



**Mehr  
Generationen  
Haus**  
*Miteinander – Füreinander*

## Introducing Generationen-Zentrum

**Generationen  
Zentrum**  
Matthias  
Ehrenfried e.V.



**Our motto**  
**„All generations under one roof“**  
**Children, Parents, Adults and Seniors**





**All generations under one roof**

## **Education – Meeting - Consultation**

**Generationen-Zentrum ME e.V.  
since 1973**

**Pastoral/Deanery**

**Caritas**

Senior education and advisory  
since 1973

Parish center  
Stift Haug

Psychosocial  
Consultation

Multigenerational house  
(April 2008)

Event rooms

Socio-educational  
family support

Family educational institution (Oct. 2008)  
**wellcome** location (March 2010)

Parishes,  
deanery,  
church groups

General social  
services

„Familienstützpunkt“ (Aug. 2015)

...

„Gemeindecaritas“

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



## 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 offers

### **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



- “Familienstützpunkt” 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](http://generationen-zentrum.com)

Gefördert vom



Bundesministerium  
für Familie, Senioren, Frauen  
und Jugend



## 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](http://generationen-zentrum.com)

Gefördert vom



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# 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**



## 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

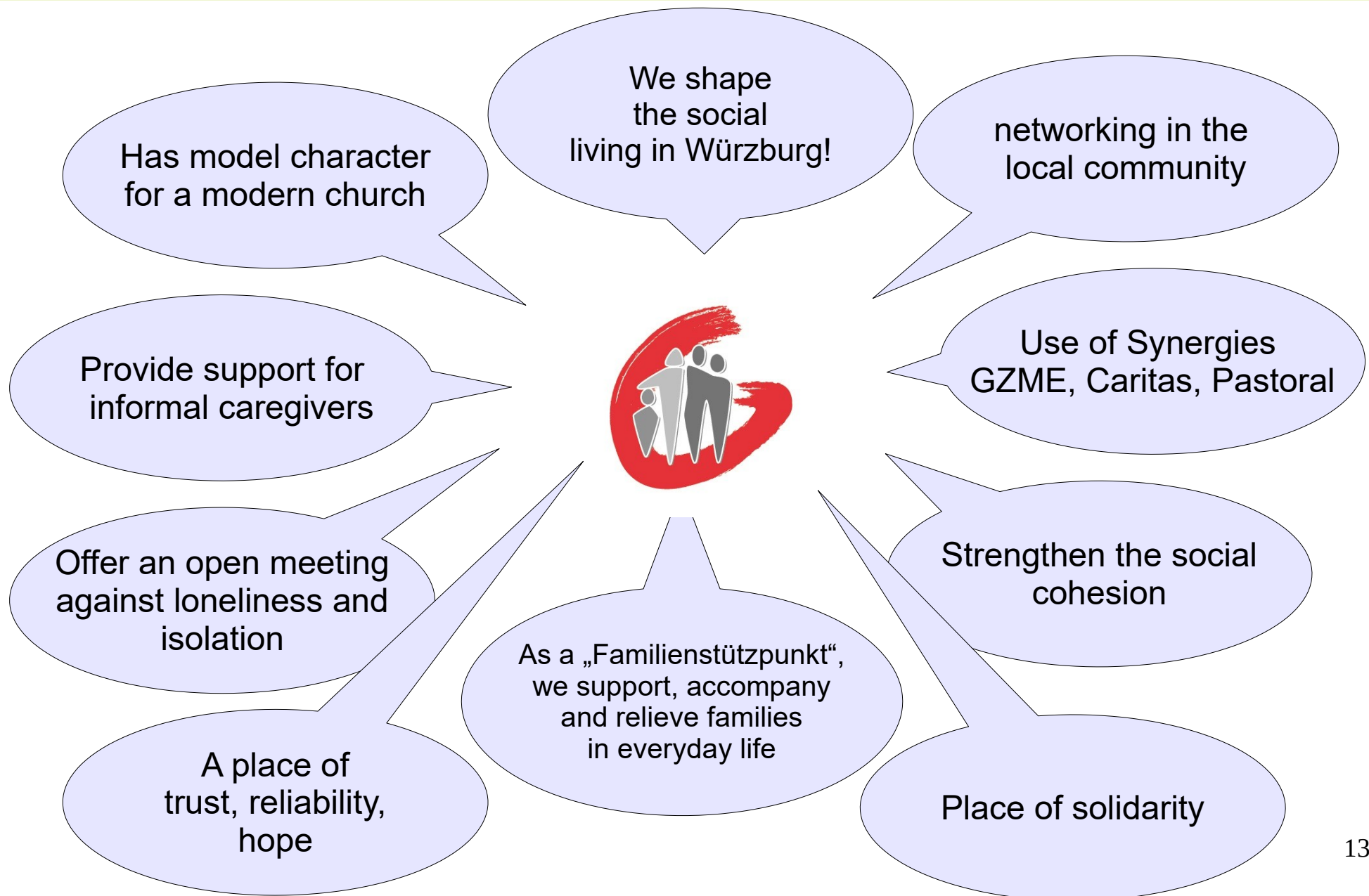
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Thursday, 1.30 - 5.00 pm

Friday, 2.00 - 5.15 pm



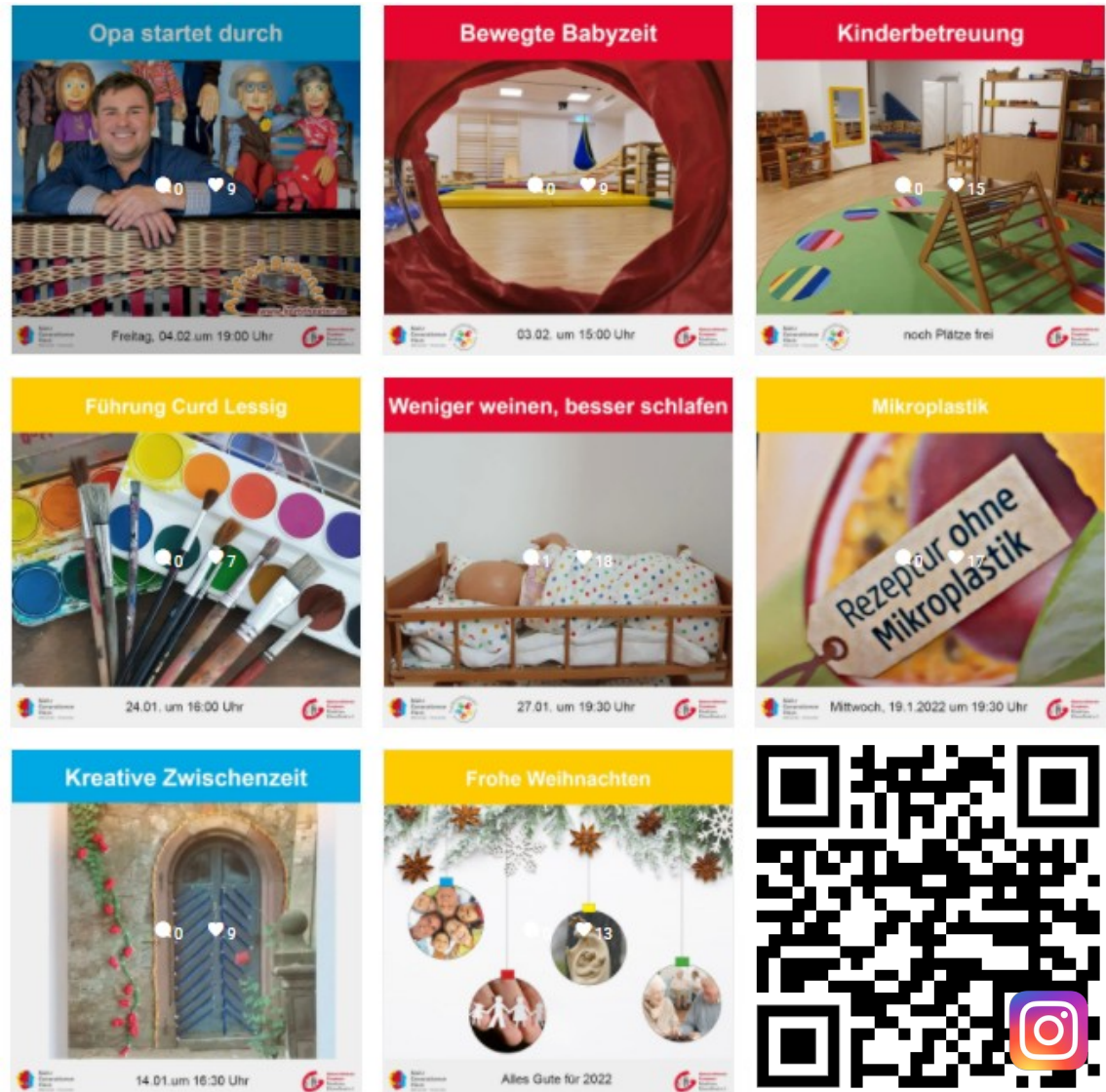
# We are indispensable



Public appearance on various platforms both digital and analogue:

- Social media
- (e.g. Instagram [@generationen\\_zentrum](https://www.instagram.com/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





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# Thanks for your attention!

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