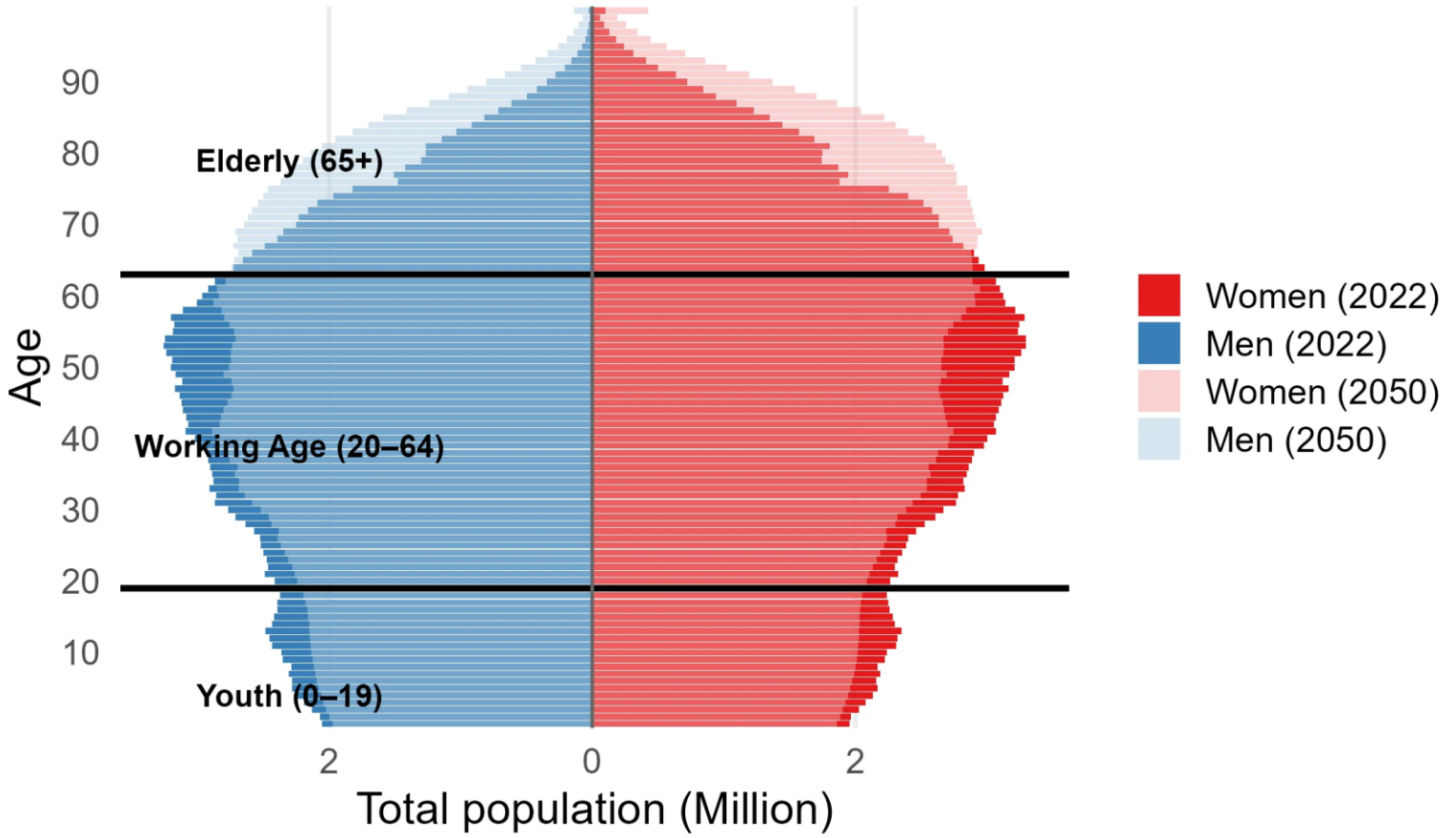
ACTION

SENIORS ACTIVE IN THE COMMUNITY

Publication produced within the project: ***ACTION – Seniors Active in the Community***
Project co-funded by the European Union through the Erasmus+ Programme,
KA210-ADU – Small-scale partnerships in adult education
Project number: 2024-2-RO01-KA210-ADU-000278611

Population in the EU: 2022 vs 2050



Source: Eurostat - EUROPOP2023, own calculation.

Dependency ratio 2021



Dependency ratio 2100





The dependency ratio is calculated as the ratio between the number of persons aged 65 and over (age when they are generally economically inactive) and the number of persons aged between 15 and 64. The value is expressed per 100 persons of working age (15-64).

Co-funded by
the European Union

ACTION
SENIORS ACTIVE IN THE COMMUNITY

RURAL SENIOR CLUB HANDBOOK

2026

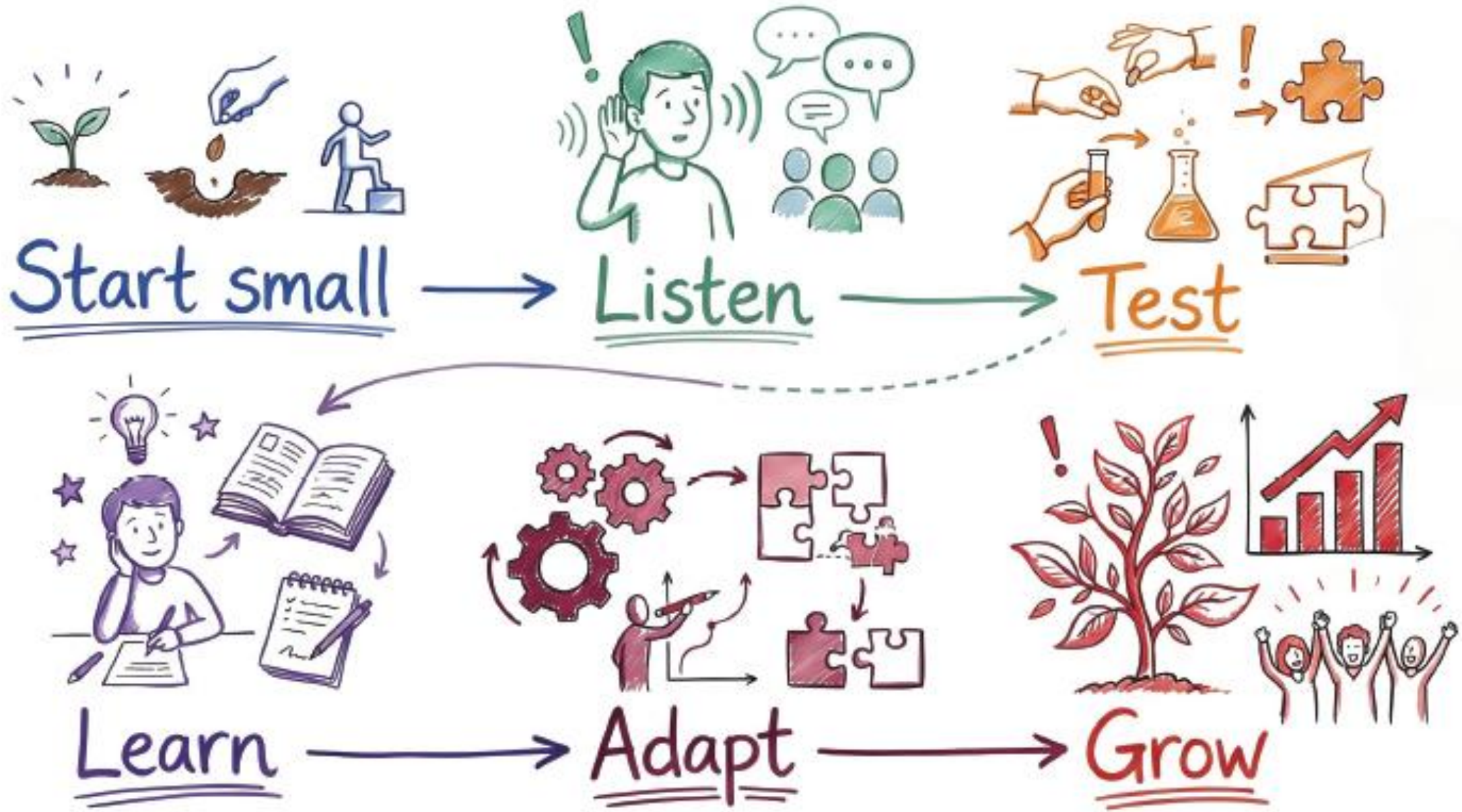
From isolation to participation

Ageing not as a problem but opportunity

Do activities WITH seniors, not only FOR seniors

ACTION Model




Start small
Listen
Test
Learn
Adapt
Grow



5.2 GOOD PRACTICE – A CREATIVE STUDIO AS A PLACE FOR SOCIAL INCLUSION



5.7 GOOD PRACTICE – GIVING SENIORS A VOICE IN LOCAL POLICY



6.2 GOOD PRACTICE – READING BRINGS US TOGETHER



6.4 GOOD PRACTICE – "SENIORS WRITE HISTORY" – CELEBRATING LOCAL TALENT

The Senior Club (CS) as a local development network



CHAPTER 7. ANNEXES – PRACTICAL WORKSHEETS AND RESOURCES

How to Use These Annexes

The following worksheets are designed as **ready-to-use working tools for Senior Clubs (CS)**. They may be printed, completed by hand, adapted digitally or modified according to national and local requirements.

Not every CS needs to use every form. Select and adapt the tools that correspond to the size, activities and organisational structure of your club.





SENIORS ACTIVE IN THE COMMUNITY