

ACTIVITIES ADDRESSED TO THE SENIORS CITIZENS GROUP

Activation

- Seniors' Council
- Senior Clubs
- University of the Third Age
- Wrocław Senior Card
- Seniors-friendly places
- Senior Days
- Vaccination against influenza
- Physical activation
- Workshops
- Volunteering

Wrocław Senior Center - in 2018, it undertook extensive pursuits aimed at activating senior communities in Wrocław. Statutory projects for the activation of people over 60 are primarily to support seniors and coordinate the tasks of many organizations working for the elderly, to create a platform for the exchange of knowledge and good practices between entities that work for the elderly, initiate actions to improve the quality of life of older people, promoting the idea of lifelong learning, undertaking actions to change the stereotypical perception of old age, facilitating access to information; stimulating the broadly understood activity of seniors and successful aging, promoting and organizing intergenerational activities, preventing exclusion, isolation and marginalization of older people. Until December 2018, the following tasks and programs were implemented:

- **Senior Telephone** - (+48) 71 3444444- It was the first in Poland service providing an on call information about what is offered to the oldest inhabitants in the area of Wrocław. Wide information included min. culture, art, support, care, sport, tourism and activities undertaken by the Wrocław Senior Center. Approximately 30 people used the Senior's Phone daily;
- **Information Point** - Open from Monday to Friday from 7am-3pm, with offhand information, visited by about 80 people per month;
- **Website www.seniorzy.wroclaw.pl and Facebook profile page** as platforms with information about current cultural, sports and scientific events taking place in the city. In 2018, the number of users amounted to 31,000 and 50,000 sessions, active website users: 3.4 thousand per month; weekly: 1.3 thousand Facebook: the profile until December 2018 liked 1934 (in 2017: the number of likes 1577 people);
- **Monthly newsletter** sent out to Senior Clubs and individuals. Individual database of seniors in 2018 included about 10 thousand email addresses;
- **Monthly consultation sessions for seniors** - a part of the Wrocław Senior Center's current operation, providing advice to approximately 150 people each month. They offered help in the

following areas: dietetics, psychologist, Senior Traveler's Club, computer consultancy and advisory of UM Wrocław Consultants for Seniors and members of the Wrocław Senior Council;
 • **Seniors' Library** - operating since 2016.

Table 1: Average number of users of Wrocław Senior Center services between 2012 - 2018.

Services	Average number of users per year						
	2012	2013	2014	2015	2016	2017	2018
Daily information point for seniors	40	50	60	70	72	75	80
Senior Telephone	21	35	40	50	60	60	30
Monthly consultation sessions	100	150	170	200	220	225	150
The number of hits on the website seniorzy.wroclaw.pl	12 000	14 000	14 000	14 500	14 600	15 000 (new website)	31 000

Source: Developed on the basis of materials from the Wrocław Center for Social Development.

- **Database of the Senior Clubs (over 80 clubs) and Universities of the Third Age (10 institutions)** was maintained and regularly updated; The Wrocław Senior Center provided them with substantive and logistical support. In 2018, the WCS continued the initiative of establishing and running the Senior Club Federation in 2017. The primary goal of FKS is to build a platform for the exchange of knowledge, information, experience, dissemination of good practices and cooperation between clubs, which undertake activities to improve the quality of life of older people. The tool used by FKS is a closed group on Facebook, where information about meetings and training was posted, and FKS members could exchange opinions, knowledge and good practices;

- **Promotional activities of the Wrocław commune for the elderly.** The Wrocław Senior Center was regularly preparing materials for promoting and preserving a positive image of seniors in the urban space, including: "Active Senior" t-shirts, Wrocław Senior Cards (new versions: gold and silver), balloons: "I love my grandma" and "I love my grandfather", bags with logos, lanyards, pens, mugs, badges, pendants, key rings, notebooks, statuettes and others;

- **Information on services addressed to seniors**, offered by NGOs, institutions and companies (eg about workshops, courses, meetings) and referring seniors to these placements. At the Information Point and on the bulletin boards, posters and advertisements were hung; in the monthly "Zwitki Seniora" (information packages - envelopes) there were leaflets, vouchers, bulletins of the partners of the Wrocław Senior Card. We also send information about offers for seniors by email. Promotional materials were also transferred to the Estate Council's across the city;

- **"Seniors Friendly Places"** - Wrocław is the first city in Poland which introduced the program. It was awarded by the Commissioner for Citizens' Rights and entered in the Golden Book of Good Practices. The task is to honor places that are particularly friendly to the elderly, which are free from communication and architectural barriers or have a special offer for people over 60 years of age. By the end of 2018, 77 institutions were welcomed with the Certificate of a Friendly Place for Seniors, including schools, culture centers, libraries, cafes and others;

- **Wrocław Senior Card** is an innovative program of the Wrocław Senior Center, addressed to people over 60 years old living in Wrocław. Thanks to participation in the Wrocław Senior Card program, seniors can use special offers prepared by companies and institutions exclusively for them. This program aims to activate as many older people as possible by choosing an attractive offer, taking into account the interests and needs of seniors. By the end of 2018, the program had already been joined by 200 partners from various fields (including culture, recreation, fitness, health, tourism). By the end of November, about 800 Senior Cards were issued monthly. In December 2018 two types of Wrocław Senior Card were introduced: Silver Wrocław Senior Card 60+ and Golden Wrocław Senior' Card 75+ (under which the 75+ Taxi project was initiated: four free taxi journeys a month to a specialist or office). By the end of 2018, 1250 Golden Wrocław Senior Cards and 750 Silver Senior Cards were issued. In addition, the Wrocław Senior Card, as the first card of this type in Poland, has become an inspiration for regional senior cards issued nationwide. Information on discounts and promotions for seniors (proposed by WKS partners) was published in the form of a list at www.seniorzy.wroclaw.pl, printed and distributed at the WCS Information Point, during events organized, co-organized by the WCS, as well as during trade fairs, forums, conferences to which WCS staff are invited;

- **The first edition of the project entitled "Education for old age. Wrocław Miasto Pokoleń 2018"** - from March to June it was implemented, together with the Department of Education, as a continuation and refinement of the social education program on the elderly, the aging process and intergenerational tolerance (a program was established in which the theoretical and organizational directives of education about older people and aging were determined). The program was addressed to children and young people from 20 Wrocław educational institutions, covering various educational stages (kindergartens, primary schools). Classes were taught by 9 educators aged 60+, students of Wrocław UTW and groups operating at WCS. The program is innovative in Poland. The project was preceded by a training consisting of 5 meetings as part of the School of Educators. Educators could also consult their diagrams for classes with the Advisor

of Wrocław City Council for Seniors. The second edition was carried out from November to December in 30 educational institutions; the classes were conducted by 6 educators - students of Wrocław UTW, lecturers and members of groups operating at the WCS. As part of the campaign, the program assumptions were made available to the University of the Third Age in Świdnica to develop the awareness of children and young people from the city of Świdnica and the Świdnica powiat and the city of Dzierżoniów and the county of Dzierżoniów on the elderly, the aging process and intergenerational tolerance.

- **Project "Friend of Seniors"** - started in 2016, the aim of the project is granting the title and statuettes "Friend of Seniors" for individuals and institutions strongly engaged in activities from which seniors benefit. Members of the Wrocław Senior Council are deciding who will be awarded. It is closely related to the inauguration of Wrocław Senior Days, the largest social campaign for the elderly in Poland. 15 statuettes have been handed out so far.

- **The Academy of Senior Development program**, which was initiated in 2012 under the name Wrocław Intergenerational Academy as an implementation of European Year for Active Aging and Solidarity between Generations. The beneficiaries of the project were Wrocław seniors aged 60+, looking for education and development opportunities, as well as junior high school students and students who wanted to engage in an intergenerational cooperation. In 2018, a total of 553 workshops, lectures, meetings and studies were held as part of the Senior Development Academy.

Table 2: List of activities under the senior development academy project.

Name of the series of lectures / meetings / studies / workshops	Number of meetings
Esperanto for beginners.	33
French - advanced level.	33
Spanish for beginners.	22
English for beginners run by volunteers from the Wspieram Wrocław project.	3
Conversational English conducted by volunteers from Junior High School No. 29.	4
Senior's Beauty Academy.	3
CREATIVE group workshops.	49
Historical costume sewing workshop for Senior Days 2018.	18
Workshops of the Ladies Surprise group.	18

Organizational meetings of the sports and recreation group.	5
Mnemotechnics workshops and O-CAL-eni group meetings.	31
<p>The cycle 'Health from the kitchen' (meetings are conducted by dietitian Magdalena Szyszk-Barycka):</p> <ul style="list-style-type: none"> - <i>What can a person with type 2 diabetes eat?</i> - <i>Dairy, milk and their substitutes.</i> - <i>What to eat with elevated cholesterol?</i> - <i>What to drink: water, juices, nectars, drinks?</i> - <i>Tea and herbal infusions.</i> - <i>Malnutrition in seniors.</i> - <i>Plain bread, crisp bread.</i> - <i>what to eat?</i> - <i>Nutrition in heart failure?</i> - <i>Where is the salt hidden?</i> - <i>What to watch for cardiovascular diseases?.</i> 	9
Computer consultations conducted by volunteers from Junior High School No. 29.	124
Fitness of body and mind.	26
Happy in dance - dance and movement classes for seniors.	29
School of Leaders.	9
Music therapy for seniors.	6
<p>The cycle "Polish customs and traditions" (meetings organized by the O-CALeni group):</p> <ul style="list-style-type: none"> - <i>Women's Day,</i> - <i>workshops on making tombstones on the occasion of Wszystkich Świętych, under the direction of florist Anita Ignasiak,</i> - <i>a performance entitled "On the 100th anniversary we should be united" (organized by Creative, O-CAL-eni and Mr Surprise groups operating at WCS),</i> - <i>St. Andrew's Fortune Evening,</i> - <i>Polish war poets. Meeting of a group of veterans and AK soldiers in a verbal and music program.</i> 	5
Workshops for making national bows on the occasion of the 100th anniversary of Poland regaining independence (led by: O-CAL-eni group).	16
Intergenerational laurel workshops on Grandma and Grandpa Days.	1
Herbertiada - meeting with poetry.	1
Meetings of the Traveler's Senior Club.	6

Meetings of combatants from the 27th Volhynia Infantry Division of the Home Army.	11
Self-defense workshops for seniors (as part of the Safe Senior Academy project - Police Headquarters in Wrocław, run by: sergeant. staff. Michał Kawalec, NMP Prevention and Patrol Department in Wrocław).	1
Body work training and relaxation skills with elements of karate and self-defense.	22
Beautiful hair all my life. On the importance of care and diet. Meeting with a cosmetic trichologist and nutrition specialist.	1
Meetings led by the City Guard: - <i>Wrocław legends. Intergenerational meeting,</i> - <i>Trail of Wrocław gnomes. Intergenerational meeting,</i> - <i>Safe and ecological senior. Presentation and lecture,</i> - <i>Meeting devoted to the 100th anniversary of Poland regaining independence (x2).</i>	5
The cycle "Healthy aging: brain gymnastics with elements of general development exercises".	13
Dance classes for seniors (Next Generation Dance Academy).	2
Satirical program of senior groups operating at WCS.	1
Organizational meetings with volunteers before Grandma's Grandpa's Days.	2
Olfactory memory examination (Institute of Clinical Psychology, University of Wrocław).	1
The series "KAWON herbal first aid kit": - <i>Lecture on herbs and herbal medicine,</i> - <i>Żórawina,</i> - <i>natural antioxidant,</i> - <i>Lecture on medicinal values of herbal teas,</i> - <i>Lecture on medicinal values of herbal and fruit teas (x2).</i>	5
Meetings led by students of the Faculty of Pharmacy at the Medical University of Wrocław: - <i>Lecture on the operation of publicly available painkillers and free tests (blood pressure, saturation, body composition analysis, blood glucose measurement),</i> - <i>Pharmaceutical consultations,</i> - <i>Lecture "Antibiotic therapy under the microscope".</i>	2
Lecture on memory disorders and registration for free tests (Wrocław Alzheimer Center).	1

Exercises conducted by the Taoist Tai Chi Association.	5
Lecture on Kossakówka.	1
"My pictures from Iran", author's meeting with Gabriela Orłowska.	1
Lecture on hypertension, diabetes and bad self-healing effects (Pharmacy Ziko).	1
Women of the turn of the century. Lecture with multimedia show (Anna Hajduk).	1
Horse riding for seniors. Lecture (Jerzy Sawka - Wrocław Horse Racing Track).	1
Meetings with the traveler Stefan Mizia: - <i>Discovering the East together</i> , - <i>Moscow and the Golden Ring of Russia</i> , - <i>St. Petersburg's attractions</i> .	3
Easter decorations workshop.	1
Lecture on saving and investing in gold (Wrocław Mint).	1
Virtual reality training.	1
Guitar workshops for seniors with Leszek Cichoński.	1
Four steps to maintain physical and mental fitness at the age of 60+. Presentation of the book by psychologist Piotr Łacki entitled "Live life to the fullest!".	1
Free hearing test (Amplifon).	1
Hearing disorders (causes, types, methods of treatment). Workshop with an audiophone.	1
How to keep fit at the age of 50+? The program: coxarthrosis, degenerative changes in the hip. Meeting with a specialist orthopedic traumatologist.	1
Care treatments using natural healing materials.	2
Meeting with a cosmetologist.	1
We get to know legumes. Lecture and workshops (PhD student of the Medical University in Wrocław).	1
Sight rehabilitation. Vision therapy - how to care for and train your eyesight (Optical-Optometric Vision Therapy Center).	1
"Well-known residents of Wrocław in an anecdote and seriously." Paratheatrical performance of DKK seniors and supporters at DBP.	1

How to approach health holistically? Is diet alone enough? Meeting with a psycho dietician.	1
'Photographs, sculptures of nature' - meeting with an author Ryszard Łoziński.	1
Lecture on carers of the elderly, prepared by MyCare.	1
Mindfulness workshops - releasing an active, conscious life attitude, proactive lifestyle.	1
Self-development workshops.	1
Workshop on healthy spine prophylaxis for seniors (Medipe).	1
Lecture "Separation of sickness in old age. How can geriatrics help an elderly person? "Conducted by dr n.med. Edyta Karasek (VITA).	1
Senior can! On how to take the first steps after 50.	1
Cosmetic workshop with Mary Kay "How to look beautiful at Christmas?"	1
Total	553

Source: Developed based on materials from the Wrocław Center for Social Development.

As part of the Academy for Senior Development in 2018, there were several informal senior groups such as:

- **"Creative"** - a group that made clothes for themselves, modeling themselves on old costumes; combining historical and contemporary elements, creatively created costumes stylized for old clothes. A group whose last completed project was the Polish national costume. After the Senior Days 2018, the leader of the group "Creative" moved their activities to UTW DSW. Senior citizens who belonged to the group and who decided to continue their activity at WCS changed their name to "Active Wrocławians".
- **"Ladies Surprises"** - a group of seniors whose characteristic feature is old costumes, in which seniors mark their presence by participating in events organized in Wrocław. Seniors were socially active by visiting nursing homes, preschools, schools, centers for sick children and taking part in events addressed to children (including the social campaign 'All Poland Reads to Children', 'Procession of Hope', year-round collection of books and toys for sick and needy children). Seniors' area of interest was broadly understood handicrafts (including crocheting, embroidery, felting, decoupage, quilling, origami, etc.); creating floristic compositions and Christmas decorations.
- **"O-CAL-eni"** - volunteers organizing many cultural activities (including literary meetings organized at the WCS or the Music and Literature Club) and patriotic events promoting living

history (including the cycle "Polish Customs and Traditions" organized at WCS , senior clubs, outdoors).

- **Sports and recreation group** - a group that promotes physical activity and a healthy lifestyle through their own example (swimming, playing badminton, Nordic walking, riding bikes, playing boules, etc.) and participate in events organized in Wrocław (Tumski Cup - dragon boat races; Senioriada - sport competition for seniors as part of the Senior Days social campaign).

Table 3: Senior Development Academy - the number of participants in the years 2012-2018.

Senior Development Academy / - number of class participants	2012	2013	2014	2015	2016	2017	2018
	220	230	700	1200	1 250	1 280	1 650

Source: Developed based on materials from the Wrocław Center for Social Development.

Men's Shed - June 20, 2018 at ul. Paulińska 16, a male shed was opened in Wrocław's Nadodrze, the third such facility in Poland (the other two operate in Warsaw and Słupsk). This is the result of cooperation between the Wrocław Senior Center, the Wrocław branch of the Polish Social Assistance Committee and the Jula multimarket network. Men's Shed is an initiative that was born in Australia, and under the name Men's Shed the network also operates in other countries, including in Great Britain or the Netherlands. Places of this type allow DIY enthusiasts in the immediate area to use a fully equipped workshop for free and carry out joint projects. It is a place for meetings and conversations, an ideal environment for integration of the local community and encouragement to spend time actively. This project is an excellent answer to the need to activate older people. The content partner of the Wrocław project was the College of Arts and Crafts and Management, its experts supported people using the "Men's Shed" with their knowledge and experience, including in the field of furniture renovation and maintenance.

The School of Educators is a project of the Wrocław Senior Center, inaugurated in January 2018. It responds to the needs and expectations of seniors participating in previous editions of the City of Generations. In the first training and workshop cycle (5 trainings led by: Dr. Walentyna Wnuk, Dr. Bogna Bartosz, MA Kamila Polańska - Wasik and MA Ilona Zakowicz), organized at the turn of January and February 2018, 15 seniors - educators, conducting workshops and lectures took part in Wrocław schools, as part of the City of Generations project. The topics of the meetings concerned two areas: the specifics of working with children and gerontological issues. The topics of the meetings included stereotypes and potentials of old age, old age as a phase of human development, communication with children and youth, as well as methods and techniques for activating children and youth. The coordinator of the School of Educators was Ilona Zakowicz. The classes attracted so much interest that the second edition

began on April 24, during which five meetings were held on the subject of old age in the mirror of seniors reflection, preparation and implementation of activities for children at the pre-school and school stage, classes entitled "Old age can be beautiful - or how to preserve the joy of life until old age" and assertiveness and teamwork skills. 20 people took part in the second edition of the Educators' School.

Senior Days - since 2009 a campaign prepared by the Wrocław Senior Center with partners. Within 3-4 weeks of the Senior Days, various and interesting events take place: cultural, educational, sports, recreational and health-related. In addition to the Wrocław Senior Center, the organizers of the events were the Partners of the Wrocław Senior Card, Senior Friendly Places and seniors citizens - volunteers who participated in the implementation of the above activities on a daily basis.

It is thanks to all these institutions, organizations and people of good will that the Wrocław Senior Citizens' Day abounded in such a large number of attractions and surprises. Wrocław as the only city in Poland announces an annual competition to break the record in the number of hats in one place. In 2018, the campaign included nearly 200 various events and attractions, coordinated by the Wrocław Senior Center. In preparation for this event, on May 14, an organizational meeting was held for Campaign Partners, which was attended by 50 institutions, clubs, organizations, associations and foundations in the areas of health, education, culture, sport and recreation. During the meeting, a preliminary schedule of events for the campaign was presented. To meet the needs of the campaign 16 media and 3 strategic patrons were also acquired.

Advertising gadgets, i.e. flags, registration bands, pins, key rings, were printed, advertising materials (posters, leaflets) were printed. During the inauguration, which took place on September 15, prizes were awarded to the winners of the competition for the best historical styling outfit, for the longest hair, and the title and statuette was awarded to the next five "Friends of Seniors". At the turn of September and October, seniors from all over Lower Silesia participated in: cultural proposals prepared especially for them, educational workshops, lectures on prevention and health protection, free tests and medical consultations. There were also activities for the body and soul, such as: creative writing workshops, bibliotherapy and personal development, gymnastics, general development and relaxation classes. In 2018, dance and dance parties (Hat Ball, Dance Party on the roof of the Wrocław Contemporary Museum, Wrocław Ball Senior in the Summer Restaurant ZOO) were among the most popular attractions. Sports competitions organized as part of the Senioriada attracted almost 300 active seniors, who competed in the following competitions: swimming, bowling, chess, bridge, bicycle peloton, nordic walking, nationwide 5 km senior race, scrabble, boules). The Senior Fair with a rich and varied offer of the Wrocław Senior Card Partners, Senior Friendly Places as well as pro-senior associations and foundations have already permanently entered the schedule of autumn events. The fair was made more attractive by the colorful and exuberant performances by Folk Bands

and Folklore Groups, which this year took place in the Wrocław Culture Zone (former Impart). As part of the Senior Creativity Show, we could hear and admire in the magnificent scenery of the Capitol Music Theater, over 400 choristers from 20 Choirs and Singing Bands from Wrocław, Oborniki Śląskie, Oleśnica, Domasław and Prochowice. On the other hand, nine theater groups and cabarets (about 100 people) participated in the Review of Small Theater Forms and Cabarets. The groups presented a high and comparable level, which was reflected in the applause and recognition from the audience. The novelty was Senior's Day at the Partynice Wrocław Racecourse.

The Wrocław Senior Center also held meetings of the **Wrocław Senior Council** established by a Resolution of the Wrocław City Council in 2014. The Wrocław Senior Council is a continuator of the Wrocław Senior Council operating for 2 terms. It represents the interests of the elderly of the Wrocław commune. The body cooperates with the City Council of Wrocław and the Mayor of Wrocław. It was composed of representatives of the Public Benefit Organization, the City Council of Wrocław and the Mayor of Wrocław. In 2018, the Council met six times (two working meetings). WRS members intervened in the affairs of Wrocław seniors six times during their duties. In 2018, the current four-year term of office ended.

Senior volunteers and volunteers working for senior citizens - about 60 volunteers cooperate with WCS on a permanent basis. During large campaigns, WCS volunteers constituted a group of about 200 people. It should be emphasized that volunteering for seniors has been operating in WCS for years, including, among others, individual consultations in the field of IT education conducted by volunteers from Junior High School 29. Consultations cover a wide range of IT education: Internet service, selection of computer equipment, solving technical problems, etc.

Radio Senior Club Project (RKS) - was implemented in cooperation with Radio Rodzina. RKS is a response to the needs of seniors who expect that in the media space there will be broadcasts designed for seniors as well as with seniors. The Radio Senior Club is a space for discussion in which invited guests bringing up topics that are important for the elderly. The Radio Senior Club allowed the dissemination of information on: events carried out in Wrocław for seniors, projects, conferences, implemented in the Wrocław Senior Center. In 2018 (November-December) 8 episodes were completed. Cycles of the Radio Senior Club: *In a healthy body, A healthy spirit, We encourage you - we recommend, Activity academy, Seniors' passions and interests.*

Wrocławskie Centrum Seniora organized / co-organized events for seniors, such as:

- Grandmother and Grandfather Days (15.01.18 - 02.02.18), during which intergenerational workshops, lectures, free meetings and consultations were organized.
- Meetings with doctors and specialists, free medical tests, concerts, poetry meetings; in addition, a gift campaign was carried out with seniors volunteers and junior high school students were handing out balloons "I love my grandmother" and "I love my grandfather" and sweets at the tram stops around pl. Dominikański.

- "Grandma's and Grandfather's Days" also included an intergenerational meeting held at the bookcrossing box at the Nowe Horyzonty Cinema, during which female seniors from the Wrocław Senior Center read Polish stories and fairy tales to children from Wrocław kindergartens and primary schools. Furthermore, games, plays and reading competitions took place and a policeman from KMP Wrocław prepared an educational and information stand regarding the safety of children and youth.
- Participation in the National Tourism and Recreation Fair in Centennial Hall (23.02.18 - 25.02.18). During the event Senior Cards were issued (120 cards) and the current WCS offer for active seniors was presented.
- On 15.03.2018 WSC organized a "Communication with the elderly" training for employees of the Wrocław City Office, lectured by Dr. Bogna Bartosz (an employee of the Institute of Psychology at the University of Wrocław, head of the UTW at the University of Warsaw, head of the Postgraduate Studies in Psychogerontology). The training covered the following issues:
 - *Needs, expectations and limitations of the elderly,*
 - *Senior as a client and how to talk to him, what to look for?,*
 - *Communication with the elderly,*
 - *Good practices.*
- On 29.05.2018 at the N.O.T. Tech House, the 2nd Wrocław Senior Forum was held, aimed at exchanging views and experiences related to the subject of the needs and expectations of older people. Wrocław Senior Center was as the initiator of the forum and it was co-organized by Gazeta Wrocławska, with partnership from University of the Third Age. As part of this year's edition, the guests of the event had the opportunity to participate in three discussion panels on: the silver economy and senior policy, health and intimacy over 60 years of age as well as activation and culture, during which specialists shared their knowledge and good practices, emphasizing the need for intergenerational cooperation, co-financing transport for the disabled or creating the function of local senior trainers.

III Gerontology Days Wrocław 2018 - The silver economy in the face of the challenges of an aging society took place on October 25-26, 2018 at the Continuing Education Center of the Wrocław University of Economics (Kamienna Street 49/53) under the patronage of the President of Wrocław Rafał Dutkiewicz and His Magnificence Rector Of Economics in Wrocław prof. zw. Dr hab. Andrzej Kaleta. The organizers were the Wrocław Center for Social Development - Wrocław Senior Center and Wrocław University of Economics. Scientific patronage was taken by the Lower Silesian Branch of the Polish Gerontological Society and the Lower Silesian Branch of the Polish Social Policy Society. The event's partners were: the University of the Third Age at the University of Wrocław and the University of the Third Age at the University of Economics. The media patron was: "Gazeta Senior". Participants had the opportunity to take part in:

- an interdisciplinary scientific conference (first thematic session: Around the essence and problems of the silver economy, second thematic session: Silver economy: between theory and practice);
- discussion panel: Staff training for an aging society: opportunities-opportunities-challenges;
- presentation of good working practices with seniors and workshops;
- poster session and accompanying events.

III Gerontology Days - Wrocław 2018 was the event created for everyone interested in the issues of late adulthood, especially university employees, doctoral students, students, leaders and members of senior organizations (senior clubs, UTW), representatives of local administration, companies and institutions.

In 2018, the amount of PLN 533 132.33 was spent on implementing the tasks of the Wrocław Senior Center.

Activities of senior clubs run by non-governmental organizations - The purpose of the task was to promote a healthy lifestyle, manage leisure time, counteract the feeling of helplessness and loneliness, and activate senior environments. As part of the task, the following activities were carried out through the activities of local Senior Clubs:

- activities in the field of health education and promotion of an active lifestyle, including gymnastics and rehabilitation classes, dance and movement classes and sport classes and tournaments,
- activities stimulating cognitive needs and enabling the acquisition of new skills facilitating functioning in the modern world (conducting lectures, lectures and foreign language courses, computer courses and new technology workshops, legal and psychological consultations),
- activities supporting the participation of seniors in cultural life (including organization of artistic workshops, handicrafts, exhibitions and exhibitions of seniors' works, choir singing classes and performances, as well as going to museums, cinemas, theaters, opera),
- integration activities (organization of, among others, occasional meetings, dance evenings, trips and providing space for cyclical integration meetings),
- activities promoting the development of volunteering accompanying seniors (among others, by visiting senior club members by lonely people of senior age).

In 2018, 23 Senior Clubs were co-financed. The amount of PLN 376,830 was spent on the activities of the Senior Clubs. 1620 people took advantage of the offer.

The number of senior clubs co-financed by the municipality of Wrocław in 2008-2018

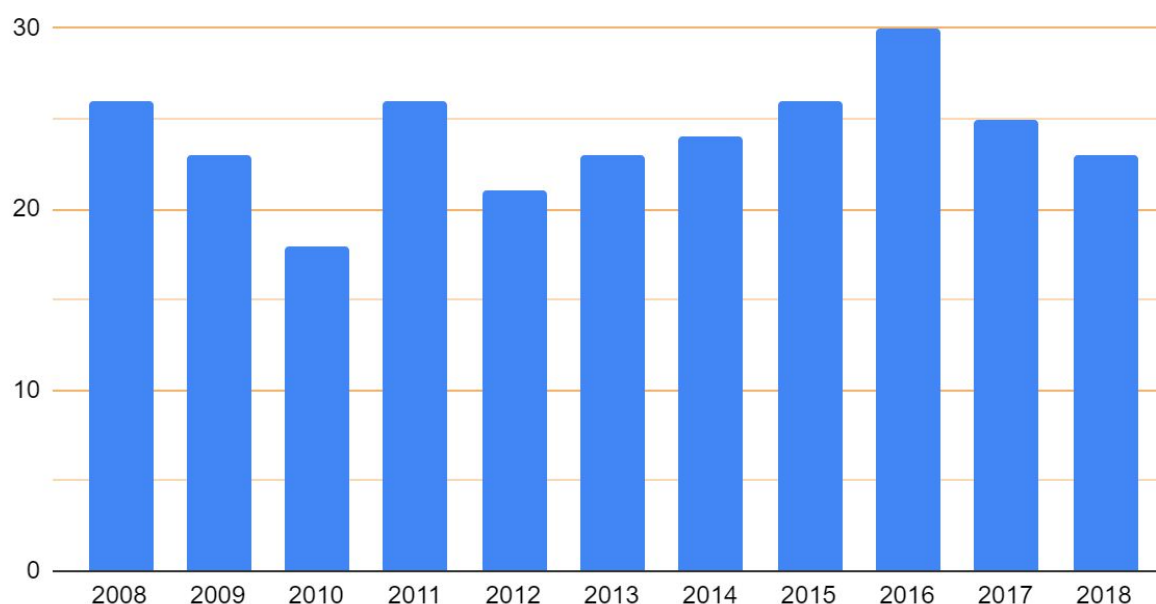


Chart 1.

Source: Developed based on materials from the Wrocław Center for Social Development.

Improving the quality of life of Wrocław seniors by developing friendly transport services.

The goal of the task was to improve the quality of life of seniors from Wrocław by facilitating access to, among others, state and local government offices as well as specialist medical facilities using free transport services. The program was addressed to residents of the city who have reached the age of 75. As part of the task, a telephone hotline was created to contact the beneficiaries of the task and a registration point for participants was created. A registered participant could take up to four free taxi rides per month. In the reporting period, 1670 people enrolled in the program, and 590 trips were made. The amount of PLN 120,000 was allocated for the implementation of the task.

Universities of the Third Age

The purpose of the Universities of the Third Age was to conduct educational activities, counteract social exclusion, stimulate personal development and intellectual, mental and physical fitness of students, disseminate gerontological prevention, undertake activities for the elderly and disabled, promote the idea of volunteering, promote physical culture and intergenerational integration. In 2018, a subsidy of PLN 111,930 was distributed according to the number of

students between 6 UTW (UTW at the University of Wrocław, UTW at the University of Economics, UTW at the University of Lower Silesia, Open University at the University of Life Sciences, UTW at the University of Physical Education in Wrocław and UTW University Medical Center of the Silesian Piasts in Wrocław). The number of UTW students co-financed by cities in 2018 is 1502 people. An important place among the classes took workshops aimed at familiarizing with information technology (computer workshops for people with various levels of sophistication, photographic workshops, and Internet use workshops). It is worth noting the self-help activities that are propagated in the mutual assistance sections operating at UTW. The idea of volunteering is one of the components of the UTW Wrocław activities, e.g. many of the thematic classes, language classes and sports classes, as well as classes on medical issues and workshops on providing first aid is conducted by students.

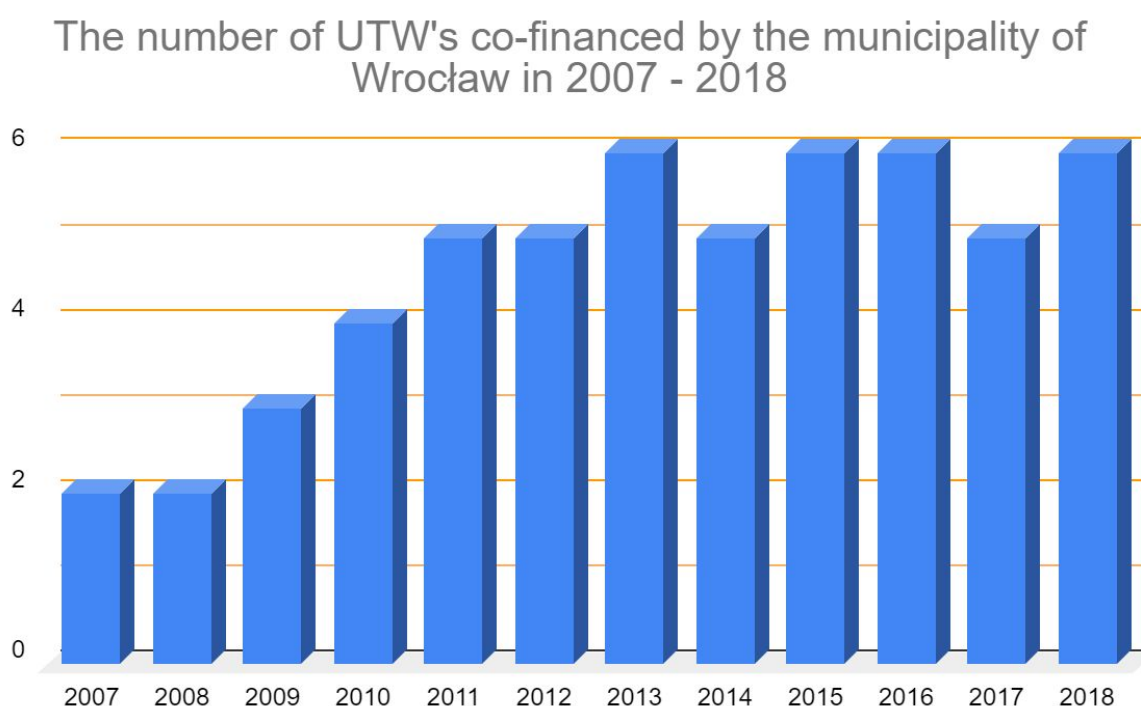


Chart 2.

Source: Developed based on materials from the Wrocław Center for Social Development.

The number of students co-financed by the municipality of Wrocław in 2007 - 2018

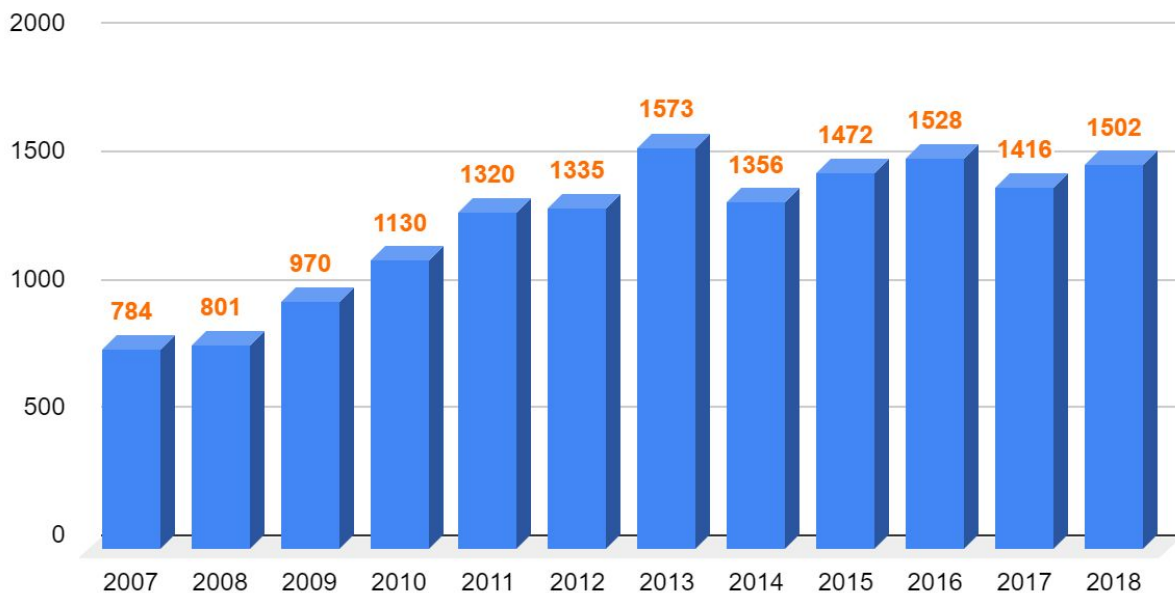


Chart 3.

Source: Developed based on materials from the Wrocław Center for Social Development.

Easter meetings for the senior community - In March 2018, 5 Easter Meetings for retirees and pensioners from Wrocław were organized. The purpose of the meetings was to activate and integrate the Wrocław senior community. Thanks to the meetings, the communities got to know each other and celebrated the upcoming Easter time together. In total 305 people took part in them. The meetings were accompanied by artistic performances of the KrzyKaški band and modest catering. The amount of PLN 14,722.00 was spent on the task.

The Christmas meeting of the Senior Center and the Christmas meeting for the residents of the Municipal Social Welfare Center in Wrocław - Christmas Eve - Christmas Eve for those under the care of entities working for the elderly, which took place on December 17 at the Summer Restaurant. The meeting was attended by seniors from Social Welfare Homes and Day Care Homes run by the Municipal Social Services Center and the Municipal Social Welfare Center, NGOs. Seniors invited by the Polish Social Assistance Committee were also present. In total, about 200 people (seniors with caregivers) from 11 units providing care and living services to people who due to their age, health condition, disability are unable to function independently participated in the meeting. The President of Wrocław Jacek Sutryk also participated in the Christmas meeting. On December 18, 2018, at the Summer Restaurant in the ZOO, Christmas Eve was held for the proteges of MOPS. 250 people from 15 foundations and associations took part in it. Participants had the opportunity to integrate within the environment of people that

helps the disabled and the sick on a daily basis on various levels. The artistic part was led by the Bonitum Association and the Lower Silesian Association of Active Rehabilitation "ART." The meeting was also attended by President Jacek Sutryk, who gave everyone Christmas wishes and participated in many conversations about the needs of people with disabilities that the city can meet. 4 Christmas Eve meetings were organized in the "Na Ciepłej" Day Care Home. Refreshments were graced by the artistic performances of the "KrzyKaški" band. The amount of PLN 95,578.65 was spent on the task.

Off-site workshops and visiting places related to the patriotism of Poles - On September 14th - 16th a group of seniors from Wrocław, leaders of non-governmental organizations and informal groups participated in training on the latest provisions on the application of personal data protection and implementation of activities for the elderly based on the Act on public benefit and volunteering. The training took place in Kudowa at the "Gwarek" Hotel. The number of participants was 50 people. On July 2nd - 8th a group of seniors from Wrocław traveled to Lviv. The purpose of the trip was to visit places related to the patriotism of Poles in the footsteps of the heroes of the trilogy by Henryk Sienkiewicz. On April 22-24, a group of seniors from Wrocław went to Warsaw to celebrate the 100th Anniversary of Independence. The purpose of the trip was to visit places related to the patriotism of Poles and of historical importance. The amount spent on the task 24 220 PLN.

Senior's Holiday Club and more. More interesting together - the purpose of the task was to activate seniors during the summer months and create space for them to act. One of the attractions was to continue or learn Esperanto from scratch. The offer also includes creating a family tree, a trip to the botanical garden, educational output to the room of puzzles, preparing an exhibition about Ludwik Zamenhoff - the creator of Esperanto. The beneficiaries were Wrocław residents aged 50+, about 150 people attended the classes, and over 200 people visited the exhibition. The task was co-financed with PLN 10,000.

Wrocław Social Workers' Club - The first club for retired social workers was created in Wrocław. After retiring, after many years of intensive work for others, the problems of these people were noticed. The club gave the opportunity to actively relax, meet in a group of people with similar problems and created the opportunity to talk to and contact other people with similar interests. About 20 people took advantage of the club's offer. The task was co-financed with PLN 10,000.00.

Wrocław Social Worker Club. Senior Club. Christmas Eve meeting - The purpose of the task was to organize a Christmas Eve meeting for a group of over 20 people, senior citizens, retired social workers, organization of free time for seniors, cultivating Christmas traditions and customs, reducing the feeling of loneliness among the elderly. The amount of PLN 4,000 was allocated for the implementation of the task.

Artistic workshops for seniors - the task was to conduct 72 hours of artistic classes for a group of 30 seniors from Wrocław. Seniors participated in workshops on ceramics, photography,

handicrafts, painting, drawing and art history. The amount of PLN 2,499.60 was allocated to the implementation of the task.

Artistic courses for seniors - the task was to conduct art courses in the field of painting, drawing, art history, fine arts, glass, and paper art. The culmination of the task was an exhibition of works prepared during the classes. As part of the task, there was also an intergenerational workshop on paper art addressed to seniors and children from the Jaskółka Elementary School. About 40 people took part in the classes. PLN 8,000 was allocated to the task.

Improving the quality of the digital education offer for Seniors from Wrocław - The goal of the task was to prevent social exclusion of seniors from Wrocław by improving the quality of the educational offer and optimizing the teaching process of new technologies for people aged 55+. As part of the tasks, 16 hours of training and workshops were carried out in the field of andragogy and gerontology, as well as practical classes for teaching new technologies. The task was co-financed with PLN 10,000.

“Nadodrże” Active Senior Club - the purpose of the task was to activate seniors from the Nadodrże housing estate. As part of the task, residents could participate in meetings with dietitians, travelers, authors, gym classes, concerts, evenings with board games or poetry. The task was co-financed with PLN 5,000.

Safe Senior Educational Project - the goal of the task was to increase knowledge of the law by older people and make them aware of possible threats from third parties, indicating methods to protect and prevent such situations. As part of the project, five two-hour training sessions were conducted, in which over 60 people took part. PLN 9,600.00 was allocated to the task.

SUPPORT FOR THE ENVIRONMENT OF COMBATANTS AND REPRESSED PEOPLE

Commemorating the history of Wrocław combatants and repressed people 2018 - The goal of the task was social and historical education, maintaining national and civic tradition, building the identity of Wrocław residents and popularizing knowledge about the less known history of Poland and Wrocław from World War II and the post-war period. The task was to run a permanent information and consultation point for veterans and repressed people as well as Wrocław residents involved in commemorating history, including non-governmental organizations, at the headquarters of the World Union of Home Army Soldiers. The Union of Siberians of the Third Republic of Poland continued to run the Veteran's Reading Room, organized social and historical education, meetings with young people, updated the website and organized the celebration of the 25th anniversary of the Union. The Association for the Remembrance of the Exiles of Siberia continued the lessons of living history at the Sanctuary of the Golgotha of the East at ul. Wittiga 10. The Young Rzeczpospolita Foundation has started working on the Soldiers of the AK-WiN program in Wrocław. The task was carried out by four non-governmental organizations. The total amount of funding is PLN 65,000.

Publication of the Bulletin of the Union of War Invalids of the Republic of Poland "ZIW RP Report" - The goal of the task was to reach members - war invalids and people repressed by the bulletin "Report ZIW RP". Important information about the functioning of the organization, about the activities of the authorities, about the amended regulations and permissions appeared in the bulletin. One issue of the bulletin had a circulation of 250 copies. Four issues were issued during 2018. The amount of PLN 10,000 was allocated to the task.

A Christmas meeting of Wrocław Veterans and Victims of Oppression with the President of Wrocław - The meeting took place on December 14, 2018 in the Great Hall of the Old Town Hall in Wrocław. Wishes were sent by the president of Wrocław Jacek Sutryk, auxiliary bishop Andrzej Siemieniowski and Mr. Ryszard Filipowicz - president of the union of Home Army soldiers in Lower Silesia. The catering was carried out by the students of the Gastronomy School Complex in Wrocław and the decoration was prepared by florists from the Complex of Schools No. 3 in Wrocław. The meeting was graced by the artistic performances of the NFM Boys Choir. The support was provided by cadets from the Academy of Land Forces and youth from European Uniformed Schools. Rental of tables and chairs, transport of people in wheelchairs, purchase of materials for table decoration were ordered. 200 people took part in the meeting.

As part of the task, the organization of an outdoor exhibition to mark the 100th anniversary of the Polish War Invalids Association took place, which took place on 19-26.09.2018 (the concept and graphic design of the exhibition and folder were commissioned, preparation and arrangement was ordered at Kuźnicza Street and printing of the folder) . In addition, anniversary celebrations organized by the Siberian Association were supported. PLN 29 612.87 was spent on tasks.