



**Increase and development of manual skills and physical vitality of citizens
of the European Union over 50 years**

8th MAY 2019

Coordinators meeting

Program:

10 minutes Power Point (or Prezi) presentation about project activities (each country)

Actual info – economy, cash flow, documents, other activities, Brno meeting (sport presentation), Lubsko meeting (work shops presentation)

Discussion



Senior University Foundation University of A Coruña, Spain



Coordinator:

Dr. Pilar García de la Torre

Assistant of coordinator:

Mr. Francisco Ascón – Project manager

Teachers: Dr. Pilar García de la Torre – Tutor and coordinator of activities

Dr. Begoña Crespo – English

Dr. Isidoro Hornillos – Sport in A Coruña

Dr. Juan José Gómez – Sport in Ferrol

Mrs. María Jesús García – Volunteer in Manual Skills

Mr. Luis Santillana – Volunteer in Digital Video creation

Web page:

<https://idemasapainspain.wordpress.com/>

FB:

<https://www.facebook.com/Universidade.Senior.Coruna/>

YouTube:

<https://www.youtube.com/user/seniorcoruna>

Project activities: Sport



Time, date, place of study program:

Every Tuesday from 10,00 to 11,00 – Sport hall

Senior University

From October to May (total 30 hours/30 meetings)

22 participants

Sport group in A Coruña:

Genoveva	Carballal López
M ^a Josefa	Cortizo Vila
M ^a Carmen	Costa Carneiro
M ^a Soledad de la	Iglesia Pita
M ^a Ángeles	Fernández García
Elisa	Fondo Recarey
Adolfo Mario	García Campos
Aurora	Garrido Montero
Esther	Iglesias Eiris
M ^a Josefa	Lema Pensado
Marina Fátima	López Santos
M ^a Carmen	López Ulla
José	Naveiras López
M ^a Isabel	Picado Ávila
M ^a Alcira	Rey Baña
Dolores	Rodríguez Borrazás
Manuel	Rodríguez Siso
José Luis	Rumbo García
M ^a Carmen	Sánchez Suárez
M ^a Jesús	Vázquez Castro
Jaime	Vázquez Couceiro
Juan Manuel	Vilan Vázquez

Outdoor Sport Session in A Coruña
26/02/2019

IDEMASAP 50+. An Erasmus+ KA204 Strategic Partnership

Project activities: Sport



Time, date, place of study program:

Every Thursday from 10,00 to 11,00 – Sport hall

Campus de Esteiro - Ferrol

From October to May (total 30 hours/30 meetings)

25 participants

Sport group in Ferrol:

Ángeles	Álvarez Villar
M ^a Teresa	Arias Abelleira
M ^a Mercedes	Crego López
M ^a Pilar	Díaz Real
Josefina	Fernández Picallo
Soledad	Figueira Viaño
M ^a Jesús	Fouces Díaz
Mercedes	Goday Berini
Pilar	Gómez Rivera
M ^a Jesús	Gundín Taboada
M ^a Matilde	Gundín Taboada
M ^a Pilar	Leira Varela
M ^a José	López Espiñeira
José	Maceiras Mosquera
M ^a Rosario	Monjardín Ferreiro
Jose Manuel	Pardo Garrido
M ^a Carmen	Pardo Montero
Carmen	Prieto Bolaños
M ^a Pilar	Quiza Prego
M ^a Rosario	Roca Gallego
Marcelino Luis	Rodríguez Serantes
M ^a Victoria	Sanesteban Cao
Eva	Serantes Rodríguez
Olga	Vales Corti
Consuelo	Villar López

Project activities: Manual Skills



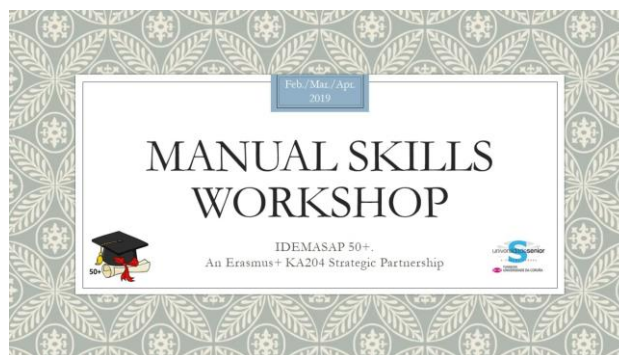
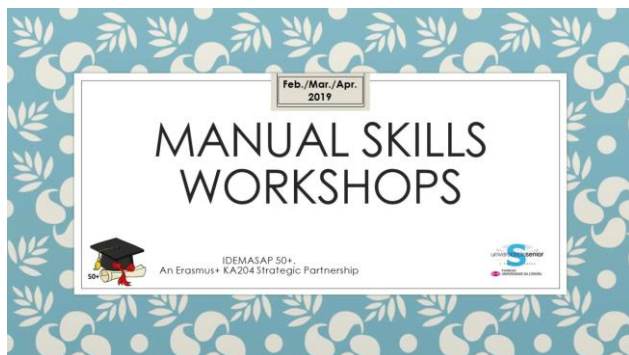
Time and date of study program:

Every Friday from 12,00 do 14,00 – 2 workshops

From 28th february to 24th may (total 20 hours/10 meetings)

38 participants

Workshop group in A Coruña:



M ^a Elvira	Albertino López
Dolores	Alonso Pérez
M ^a Gloria	Álvarez Encinas
Josefina	Arias Fernández
M ^a Ángeles	Cabanela Molina
Agustín	Cabezudo García
Pilar	Casas Pombo
M ^a Ángeles	Castro Blanco
José Luis	Conde Rodríguez
Manuela Claudia	Corral Villar
Graciela Elena	Forte Villanueva
M ^a Carmen	Freire Bargados
Adela	Gajino Cousillas
M ^a Jesús	García Abeledo
Aida	García López
José	Gil Martínez
Antonio Joaquín	González Rodríguez
M ^a Pilar	González Santín
M ^a Luisa	Guillén Castro
Esther	Iglesias Eiris
M ^a Mercedes	Insausti Beorlegui
M ^a Isabel	Jove Espasandín
M ^a Silvia	Larrosa Pan
M ^a Luisa	Lemus Fernández
M ^a Elena	López Prado
José Manuel	Malde Varela
José María	Martínez Ares
Eugenia Margarita	Martiño Tohux
Rosa M ^a	Noguerol Pena
M ^a Cristina	París Ferreira
M ^a Puerto	Pérez Domínguez
Consuelo Julia	Pérez Pan
Raquel	Rico Fernández
Isabel	Rubio de la Torre Ruiz Baillón
Consuelo	Sanjurjo Carro
Luis	Santillana Ferrero
José Miguel	Vázquez Conde
M ^a Eugenia	Villarino Rodríguez

Cultural Heritage, Landscape, Memory and Sustainability

Our memory of the landscapes of our life is reflected in our old photographs. We will compare that photos from our family photo albums with up-to-date photos, taken by our students in the landscapes of their memories

<https://seniorsustainability.wordpress.com/>

Other project activities



ICT Training Sessions in Ferrol:

More than 10 participants – 1 group

February 21th and March 7th. - Computer room of the Faculty of Humanities (Ferrol)

2 meetings of 2 hours

ICT Training Sessions in A Coruña:

More than 10 participants – 1 group

February 19th and April 2th. - Computer room of the Senior University (Coruña)

2 meetings of 2 hours

English lessons in A Coruña:

More than 30 participants – 1 group

March 8th and April 26th. - Computer room of the Senior University

2 meetings of 2 hours

Training sessions on peer-learning for volunteers in A Coruña:

Three participants

February 26th. – Meeting room of the Senior University

1 meeting of 2 hours

Facebook participants



Administrator:

Francisco Ascón

(Universidade Senior da Coruña - <https://www.facebook.com/universidade.s.dacoruna>)

- 1 coordinator
- 3 teachers (Sport A Coruña, Sport Ferrol & English)
- Sport – Ferrol: 10 members (10/25)
- Sport – A Coruña: 15 members (15/22)
- Workshop – A Coruña: 21 members (21/38)



Photo gallery – main activities – sport



Photo gallery – main activities – work shops



Photo gallery – other activities





Video gallery

Manual Skills Workshop -bracelets – A Coruña

<https://www.youtube.com/watch?v=a3aZewaOn8I>

Manual Skills Workshop in A Coruña

<https://www.youtube.com/watch?v=EUprL3oEL3o>

Sport session in Ferrol

<https://www.youtube.com/watch?v=IrKjF8IJ1Wk>

Sport session in A Coruña

https://www.youtube.com/watch?v=MhtYls_DKbY



Thank you