

**DOBELES MĀCIBU CENTRS
DOBELE
LATVIA**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...

First step could be inviting the volunteers who have undertaken to monitor the work of a local senior club. They should be educated and told about the laws, ideas, and given some etc. The Club Senior Nordstad could organize thematic meetings about the issues that elderly people are interested in, e.g. health issues, life stories of “strong people”, meetings with celebrities and others. In order to make the local associations to meet and get to know each other we suggest organizing *SPORT AND LEISURE GAMES*, where seniors would get involved both physically and emotionally. The Campaign *GIVE TO OTHERS AND YOU WILL BENEFIT* could be organized – a kind of charity when people donate and collect things they don't need but there are people in need who would gladly accept the aid.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

MATERIAL

The first meeting with volunteers should be organized in the premises of the Club Senior Nordstad, but in the future the meetings could be held in the premises of the local clubs.

PLACE

The association which has the most space to offer could undertake the hosting of the event *SPORT AND LEISURE GAMES* or any other open space available.

TIME

Meetings with volunteers can be held in any time convenient for them, all year round. The *SPORT AND LEISURE GAMES* should be held in warm season – late spring, summer and early autumn.

POSSIBLE OBSTACLES

- ❖ Volunteers are not professional and don't want to improve their knowledge and learn. They are not eager to leave their community.
- ❖ Lack of initiative could be one of the most serious obstacles, the seniors might be unwilling to leave their homes and open up to their peers. They should be encouraged and supported both emotionally and physically.

ILLUSTRATION

