

# EFOP-5.2.2-17-071

**ALL-LOCAL:  
EFFECTIVE KNOWLEDGE TRANSFER  
AND COMPETENCE DEVELOPMENT  
IN THE SENIOR COMMUNITY**

**HEALTHY LIVING AND LIFESTYLE –  
GOOD PRACTICE EXAMPLE IN  
NAVICULA.M PRACTICE.**



**SZÉCHENYI** 2020



MAGYARORSZÁG  
KORMÁNYA

Európai Unió  
Európai Szociális  
Alap



**BEFEKTETÉS A JÖVŐBE**

# SOCIAL AND CULTURAL INCLUSION OF SENIORS



# CHOIR (NOT) FOR DUMMIES

- This is an amateur choir of the Lodz Philharmonic and the proposition for all those who enjoy singing.
- Singers meet together every week, every Monday.
- The choir is conducted by a professional conductor, the choir singers learn new works and are tutored in correct voice production techniques.
- They also have plenty of fun, because group singing is probably one of the most amazing and creative leisure activities!



# CHOIR (NOT) FOR DUMMIES



- About 120 people
- People of all ages—  
from 16 years to 86  
years

- They sing together for 8  
years
- Choir singers are pupils,  
students, working people,  
retired people



# CONCERT OF CHRISTMAS CAROLS, DECEMBER 2017



# CHOIR (NOT) FOR DUMMIES

- The choir was founded in 2010.
- Conductor Grzegorz Wierus, at that time working as the assistant conductor, undertook to manage the choir.
- Since 2014, the team has been working with Mariusz Lewy, a young and promising conductor.
- At the 15th National Choir Conductor Competition, which took place in April 2014 in Poznań, Mariusz Lewy received first award, becoming the first laureate of this competition originating in Lodz



# CHOIR (NOT) FOR DUMMIES

The ensemble has presented itself during “Kolory Polski” Traveling Lodz Philharmonic Festival:

- in 2011 in Studzianna-Poświętne,
- in 2013 in Inowłódz,
- in 2016 in Rogów,
- in 2017 in Lutomiersk.

The first fully professional performance of the choir took place on April 13, 2014 in the Lodz Philharmonic: on that day, in collaboration with Adam Strug’s “Monodia Polska” band, the Choir (not) for Dummies presented a program titled “Ktoż opłakać godnie może”, which featured folk passion songs.

# CHOIR (NOT) FOR DUMMIES

- To become a member of the Chorus (not) for Dummies, you don't have to have any musical experience or be able to read the notes.
- The candidates are not interviewed.
- There is however one thing you need: passion for singing!





# CHOIR (NOT) FOR DUMMIES

- Choir (not) for Dummies is a great social project and experiment.
- This is a unique opportunity for seniors to meet other people.
- It allows lonely people to make new friends. Because it is a multigenerational choir, seniors also have contact with young people and very young.
- The choir's rehearsals motivate them to leave the house.
- Learning new songs, seniors exercise his memory.
- With breathing exercises and techniques of voice, seniors improve their physical condition. This is especially important for seniors who can not do intense exercise.

# PROJECTS FOR SENIORS IN LODZ

## **CoActive - Active senior**

A series of workshops and meetings combined with lectures and consultations led by representatives of medical services and doctors:

- vegetable kitchen workshop
- cooking with neighbors
- dance workshop
- choral workshops
- laughter yoga

## **Lodz Senioralia**

- The main goal of the Lodz Senioralia, organized since 2013, is to encourage 60+ people to an active lifestyle, expand their knowledge, develop their passions, as well as identify places where they can develop their potential.
- Every year, the organization of the event involves Lodz non-governmental organizations, institutions, entities acting for the elderly and partners of the Municipal Senior Card.



# PROJECTS FOR SENIORS IN LODZ

## **Lodz Senioralia**

- Activities are divided into categories: health, culture, education, sports / recreation, advice.
- There are lectures, workshops, demonstration lessons, tours, thematic meetings, performances, concerts.

# PROJECTS FOR SENIORS IN LODZ

## **Municipal Senior Card Program**

- Municipal Senior Card Program is a project addressed to people over 60 living in the City of Lodz.
- Holders of the Municipal Senior Card can take advantage of offers, discounts, discounts and promotions that are prepared for them by institutions and companies by showing the Card in the points indicated by the project partners. Among the already reported partners are rehabilitation clinics, restaurants, sports and recreation centers, recreation centers and many others.

# PROJECTS FOR SENIORS IN LODZ

- **Universities of the third age** - The main objective is the activation of older people through education in various fields of science.
- **60+ VOLUNTEER** - The main goal of the project is reaching out to seniors who do not have Internet with information about cultural, sports and recreation, health and education activities carried out by the City of Lodz Office, as well as promoting active lifestyle among people aged 60+.
- **60+ sport** - gymnastics for seniors, Nordic walking, strengthening exercises at the gym



# THANK YOU FOR YOUR ATTENTION!

**SZÉCHENYI** 2020



MAGYARORSZÁG  
KORMÁNYA

Európai Unió  
Európai Szociális  
Alap



**BEFEKTETÉS A JÖVŐBE**