Introducing Generationen-Zentrum

Our motto
„All generations under one roof“
Children, Parents, Adults and Seniors
The concept Generationen-Zentrum

All generations under one roof

**Education – Meeting - Consultation**

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<th>Generationen-Zentrum ME e.V. since 1973</th>
<th>Pastoral/Deanery</th>
<th>Caritas</th>
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<td>Senior education and advisory since 1973</td>
<td>Parish center Stift Haug</td>
<td>Psychosocial Consultation</td>
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<td>Multigenerational house (April 2008)</td>
<td>Event rooms</td>
<td>Socio-educational family support</td>
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<td>Family educational institution (Oct. 2008) wel</td>
<td>Parishes, deanery, church groups</td>
<td>General social services</td>
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<td>„Familienstützpunkt“t (Aug. 2015)</td>
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<td>„Gemeindecaritas“</td>
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Advise & accompany, offer & mediate, meet & approach, qualify & learn

Intergenerational – intercultural – inclusive - innovative
The offers we provide:

✔ Orientation-guide in the plurality of today's life
✔ Ways of contemporary spirituality and faith mediation
✔ Personal growth
✔ Support with physical and mental health
✔ Meetups
✔ Voluntary work
Our events are

**integral** - physically, mentally and spiritually

**tolerant** - everyone is welcome, no matter their roots/backgrounds

**solidaric** - for peace, equality and reconciliation
Introducing Generationen-Zentrum

Our way of working!
The foundation: the christian concept of humanity, mindfulness, sustainability, holism, integrative concept

Our offer!
- A variety of educational opportunities around Würzburg and beyond
- Courses, seminars, lectures, trips, guided tours
- Open meetups with multigenerational participation

Involvement and qualification of volunteers
What is a multi-generation house?

- In the multi-generational house, people of all ages and backgrounds can meet.
- People from different generations can do a number of activities together, such as playing a boardgame, making music, and more.
- Those who wish to help others in the multi-generational house are in the right place. There are many ways one can help.
- A multi-generation house is not a residential building.
The areas of adult education

**Spirituality**
- Christian way of life
- Religious education

**Life / Society**
- Questions of life
- Language and memory
- Modern media

**Body / Health**
- Recovery
- Fitness

**Dance / Music**

**Creative Works**

**Culture, Trips, Guides**
Offers for children and families

- “Familiensstützpunkt” inner city -  
  Focus on fathers. We support, accompany and relieve families in everyday life

- Open meetup, the "Cafe komm"  
  the “Cafe komm“ with educational support

- Parenting courses, lectures and round tables  
  on educational topics, events for pedagogic professionals

- offers families in all social situations education that is beneficial and relevant to life

more info on generationen-zentrum.com
Café komm

The open meetup place for parents, children, grandparents

We offer a variety of play options for young and old. We take time for your concerns and provide a space to meet.

Opening hours

Wednesday 3.00 - 5.15 pm
Thursday 3.00 - 5.15 pm
Friday 09.30 - 11.30 am
Friday 2.00 - 5.15 pm, 0 - 99 Y.
Offers for elderly

→ Meetup place for seniors: support and accompany seniors in everyday life
→ Open meetup - the "Cafe Lebenslust" with volunteer support
→ Courses, lectures and various rounds of discussions
→ With the offer of a course or their own initiative, retired people are welcome to participate by shaping their own program.

more info under generationen-zentrum.com
Senior-specific offers

- Memory training
- Gentle spine gymnastics
- Senior dances
- Simple dances on a chair or in a circle
- Sitting Qigong
- English and French conversation
- Yoga for seniors
- Making music on Veeh harps
Open meetings

In „Café Lebenslust“

an initiative with seniors 60 and older

We offer you space…
– for a break during a city visit
– for a meetup with acquaintances and friends
– to read daily newspapers and magazines
– to enjoy coffee, tea and cold drinks
– to make new contacts
– to play games with others
– and much more

Opening hours
Monday, 1.30 - 5.00 pm
Tuesday, 1.30 - 5.00 pm
Wednesday, 1.00 - 5.00 pm
Thursday, 1.30 - 5.00 pm
Friday, 2.00 - 5.15 pm
We shape the social living in Würzburg!

networking in the local community

Use of Synergies GZME, Caritas, Pastoral

Strengthen the social cohesion

Place of solidarity

Provide support for informal caregivers

Has model character for a modern church

Offer an open meeting against loneliness and isolation

A place of trust, reliability, hope

As a „Familienstützpunkt“, we support, accompany and relieve families in everyday life

We are indispensable
Public appearance on various platforms both digital and analogue:

- Social media
- (e.g. Instagram @generationen_zentrum)
- Flyers, posters
- Articles in the newspaper
- Website

QR-code to our Instagram Account!
Funded by the city and state, our goal is to make exciting offers for our visitors cost-efficient and sustainable.

- Most offers are free
- Some have a fee
- Donations are requested
The way we teach varies greatly. Depending on which method we consider useful, learning can take place in individual discussions, in groups or interactively with games.

- There are also seminars, trips and guided tours on all kinds of topics
Thanks for your attention!

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