



Workshops : English Version

General Assembly

Once a month on Thursdays we gather to inform our members about the life and projects of Old Up. Some other people may come to present the latest technological developments that can help us to stay 'in'.

A - Workshops. « Groupes de parole »

Persons in charge : Nancy de la Perrière, Eliane Lacroix, Geneviève Autonne, Laure Brandt

1 - Family relationships

Group leader: Geneviève Mansion e-mail : geneviève.mansion@wanadoo.fr

While we are ageing, family relationships are subtly changing. Whether these changes are undergone or of our own free will, they question us so that we have to get adapted and to continuously re-invent our role and part in the chain of generations. Our starting point is the current experience of our family life, our delights and difficulties, and through our exchanges, we attempt to find the right distance with each member of the family and the way to serenity.

2 - Ageing is difficult

Group leaders: André Desplan, Marie-Françoise Fuchs e-mails: andre.desplan@orange.fr and mffoldup@gmail.com

We share our experiences of every day life, so we are not alone to cope with the difficulties of ageing. We talk about our delights and our pains, which involves smile and humour to face small and great worries. These exchanges are both deep and creative.

The themes to be debated are proposed before each workshop. Examples : organising holidays with or without the family, losing some of our capacities, progressive deafness, difficulty in walking, visiting ill friends in distant places, exploring the mysteries of memory and the causes of unexpected tiredness.

3 - The spiritual meaning of life

Group leader: Marie-Thérèse Lunven e-mail : bernardlunven@orange.fr

What is our inner life? Starting point : Two quotations by Christian Bobin

« *To enjoy life in its simplest sense, which is to keep a good physical and mental health, we can't do that unless we listen to what is going on beyond our self* »

« *Interiority is a thought process. It is no longer to act, but just to feel life through ourself. What is essential is to feel the bite of eternity - with a broken open heart. But to be able to reach this state, we just need to enter a zone of inner silence.* »

4 - How to live my real life ?

Group leader : Nancy de la Perrière mail: nlp@wanadoo.fr

It concerns our own life with its own specificities. How can we qualify them and how can we manage them in any domain : our self, our environment, the setting of our life which is forced on us today.

5 - Time builds us

Group leaders : Eliane Lacroix and Geneviève Autonne Mails: lacroix.el@wanadoo.fr and genevieve.autonne@orange.fr

Time is out of reach and yet it accompanies us. It can be fast or slow, it is our every day companion. Such a vast rich subject gives us opportunities to deal with any theme in the core of our lives as well as the topics suggested by the group.

6 - The relationship between doctors and patients.

Group leader: Marie-Claire Chain mail: mcchain@wanadoo.fr

To have good relationship with our own doctor or/and any doctor : to ask relevant questions, to prepare answers, to keep our medical file valid, to detect the symptoms which lead us to go to the doctor's.

7 - Mindfulness through meditation

Group leader : Marie-Thérèse Lunven mail: bernardlunven@orange.fr

Come and get initiated into meditation...A wonderful present: don't move, keep silent, feel as if you were alone within the group, as if you were on the brink of an inexhaustible source of confidence, joy and love. « Where are you running to? Don't you know that heaven is inside you » Christine Singer.

8 - The 'over-ninety'

Group leader : Bernadette Aumont mail : bernadette.aumont0589@orange.fr

The 'over-ninety' need to exchange, to detect their specificities and define their identity in order to be acknowledged as necessary precious social actors. The other generations and the medias tend to speak of 'the old' in terms of illness, medical treatments, social cost, and so as 'objects of care' , quite rarely as ' subjects of interest' who must still have a part among the others.

9 - Zest for living : and tomorrow ?

Group leaders: Laure Brandt, Eliane Lacroix, Françoise Lavelle

mails: laurebrandt@wanadoo.fr lacroix.el@wanadoo.fr francoise.lavelle@wanadoo.fr

The zest for living is not automatic; we will try to understand how this alchemy can operate in ourselves, how we can have a positive attitude toward life in spite of evil in the world and in each of us. We will search for some keys to help us grow this desire to have a good life.

10 - Let's get older

Group leaders : Paule Giron and Geneviève Autonne

Mails : pause.giron@gmail.com and genevieve.autonne@orange.fr

We propose reflection on inner as well as outer hindrances to 'ageing well'. We work on the representation of ageing - how to get free of that constraint in order to invent our present and our future.

11 - The 'over-seventy'

Group leader: Marie-Claire Chain mail: mcchain@wanadoo.fr

No precise theme. The point is to exchange on the way we get aware of entering this new period of 'seventy' while we don't feel yet the small handicaps of ageing. How to find the right words to express the difficult way to choose our various new involvements. To speak of our private life and think of the different ways to keep our optimism and vital energy.

12 - The 'over-eighty'

Group leader : Laure Brandt mail : laurebrandt@wanadoo.fr

We come to a new period of life with its uncertainties, weaknesses, renunciations, but also with its new possibilities. Is it necessary to keep a sort of determination to be creators of our lives?

We will treat these themes by starting from experienced difficulties and possibilities of resilience.

13 - Spirituality

Group leader : François Monconduit mail : françois.mauconduit@gmail.com

To exchange about spirituality as constituent of every human life.

Because it helps to define each of us as a singular human being.

Because it gives sense to all our acts.

Because it would allow us to keep joy alive in the core of the tragedy inherent to our condition

14 - Strategy for ageing well

Group leader : Anne de la Loge et Eliane Lacroix

Mails: delaloge.anne@orange.fr et lacroix.el@wanadoo.fr

Meetings in-situ. Résidence Arcadie de Paris XVème

B groups «Reflection and Information »

Members in charge of the groups: Amicie de Balorre and Françoise Sauvage

1 - Current issues

Group leaders : Claude Jeannest and Gilles Brac de la Perrière

Mails : claud.jeannest@orange.fr and g.de.la.perriere@wanadoo.fr

Our project is to deepen our views on burning issues selected by the group at the preceding workshop. First a short presentation fosters the debate and lively exchanges, completed by some documents and further information on the subject. Some examples of our subjects: Brexit, the future of Europe, Islamism versus the world, Donald Trump's election, China, Subsaharian Africa, the transformation of work and society.

2. Literary Club

Group leader: Amicie de Balorre Mail: amicie.marc@gmail.com

To study different types of books : short stories, detective novels, comics, essays...

To select a book and discover the different reactions, watch a film based on a novel and debate.

On the occasion of a writer's birthday, read again his writings.

And as book lovers, to share our discoveries

3 - Cultural News

Group leader : Sylvia Ertzer Mail : sylvia.ertzer@orange.fr

To speak, to listen, to debate cheerfully on cultural subjects close to our hearts. Every month we discover the latest news: films, exhibitions, shows, concerts, then one of our members presents the selected subject. It is a nice time, good for exchanging ideas and sharing emotions. So we hope to incite you to go out, encourage initiatives and develop a lively cohesion of the group.

4 - Writing workshop

Group leader: Bernadette Aumont and Monique Guard

Mails : bernadette.aumont0589@orange.fr and jetmguyard@orange.fr

To play with words, listen to their sounds, appreciate different styles, find one's own way by daring to write in a style which gets more and more lively. Reading these texts aloud highlights them in an unexpected way.

C Workshops -« Actions de terrain »

Persons in charge : Marie Geoffroy and Marie-Françoise Fuchs

1 - Representatives of Users (patients or clients)

Persons in charge: Marie Geoffroy and Geneviève Dolivet

Mails : geoffroy.andre@wanadoo.fr and genevieve.dolivet@orange.fr

Old Up has been accredited by ARS members (Agence Régionale de Santé) as 'Representatives of Users » to participate efficiently in improving the quality of relationships in medical institutions

2 - Inter-generation Actions in Schools

Person in charge : Béatrice Valentin Mail : beatrice-valentin@club-internet.fr

The results of these actions can be seen on the site in Actions de Terrain

And also.... **Cycle of training on Digital Tablets**

Person in charge : Monique Guyard. Contact for reservation : jtmguyard@orange.fr

For a better life, let's learn to « conquer the Digital »! To help old people to understand and use the machines which invade our daily life. Old Up organises workshops to learn how to use the new digital objects. It is more reassuring and funny to learn with some people of the same generation. The same age, the same rhythm, but teaching done by young students trained for a pedagogy adapted to old people.

« Whatever our age is, we can't know everything, but we can still learn a lot. »



MDA 4 rue Amélie 75007 PARIS, tél : 06 72 53 55 51

Courriel : contact@oldup.fr - Site : www.oldup.fr