



# DAY CLUB FOR THE ELDERLY

Fundado en 2013. Floresta, Ciudad Autónoma de Buenos Aires.

The Club de Día Mensajeros de la Paz is a community daycare space for older people who are isolated, lonely or in other problematic personal situations. It acts as a motivator to improve older adults' emotional well-being and quality of life, fostering or maintaining the social networks of those who attend the club.

## About

The Day Club Mensajeros de la Paz plays a vital role as a dedicated daytime haven, meticulously tailored to cater to the needs of elderly individuals who find themselves grappling with the challenges of isolation, loneliness, and various other forms of personal adversity. Nestled within the heart of Floresta, a district in the Autonomous City of Buenos Aires, this compassionate establishment embarked on its journey in the year 2013, driven by a steadfast commitment to make a positive difference in the lives of the elderly. Every day, the Day Club extends its nurturing embrace to over 20 senior citizens. These individuals partake in a carefully curated array of activities that serve as catalysts for promoting and revitalizing active aging. The club, in essence, operates as a beacon of motivation, inspiring its members to pursue improved personal well-being and a heightened quality of life. Beyond these tangible benefits, the club also assumes the role of a guardian for the social networks of its attendees, ensuring that connections and companionship thrive in a setting that truly values human interaction. As the sun rises over the city, the club comes alive with the hum of engaging workshops. Participants immerse themselves in memory-stimulation sessions, delving into exercises that keep cognitive faculties sharp and agile.

Thought-provoking discussions on human rights kindle a sense of empowerment and awareness among the members, fostering an environment where their voices are heard and valued. Socio-emotional artistic workshops enhance the creative spirit and serve as both therapeutic outlets and platforms for self-expression. Participants wield brushes and pens, channeling emotions and experiences into visual and literary creations that reflect their unique perspectives. Meanwhile, the digital realm is demystified through computer classes, equipping the elderly with newfound technological knowledge, and bridging generational divides.

At noon, yoga classes are held, embracing wellness and mindfulness. Breathing deeply, the participants find solace in the union of body and spirit, fostering a sense of holistic health that transcends the physical. Nutrition experts meticulously curate three nourishing meals each day, offering a taste of comfort and care. These meals, served against the backdrop of a balanced diet are gestures of compassion that nurture both body and soul. Through its diverse offerings and unwavering commitment, the club illuminates a path toward active, engaged, and meaningful golden years.

## Sustainable development goals

