

IDEMASAP 50+

**INCREASE AND DEVELOPMENT OF MANUAL SKILLS AND
PHYSICAL VITALITY OF CITIZENS OF THE EUROPEAN
UNION OVER 50 YEARS**



University:

Vocational Training Institution in Zielona Gora

University of the Third Age in Lubsko, Poland

Coordinator:

Mrs. Renata Jasinska - Vice President of the Board of the Vocational Training Institution

Teachers:

Mrs. Monika Kolodziej – work shop

Mr. Vasyi Gusar - work shop

Mr. Mirosław Sawicki – sport

Web page:

<https://www.utwlubsko.com.pl/utw/>

FB:

https://www.facebook.com/utwlubsko/?ref=br_rs

YouTube:

https://www.youtube.com/channel/UCGe4ywW2ZDFNMuzQq6l6mlw?view_as=subscriber - YouTube channel UTA Lubsko

Participants:

Sport group:

Mr. Jan Rotkis, Mrs. Bozena Manik, Mrs. Barbara Kuzma, Mrs. Maria Majorczyk, Mrs. Zofia Glogowska, Mr. Wieslaw Rog, Mrs. Dorota Marusiak, Mr. Edward Marusiak, Mrs. Helena Komornicka, Mrs. Sabina Ciężkowska, Mrs. Teresa Wysoczanska, Mrs. Sabina Huryn (12)

Time, date, place of study program:

Every Tuesday and Wednesday - Sport hall in Lubsko

From 5th March to 24th April - according to the schedule (total 20 hours/16 meetings)

Work shop group:

Mrs. Maria Wasilewska, Mrs. Janina Wojtowicz, Mrs. Barbara Bartnicka, Mrs. Irena Dabkowska, Mrs. Michalina Mnich, Mrs. Jolanta Mickiewicz, Mrs. Stanisława Sadowska, Mrs. Bozena Rog, Mrs. Elzbieta Ponulak, Mrs. Janina Kaluzna, Mrs. Jozefa Pretka, Mrs. Zofia Gotlib (12)

Time and date of study program:

Fridays/Mondays – buildings of Vocational Training Institution,

From 1st March to 14th May - according to the schedule (total 20 hours/10 meetings)



Sport - BOWLING

No.	Date	Time
1.	05.03.2019	15.30-16.30
2.	06.03.2019	15.00-17.00
3.	12.03.2019	15.30-16.30
4.	13.03.2019	15.00-17.00
5.	19.03.2019	15.30-16.30
6.	20.03.2019	15.00-17.00
7.	26.03.2019	15.30-16.30
8.	27.03.2019	15.00-17.00
9.	02.04.2019	15.30-16.30
10.	03.04.2019	15.00-16.00
11.	09.04.2019	15.30-16.30
12.	10.04.2019	15.00-16.00
13.	16.04.2019	15.30-16.30
14.	17.04.2019	15.00-16.00
15.	23.04.2019	15.30-16.30
16.	24.04.2019	15.00-16.00

SCHEDULE, „IDEMASAP 50+” UTW LUBSKO

Workshop – ART THERAPY

No.	Date	Time
1.	01.03.2019	13.00-15.00
2.	04.03.2019	9.40-11.40
3.	11.03.2019	9.40-11.40
4.	15.03.2019	13.00-15.00
5.	18.03.2019	9.40-11.40
6.	25.03.2019	9.40-11.40
7.	01.04.2019	9.40-11.40
8.	05.04.2019	13.00-15.00
9.	08.04.2019	9.40-11.40
10.	15.04.2019	9.40-11.40

Facebook participants



Administrator:

Renata Jasinska, Monika Kolodziej

Sport group:

Mr. Mirosław Sawicki - teacher

Mrs. Zofia Glogowska, Mrs. Maria Majorczyk, Mr. Jan Rotkis (3/12)

Work shop group:

Mrs. Monika Kolodziej - teacher

Mrs. Michałina Mnich, Mrs. Barbara Bartnicka, Mrs. Janina Wojtowicz (3/12)

GALLERY OF SPORT ACTIVITIES



GALLERY OF SPORT ACTIVITIES



GALLERY OF ART ACTIVITIES



GALLERY OF ART ACTIVITIES



PRESENTATION GALLERY

IDEMASAP 50 + - sport activities in UTA Lubsko (March 2019)

<https://www.youtube.com/watch?v=5SFvx2mFqfg&t=7s>

IDEMASAP 50 + - art activities in UTA Lubsko (March 2019)

<https://www.youtube.com/watch?v=t5Kg9UOZXxA&t=9s>

IDEMASAP 50+ - presentation about project activities UTA in Lubsko

<https://docs.google.com/presentation/d/1LYAIPbsuhvw-JGMBAAO7aUcEaWBv1-4fJLTdP4wwazU/edit?usp=sharing>

MEDIA

Article:

<https://docs.google.com/drawings/d/1dKmLcDf3VYlInCeQtKUfK6X1hLSifsyUxEUI8Xal-g4/edit?usp=sharing>

PLANS FOR FUTURE

I.	02-04.2019	bowling	art therapy
II.	10-12.2019	tourism	painting
III.	02-04.2020	boccia	calligraphy

THANK YOU



UTA IN LUBSKO