



CLUB SENIOR NORDSTAD
ETTELBRUCK
LUXEMBURG



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

- ...To establish a professional organized Senior Club for elderly people, women and men, in the area of Alicante, like the Luxembourgish Club Senior Nordstad.
- You can offer a diversity of playful activities for people with different interests to keep them active, healthy and happy with good social contacts.
 - Maybe people are interested in social activities, like meeting together once a week at a comfortable place/room, cooking and eating together, dancing, talking together, singing, playing cards or games, making handicrafts, celebrating something together etc.
 - Maybe they are also interested in visiting an interesting cultural place or going shopping
 - Maybe they are interested in travelling for a few days but not alone.
 - Maybe some of them are interested in activities to keep their body healthy: you can offer promenades, gymnastics, swimming, senior dancing, etc.
 - Maybe some of them want to learn something new: language, drawing, new technologies, cooking, etc.
 - Maybe some of them want to engage themselves in volunteer activities, intergenerational or intercultural projects
- Create an activity Programme with a diversity of interesting, playful and joyful activities and send it to all seniors, living in your region. Start with one or two activities / week. Try to cooperate with the communities, the government, the university and important sponsoring-partners.
- Establish a service book bus. These books could be borrowed for 2 Weeks. After 2 Weeks the Book bus is coming again to the village and the people can change their books. This service is not only interesting for elderly people, but for people of all age.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

- You can start small, but you need at least an official agency which is responsible for this professional project (University?)
- Assure the Financial support by the communities, government, university, etc.....
 - **Staff:** You need for the start minimum one fulltime Educator
 - **Infrastructure:** You need a comfortable meeting place for the social activities,
 - **Mobility:** You need a Minibus for the pick up Service of the seniors from the villages
 - **Publicity:** You need to create a printed activity programme
 - **Circular:** You need to communicate your activity programme (by post, radio, television, internet, etc.)
- You need instructors for different courses
- You need volunteers' to help you
- You need to attend all contacts with senior people
- You need to travel through all villages to introduce your new offer
- You need about 5 years process working, to establish a new service like a regional senior club.

POSSIBLE OBSTACLES

- The basic conditions are not clear enough
- The financial support is not sure.
- Success is coming slowly, don't give up to early.

ILLUSTRATION

