

The seniors from the University of the Third Age from Galati have found the recipe for happiness. Through the rich and interesting activities they managed to remove loneliness, sadness, illness and found, in a group interested in their needs, the motivation for each day. Although the average age is closer to 70 years, we seniors have rejuvenated as can be seen from the presentation. Through a collective concern and the work of a dedicated team (who volunteered) it was possible to organize diversified activities: trips, visits to museums, kayak rides, vacations together and were mobilized to continue their talents: to write, to paint, to dance, discovering together the lust for life.

The recipe is simple, you just have to be a fine observer of the seniors' needs, to know what they lack and what they need. You will be amazed, but our needs are simple, we do not want many, just a few hugs and many smiles.

Our activities are simple, shaped by our powers. That's how I discovered that dancing, music, a hug, a phone call or a good word is the best treatment for all ages, but especially for old age.

Active, social, cultural life and lifelong learning were encouraged by combining pleasure with maintaining an active mind.

Within the University of the Third Age, this year, for the first time, being the first edition, the Summer School project with the theme "Traditions and customs at the Lower Danube and Dobrogea" took place. The project lasted 10 days, between August 21 and September 10, 2021 and mobilized over 80 seniors, 23 young people and 20 collaborators. The youngest participant is 6 and a half years old, and the oldest is 89 years old. Through the intergenerational meetings, it was taken into account that two age categories benefit from each other's experience, gentleness and imagination. We all had something to learn.