

Health & Wellness

- Explain my blood pressure reading of 132/78 in simple terms.
- What are 5 safe stretching exercises for someone with stiff shoulders?
- Give me a 7-day meal plan that's low in salt and easy to cook.
- What are common side effects of [medication name], explained simply?
- What questions should I ask my doctor about arthritis?
- Give me tips for sleeping better without medication.
- What foods help keep bones strong as I get older?

Technology Help

- Explain step-by-step how to change the font size on my iPhone.
- How do I know if an email is a scam?
- Write simple instructions for joining a Zoom call.
- Explain how to make my Facebook more private.
- How can I transfer photos from my phone to my computer?
- Show me how to reset my Wi-Fi router if the internet stops working.
- Explain how to block robocalls on my phone.

Daily Life & Organization

- Make me a weekly grocery list for two people who eat heart-healthy.
- Remind me of 5 easy ways to save money on my electric bill.
- What's a good cleaning schedule for keeping a small house tidy?
- Help me organize my day: exercise, medication, chores, reading.
- Give me ideas for simple dinners using chicken, rice, and vegetables.
- What are 5 tips to keep my memory sharp?
- How do I declutter my home without getting overwhelmed?

Communication & Social

- Write a warm thank-you note to my neighbor for helping me with groceries.
- Create a short birthday message for my granddaughter turning 10.
- Suggest 5 questions I can ask my grandson to get him talking. • Turn this email into a polite, clear message: [paste draft].
- Give me icebreaker jokes to tell at my senior group meeting.
- Write a holiday greeting I can send to friends and family.
- Help me write a sympathy message that is kind but brief.

Learning & Hobbies

- Summarize the history of World War II in plain English.
- Teach me 10 Italian phrases for my trip to Rome.
- What are the steps to start a vegetable garden in pots?
- Give me beginner instructions for knitting a scarf.
- Tell me about the latest mystery books popular with readers.
- Explain how to take better photos with my iPhone.
- Show me 5 fun card games I can play with friends.

Safety & Preparedness

- What should I pack in an emergency hurricane kit?
- Give me 5 tips for avoiding scams on the phone.
- How can I safely store my passwords?
- What's the difference between Medicare Part A and Part B?

- Remind me what to do if I lose my wallet.
- Explain how to prepare my house before a hurricane.
- What should I do if I fall and can't get up right away?

Fun & Entertainment

- Tell me a funny clean joke.
- Write a poem about a retired couple living in Florida.
- Make a trivia quiz about 1960s music.
- Suggest 10 classic movies I can watch on streaming.
- Help me create a daily crossword clue list.
- Write me a lighthearted limerick about gardening.
- Suggest 5 free apps for brain games and puzzles.