

Postersession

Strengthening civil society in the Danube Region for a joint Europe

As part of the 13th International Danube Festival Ulm/Neu-Ulm 2024

Senior Day Center Number One from Cluj-Napoca

Implementation by The Social and Medical Assistance Division

Supported by Cluj-Napoca City-Hall

Objectives/focus of work

Providing free alternative social services within the Center to ensure an independent and active life for the elderly, medical recovery through physiotherapy, socialization and leisure, psychological counseling, health education and administrative problems.

Target group

Individual, family and group social needs, through socializing activities in order to prevent social exclusion and through social reintegration.

Cooperation partner

UBB - Alma Mater Napocensis Foundation, Academicradio, EduNation, BailARTE DS, "Octavian Goga" Cluj County Library, Urban Culture Center Cluj-Napoca.

Important findings/results/experiences

DAILY ACTIVITIES - Recovery: Physical Therapy, Physiotherapy, Logic games, social games, insight games, memory activation and skill, reading.
WEEKLY ACTIVITIES - Free courses: Foreign languages such as German, English, French, Japanese; PC and Internet use, Guitar; Piano; Qi-Gong relaxation and mobility sport; Dance Course (Salsa, Bachata and Argentine Tango) + Senior Dance; Reflex therapy; Painting; Creative Workshop, String art; Tailoring / Knitting Workshop; Repertory ensemble "The Joy of Seniors" traditions, games and popular songs; Rehearsal vocal group "The Joy of Seniors" - choral and traditional music; Therapy through humor (Râsoteka).
OTHER IMPORTANT EXPERIENCES: University of Third Age and The Senior University; "Security Day on the Net"; "Particular Aspects of Spirituality"; "Loneliness or Inability to Communicate?"; "Prevention of Colorectal Cancer"; "Open Day" at the Centre; "Dance, Healthy Lifestyles at All Ages"; "Nutrition"; "The Game of the Ages"; "Digital Seniors"; The Ensemble "The Joy of Seniors" and the Theater Team.

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