

Club Senior

Nordstad

We are one of 16 national Club Senior's in the grand-duchy of Luxembourg

We are Working in order of the Family Ministry and 9 Municipalities



Our region is situated in the middle of our little country. The name is created by a community of 7 municipalities



About 23.868 people are living In this developing region

13738 of them are over 50 years old

5497 of them have the luxembourgish nationalitie

8241 of them are foreigners mostly from Portugal, Italy, France, Belgium, Netherlands, Germany,...





A lot of elderly people, especially when they are living alone, leave their houses in the little villages and come living in the two « Nordstad-City's » Diekirch or Ettelbruck to be close to their all day needs.

Those who are staying in the villages often have **problems with mobility and transport** and so there exist the **risk of isolation**.

The Club Senior Nordstad offers various open activities for people up to 50+
During all our different activities our main objectifs are:

- To save **physical health**, social contacts, **cognitive activation** and psychological balance



- We organize
 - Day-Excursions , trips and journeys
 - different Sport activities
 - cultural visits of exhibitions , museums, theatre and concert,...
 - social events like Party's , lunches, dinner's,...
 - creativity ateliers
 - special activities for health prevention
- We offer
 - Consulting and Information
 - Lifelong Learning courses, languages, handycraft,...
 - service benefits
- We introduce
 - in new technologie like mobile phone, Laptop, GPS, ...
- We support
 - Volunteers
- We participate in european Partnership projects

4x year we print an activity – programm to inform the citizens about our offer

