

ACTIVITIES				
NAME	OBJECTIVES	ACTIVITIES	REGULARITY	NUMBER PARTICIPANTS
Sociability centre (Standing on Esperança, Vilela, Friande, Fontarcada, Póvoa de Lanhoso, S. João de Rei and Friande)	Healthy space of inter-generation gathering where experiences and story lives are shared, working as dynamic centre of many activities.	<ul style="list-style-type: none"> • Theatre • Dance • handicraft • Visits / walks • learning • sewing, cooking 	weekly	Nearly 150 Seniors
Sportive competitions (happening at Verim's Teresiano social centre, Calvos' social centre, Monsul 's social centre and Fontarcada's "Casa de trabalho" (working house)).	Working senior's agility using multiple games and exercises so they became more autonomous.	<ul style="list-style-type: none"> • Group interaction • locomotion games • gymnastic 	weekly	Nearly 70 Seniors
"Cantares de Reis" gathering (All IPSS seniors)	To promote seniors from all IPSS centers gathering	<ul style="list-style-type: none"> • Singing • Tea time gathering 	Annual	Nearly 400 Seniors
Carnival party (All IPSS seniors)	To promote seniors from all IPSS centers gathering	<ul style="list-style-type: none"> • Carnival parade • Carnival dancing • Tea time gathering 	Annual	Nearly 400 Seniors
Popular saints festivity (All IPSS seniors)	To promote seniors from all IPSS centers gathering	<ul style="list-style-type: none"> • Parade • Tea time gathering 	Annual	Nearly 400 Seniors
International senior day (All IPSS seniors)	To promote seniors from all IPSS centers gathering	<ul style="list-style-type: none"> • Multiple activities • Tea time gathering 	Annual	Nearly 400 Seniors
Christmas activities (All IPSS seniors)	To promote seniors from all IPSS centers gathering	<ul style="list-style-type: none"> • Musical and theatrical auditions • Tea time gathering 	Annual	Nearly 400 Seniors
"My senior friend"	Every Wednesday there's a students group from the ninth degree of regular school "Escola Secundária da Póvoa de Lanhoso" interacting with two different institutions: The Serzedelo social centre and the Taíde one.	The objective of those meetings is to make young people help senior in there routines. The young students are frequently watched for a teacher.	weekly	Nearly 30 Seniors
"My senior friend"	Every two weeks, on Friday, the students from senior college join the twelfth degree students of regular school "Escola Secundária da Póvoa de Lanhoso" to socialize.	A theatre professional animate de encounters in order to work the "in self" to make young and seniors moments of reflection and sharing using workshops and theatrical games	weekly	Nearly 10 Seniors