

The Stories for the Ages Contest and Showcase aims to collect positive stories of how older people in our community make it a better place to live.

The contest offers a chance for people to see their work published and win up to \$500 for telling a positive story of an older person or a positive experience of ageing.

### Contest details:

- Entries open from Friday 15 August to 4pm Tuesday 30 September 2025
- Authors can be any age.
- Stories must be less than 2,000 words (no minimum) and be about an older person or an experience of older age.
  - E.g. the experiences, lessons learned, and value found in retirement, or
  - a story about an older person who contributes to a family, group, relationship, or community in a beneficial way (volunteering, helping younger people, etc.)
  - Prizes up to \$500 to be won

Full Terms and Conditions and entry forms are available from:  
[rockingham.wwa.gov.au/age-friendly](http://rockingham.wwa.gov.au/age-friendly)

### Writing Prompts

If you want help starting your story the Rockingham Writers Centre has compiled a list of prompts for a short story about positive ageing:

1. **The Memory Garden:** An elderly woman tends to a community garden and teaches the neighbourhood children the importance of storytelling through the plants and flowers she grew in her youth.
2. **The Second Act:** A retired schoolteacher discovers a hidden passion for art and decides to take a class at a local college, forming unexpected friendships with young aspiring artists.
3. **Time Travellers:** A group of senior citizens invents a time capsule project, where each member shares a significant life lesson learned, culminating in a heartfelt gathering to celebrate their legacies.
4. **Dance of Generations:** An 80-year-old man trains to perform at a community dance recital, sharing the stage with teenagers and proving that joy and rhythm know no age.
5. **The Wisdom Journal:** A grandmother starts a journal where she writes letters to her future self, reflecting on her life's happiest moments, encouraging her to embrace every new chapter with positivity.
6. **The Adventure Bus:** A group of retirees embarks on a spontaneous road trip, creating a bucket list of adventures that lead to humorous mishaps and heartwarming bonding experiences.
7. **The Unexpected Mentor:** A young professional seeks advice from a spirited octogenarian, discovering that the wisdom of their age offers not just life lessons but also guidance in overcoming modern challenges.
8. **Chronicles of Courage:** An elderly woman recounts the stories of her life to her granddaughter, revealing the trials she faced and the triumphs that shaped her, ultimately teaching her the value of facing life with courage and grace.

9. **The Gift of Time:** An elderly woman discovers a hidden talent for painting in her retirement, leading to a local art show that changes her perception of aging.
10. **Cross-Generational Bonds:** A retired schoolteacher volunteers to mentor a troubled teenager, finding friendship and purpose in the connection while inspiring the youth to embrace their future.
11. **The Wisdom Tree:** A community garden becomes a gathering spot for older residents to share stories and life lessons, transforming the garden into a symbol of friendship and resilience.
12. **Unplugged Adventures:** A tech-savvy grandparent decides to take their grandchildren on an adventure without screens, discovering the joy of nature and real-life experiences instead.
13. **A Recipe for Life:** After receiving an old family cookbook, an elderly man embarks on a culinary journey, cooking traditional dishes that bring family members together and create new memories.
14. **Rediscovering Love:** Two widowed neighbours, who've known each other for years, find themselves in a vibrant friendship that gradually blossoms into romance, proving that love has no age limit.
15. **The Journey Journal:** A retired couple starts a travel blog to document their adventures around the world, inspiring others to embrace the joys of later life.
16. **The Hidden Talent:** A woman attempts a hobby she abandoned in her youth, only to discover that it helps her connect deeply with herself and her past while uplifting those around her.
17. **Voices of History:** An elderly man recalls his life during significant historical events, leading a group of young students on a journey through time, fostering intergenerational learning.
18. **Legacy of Laughter:** A comedic storytelling competition is held at a senior community centre, showcasing the humorous side of aging and the lessons learned through laughter.
19. **The Active Aging Club:** Inspired by her late husband, an elderly woman starts a hiking group for seniors, discovering new friendships and the beauty of nature at every step.
20. **Resilience in Bloom:** A retired gardener enters a community contest to beautify their neighbourhood, fostering a sense of teamwork and renewal among residents of all ages.

Here's a list of prompts focusing on aging positively through interactions with young adults or children:

1. **The Garden of Memories:** An elderly woman invites neighbourhood children to help her plant a garden. As they work together, she shares stories from her past, planting seeds of wisdom along with the flowers.
2. **The Wisdom Exchange:** A retired teacher begins a mentorship program where young adults seek advice on life choices. Each session starts with a shared meal where both generations exchange their "lessons learned" in a fun and engaging way.
3. **Tech Savvy Grandma:** A grandmother struggles to stay connected with her tech-savvy grandchildren. Determined, she learns to use social media,

leading to humorous encounters that showcase how both generations can learn from each other.

4. **The Time Capsule:** A group of children discovers a time capsule left by their elderly neighbour. Intrigued, they team up with him to fill a new capsule with their own memories and future aspirations, creating a bond across generations.
5. **The Annual Talent Show:** An elderly man decides to participate in his community's annual talent show after being encouraged by local teenagers. His unexpected performance surprises everyone and leads to a deeper understanding of talent at any age.
6. **Storytime at the Nursing Home:** A young volunteer starts a storytime event at a nursing home, where residents share life stories that inspire the youth, emphasizing the beauty of aging and the wisdom gained over the years.
7. **The Grandparent Project:** A college student takes on a project for class where they partner with an elderly person in their community. Through interviews and shared experiences, they learn valuable life lessons that change their perspective on aging.
8. **The Wisdom Tree:** Children in a neighbourhood come together to create a "Wisdom Tree," where they hang notes with pieces of advice from their elders, sparking unique conversations about life between the two groups.

Writing Prompts provided by Helen Iles and the Rockingham Writers Centre

