



NEWSLETTER 1



WELCOME TO “DON'T AGE, ENGAGE!”

“Don't Age, Engage!” is a European project promoting active and healthy ageing. It aims to improve seniors' quality of life while strengthening professionals' skills.

The project supports physical, mental, and social well-being through inclusive activities. It adopts a holistic approach combining movement, cognitive stimulation, and creativity.

Key outputs include training, educational materials, videos, and a digital art exhibition.

“Don't Age, Engage!” engages seniors, educators, care professionals, and organisations across Europe.



CONSORTIUM

The project is carried out by a European consortium that includes Sinergia (IT), União das Freguesias de Gondomar – SCOSME, Valbom e Jovim (PT), and Ankara Aile ve Sosyal Hizmetler İl Müdürlüğü (TR).

The consortium met in Bitonto, Italy, on 21st and 22nd October 2025 for the **kick-off meeting** that launched the project.



SENYOURART – CREATIVE APPROACHES FOR ACTIVE AGING”

“The **training course** will provide practical tools through training, an e-book, educational videos, and a professional intervention guide. The course promotes active ageing by integrating cognitive stimulation, adapted physical activity, and creative expression, culminating in a digital art exhibition of seniors’ work.

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