### Project title: Psychical activities for elderly 60+

#### WHAT

**BACKGROUND & AIM**

The aim includes multi-sports activities, exercise with social gathering and cultural events, all mostly managed by the elderly themselves.

**DESCRIPTION**

The program includes exercise one or two times per week followed by social gathering. It's all-round training to keep in form and to have fun. Goes on indoor as well as outdoor.

#### WHEN, WHERE AND HOW

**TIMING & LENGTH**

Since 1995

**PLACE**

All around in the country. At the moment we have approx. 280 sports clubs with approx. 22,000 60+ members in total.

**LEVEL**

Level of the project: National

**RESOURCES**

Facilities, equipment, people involved: Gymns, sport halls, the nature, grass fields, a lot of different equipment (but cheap and easy to use), volunteers, consultants, instructors, education, different kind of curses.

#### COST & RESULTS

**APPROXIMATE COSTS**

**RESULTS**

More 60+ members. People can go on with sport in the clubs after 60. Great official and unofficial respect for what we are doing for the elderly. DAI has become an “important player” by taken great social responsibility.

#### SUGGESTED IMPROVEMENTS IN CASE OF DUPLICATION

**Member (country)**

DAI - Denmark

**Responsible**

Name: Palle Thomsen

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**Year of execution**

1995-2011

**Describe topic:**

Psychical activities for seniors 60+

**Description: for whom?**

Elderly people 60+

**How was it communicated?**

To sport clubs and municipalities
FOTOS