelling the Reef Off the Bucket List [Melbourne]'s Must-See Attractions Take a [Road or Rail] Trip with No Destination Top 10 Australian Resorts Monthly Australian Travel Spotlight: Visiting [Adelaide]
	 Village Specific Where is Our Community Travelling To? (Resident details latest holiday) Resident Perspective: Favourite Australian Destination Bucket List: [Resident]'s Three Must-Visit Australian Destinations
Travel - International	 River Cruising - What is it Like? Region of the Week [e.g. Auckland]: City Snapshot Diving into the History of [Egypt] [New Zealand] at a Glance Best Trips for Film Lovers Food Adventure: 5 Unexpected Destinations for World Class Dining 3 Key Tips for Travel Photography The Latest Travel Rules: Your Checklist for International Travel Best International Destinations by Season Family Abroad: Tips and Experiences about Keeping in Contact Rail/Road/Sea/Air - Transport in Review

Category	Example Headlines for Content Articles
Village Staff News	 Meet Our New [Cook] Congratulations to [Staff Member] for [10] Years of Service Happy Birthday to [Staff Member] How the [Village] [Kitchen] Runs An Insight into the Running of a [Village] Department Behind the Scene Photos of the Running of [Village] What Inspires Us? The Reasons [Village] Staff Love Doing What They Do [Staff's] Role Model and the Lessons Have Learned Congratulations! [Staff Milestone]
Work	 Ageism in the Workplace - Problems and Solutions Evolving Patterns of Work and Retirement Career Reflection: The Changes Made and The Change to Follow How Work in [Economics] Has Changed Over the Years Innovation Trends in Workplaces Things I Have Learnt to do to Work Happier Education, Training and Personal Development Workshops

EXAMPLE

Example A - 'Home' Article [General]

Decluttering: strategies to organise your life

Facing a lifetime's accumulation of belongings can be daunting when deciding to downsize. Here are five great tips to reduce the stress of decluttering:

1. Plan your new space

Getting the dimensions of the space you are moving into is useful to develop a vision for what your new, clutter free environment is going to look like. This will give you an idea of what items, large and small, you may want to bring with you or want to rehome.

2. Market value of your possessions

Putting a price on items you are ready to part way with can help with sorting. Sometimes unusual and unique items can equal a nice sum of pocket money. Items with more sentimental value may be better rehomed with friends or family.

3. Labelling and sorting

Label items based on their destination – new house, family/friends, sell, donate, recycle, dispose. Do some research to find charities, putting pre-loved items to great use.

4. Ask for help

Getting a second set of eyes can be a huge help; downsizing can be emotional because many items have so many memories attached - you need someone who has no association with them.

5. Stick to deadlines

Decluttering is tiring, both emotionally and physically, so limit yourself to three hour sessions. Although, once you decide to declutter, stick to it, and set yourself a deadline to avoid items piling up.

Example B - 'Facilities' Article [Village Specific]

Did you know yoga is on three times a week?

Practicing yoga regularly elicits numerous benefits including:

- 1. Improving balance and stability
- 2. Improving flexibility and joint health
- 3. Improving respiration
- 4. Reducing high blood pressure
- 5. Reducing anxiety
- 6. Encouraging mindfulness

At [Insert Village], there are many opportunities to give yoga a go under professional supervision. Click the 'Events' tab to view upcoming sessions and reserve your spot.



EVENTS

Category	Event Idea
Books	 Book Club: Book of the Month in Review Book Fair: Exchange books and potentially meet authors - could be for residents and family members
Community	 Become a Justice of the Peace: act as a witness of official or legal documents Volunteer with Homeless Connect: one-day event linking homeless people with vital services Indigenous Community Volunteers Australian Youth Mentoring Network: links mentors with mentoring programs for young people
Creativity	 Sip and Paint: Monthly wine and painting workshop Morning Crocheting/Knitting session
Education	 University Open Day for Residents: Getting representatives from local universities to visit the residents to talk about short courses and offerings for mature aged students wanting to broaden their knowledge Learning the Basics of [Language]: Potential for a resident who speaks a second language or a teacher to run an introduction class to learning a particular language
Eras	 Dapper Day: Occasion to throwback, dress up and mingle Party like it's 1955 - Social event
Family	Teddy Bear's Picnic: Picnic in the park with grandkids - planned activities for family fun

Category	Event Idea
Fashion	 Spring Cleaning: Suitcase Rummage - event where residents can bring a suitcase of clothes they wish to sell/trade with each other DIY Fashion Show - Using unusual/household items residents must use their design skills to come up with a fashion statement that will rule the runway Suit Up! Tie making workshop for the village's gentlemen
Film	 Mad Hatter's Tea Party (Or movie themed community event) Outdoor Cinema: Showcase a movie on a project screen Film Festival: Short film showcase Make a Movie Workshop: Filmmaking basics class
Finance	Finance Seminar: Banking Experts Visit the Residents
Food & Nutrition	 Farmers Market Visit: Take an Excursion to a local farmers market to purchase fresh produce Cuisine of the Month: a cooking class exploring foods and recipes from around the world Bake-off: Semi-annual bake-off event/competition/brunch MasterChef Session: Bring in a local chef to run a master class on one of their favourite dishes
Generations	 Generation Mix Up - Social gathering where residents are encouraged to dress up like Millennials Gen Z and Baby Boomer Networking Session Back to School - A High School IT Class teaching a fun and interactive technology tutorial
Global Trends	Excursion: News Station Tour
Health & Wellness	 Don't Miss a Beat: First Aid Training Session "Gym Name - Are Gyms Worth the Hassle?" Workshop Salsa Dance Class
Home	Interior Decorating Masterclass: run by expert residents or industry professional
Lifestyle	Shopping Online vs In-store Guided Session
Mentoring	 Wisdom Forum: Industry Spotlight - [Internal] Residents who are industry experts discuss big ideas (potential podcast/video series); [External] Expert panel of residents presenting at industry events Mentoring volunteering
Milestones	Magic Milestone Event - celebrating one of the most exciting milestones - retirement!

Category	Event Idea
Music	 Music Lessons: Lessons (instruments/vocals) by residents for other residents or community members/lessons by music professionals for the residents Battle of the Bands Event Musician of the Month: Local talent to visit and perform Karaoke Night
Nature	 Nursery/Botanic Gardens Visit/Excursion Take a Hike - A Day Trip to the Mountains
Projects	Car Show Visit/ExcursionWoodwork Workshop
Relationships	 New Friends: Speed Dating Meet the Community (Networking) Event: Human Bingo - Create bingo cards that have human characteristics, qualities or interests that they need to find and cross off Trivia Night - Opportunity to meet new people Bring your own Board Game - Residents bring their own game to play with others
Role Models	Local Legends: Meet and Greet - [Inbound] Meet inspiring members of local community; [Outbound] Inspiring residents to speak at community events
Routine	Importance of Time Management Workshop
Seasonal	 Christmas Card Making Trick or Treat this Halloween: Bring the Kids
Sports	 Visit Local Sports Match Visit Top Golf (Gold Coast) Unique Sports Events (i.e. Learn how to play Ultimate Frisbee) Fun Tournaments - Table Tennis, Pool, etc
Technology	 Technology to Make Your Life Easier: Monthly digital workshops "How To" workshops
Television	Gogglebox: Residents Edition - Short video series of charismatic residents watching and reviewing popular television shows
Theatre	Annual Musical Production: Resident made theatrical event, requiring writers, directors, performers, etc. to be performed for other residents and family members

Category	Event Idea
Travel - Australia	 Australian Wine: National Tasting Tour Monthly Adventure: Being a Local Tourist - Visiting and learning about locations/scenery/attractions that aren't far from home from a tourist's perspective Video Series: Spotlight the different parts of Australia residents are from and the unique qualities of the town/region Monthly excursion (QPAC, Brisbane River Cruise and/or Markets)
Travel - International	 Drink Around the World: An International Wine and Liquor Tasting Night Excursion: Visiting Travel Expos Video Series: Where Are You From? Short videos sharing the countries where residents and their families are from, highlighting unique qualities of country/region

