

## Active in old age

"A rolling stone gathers no moss" - as the saying goes. And there is some truth in this. In Bocholt there are therefore many offers for older people to maintain physical and mental health and mobility into old age. And those who meet with others are not alone, but always find the best entertainment!

# You have the choice

## – Senior Groups & Meetings

In Bocholt there are numerous senior groups and meeting places for older people by older people. They are active in many areas and on different topics.

These include culture, politics, health, leisure, hobbies and socialising. Many of these senior groups are organised by churches. You can get the contact addresses from the respective parish office or from the senior citizens' office of the city of Bocholt.

### **AWO Senior Citizens' Meeting Centre**

Drostenstraße 1  
46399 Bocholt  
Tel. 02871/3409-0

The AWO meeting place offers dice and card games on Tuesdays and Thursdays from 2 - 6 p.m., bingo on Wednesdays and a meeting place for senior citizens on Fridays.

### **Caritas "Cafe Quer-Beet"**

Nordwall 44-46  
46399 Bocholt  
Tel. 02871/2513-1203  
Tel. 02871/2513-1205

This is where the sprightly pensioner meets her caring daughter at a play afternoon, who picks up her father from day care and drops in for a coffee beforehand. This is where kindergarten children come together for an afternoon of songs with senior citizens, or where schoolchildren and senior citizens exchange ideas about mobile phones.

The "Cafe Quer-Beet" is open on Tuesdays from 3 - 6 pm and every 2nd and 4th Sunday from 3 - 6 pm.

If you are interested in other events and dates, please call 02871/2513-1302 or 2513-1205.

### **German Red Cross - Senior Citizens' Meeting**

Goerdelerstraße 15  
46397 Bocholt  
Tel. 02871/15065

The DRK offers regular events for older people. The programme includes play afternoons, singing groups, senior dances, gymnastics, and small and large trips. You can find out more at the DRK.

## Kneipp Association Bocholt e.V.

At Königsesch 39  
46395 Bocholt  
Tel. 02871/13476

Skat, Doppelkopf and chess are played in the clubhouse every Wednesday from 2.30 pm. Every Sunday from 2 pm, the Kneipp Association offers an open meeting. In addition to the normal course programmes, there are also open offers such as boules, bossel, hiking, singing and dancing.

These offers are only valid for members of the Kneipp Association Bocholt e.V.

There is also a district meeting place for young and old. They offer various leisure activities, but also on-site consultation hours on different topics.

## Leben im Alter e.V.

- Dortmunder Straße 6, 46397 Bocholt
- Werther Straße 149, 46395 Bocholt
- Adenauerallee 59, 46399 Bocholt
- Biemenhorster Weg 15 a, 46395 Bocholt
- Saarstraße 33, 46395 Bocholt

## Commitment in Bocholt

*"How can I successfully shape my post-professional phase of life?"*

**The projects of the initiative "Engagiert in Bocholt" (Engaged in Bocholt) are exemplary for the many possibilities to become active as a volunteer. "Engagiert in Bocholt" is the name of the former "Kreis der Begegnung" (Circle of Encounter), which emerged in 2007 from the Robert Jungk Award-winning project "Seniors Plan for Seniors".**

"Engagiert in Bocholt" is supported and accompanied in terms of content by the senior citizens' office of the city of Bocholt, the association "Leben im Alter" and the Stadtparkasse Bocholt.

## Projects

### Mouse Mobile

The internet offers endless possibilities to get more information about the world, people and numerous topics. The Mouse Mobil group wants to make it easier for older people to access the computer. For this reason, the volunteers of the group teach other senior citizens free of charge basic skills in the use of computers, tablets and

smartphones, the internet and e-mail. They are happy to come to your home for this purpose.

If you have questions about using your laptop, tablet or smartphone, then the open PC consultation hours are the right place for you. These take place on the following days:

**Apollonia Diepenbrock House**, Moltkestraße 4  
every Tuesday from 10.00 - 11.30 a.m.

**Stadtsparkasse Bocholt**, Neutorplatz 1  
every Thursday from 3.30 - 5.00 p.m.

**Domicile Diepenbrock**, Adenauerallee 96  
every 2nd Monday of the month from 10.00 - 11.30 a.m.

**QuartiersHaus Fildeken-Rosenberg**, Saarstraße 33  
every Monday from 10.00 - 11.30 a.m. by **prior appointment**  
at the QuartiersHaus Tel. 02871 4769240 or at the senior citizens' office of the city of Bocholt

### **Prötkes and Dönkes up'n Naomiddag**

The group aims to preserve and pass on the Bocholt dialect. Within the framework of a Low German regulars' table, there is the opportunity to tell stories and dönkes in Bocholt dialect or High German at regular intervals, to chat with each other, and to exchange memories. Anyone can join in. The group meets every third Thursday of the month at 4 pm in the museum restaurant "Schiffchen", Uhlandstraße 50.

### **Individual voluntary support**

The "Individual Voluntary Support" is aimed at older people living alone with little or no social contacts and often a low budget. Volunteers visit senior citizens at home and give them a little of their time (e.g. for conversations, walks, joint activities, etc.). This offer protects elderly people from loneliness and also enables them to participate in public life.

### **Old people's theatre "Spätzünder"**

The Bocholt old people's theatre "Spätzünder" is aimed at all senior citizens who enjoy theatre, who want to see the world once again with new eyes and who want to deal with memory and imagination or with coordination and perception. Anyone over the age of 50 can take part. The Spätzünder rehearse weekly on Wednesdays. The theatre performances take place in the St.-Josef-Gymnasium (Kapu) until the completion of the town hall renovations.

In addition, the "Spätzünder" are also regularly active as environmental clowns in cooperation with the Entsorgungs- und Servicebetrieb Bocholt (ESB) and as movement clowns in Bocholt kindergartens.

## Senior partners for Bocholt schools

Senior partners can get involved in many areas at Bocholt primary and secondary schools. Depending on your interests and abilities, you can support classes in the mornings, e.g. as a learning or swimming companion, or help with homework in the afternoons, as well as in the various working groups on culture, handicrafts, sports, home economics, etc. If you enjoy working with children and are patient and empathetic, the children and the teaching staff look forward to your commitment. Of course, you determine the framework, scope and focus of the activities in all projects. We offer regular further training and exchange meetings. In addition, you can rely on contact persons who will support you in this task.

If you would like to get involved or would like to know more about the individual projects, please contact the following offices:

### Senior Citizens' Office of the City of Bocholt

Berliner Platz 2 (Shopping Arkaden), 46395 Bocholt  
Tel. 953-520 or 953-758

### Leben im Alter e.V.

Adenauerallee 59, 46399 Bocholt  
Tel. 2176566

### Internet café for senior citizens "Weltblick

Europe House  
Adenauerallee 59  
Tel. 21765650

Here you can surf the internet to your heart's content and at the same time have the opportunity to exchange ideas with like-minded people. In addition, you will always find competent volunteers there during opening hours who will be happy to give you advice.

### The Senior Internet Meeting is open at the following times:

Monday 9am-12pm

Wednesday 2-6 p.m.

Friday 15-18 h

There are currently about 200 volunteers working in various working and project groups.

## Bocholter Bürgergenossenschaft eG (Bocholt Citizens' Cooperative)

The cooperative idea of "help from person to person" is lived out in the Bocholter Bürgergenossenschaft. This is based on the principle of mutual help among the members. As part of our community, interested people can be both service providers and service recipients. Anyone who would like to provide services for others and/or

who would like to receive support themselves can join. Service recipients do not necessarily have to be members. The principle of mutual assistance is implemented through a time exchange system. BBG eG mediates, coordinates and books the provision of services between the participants.

Would you like to help and do something for the community?  
Are you looking for a meaningful occupation?  
Or ... do you need help?  
Do you need support?

Find out more at the  
**Bocholter Bürgergenossenschaft eG** [↗](#)  
Niederbruch 3  
46397 Bocholt  
Tel. 2927916

## Learning & Culture

### Learning in old age

*"My dream is to start something completely new again. I want to study, history for example! But it's too late for that now."*

No, it certainly doesn't have to remain a dream. Now you have the chance to follow your interests and courageously choose what you really want to do. Think about what knowledge you want to deepen or acquire. The first step could be, for example, a course at a continuing education institution.

#### Further education provider:

##### **Adult Education Centre Bocholt-Rhede-Isselburg** [↗](#)

Neutorplatz 2-4  
46395 Bocholt  
Tel. 953-697

##### **Family Education Centre (Fabi)** [↗](#)

Ostwall 39  
46397 Bocholt  
Tel. 02871/239 48-0

### I'm off to study...

Many universities and colleges, such as Münster, offer special courses for senior citizens. Whether senior studies, guest auditor studies or certificate studies - the possibilities are manifold. More information for the University of Münster can be obtained from the:

### **Contact Point Study in Old Age** [↗](#)

Georgskommendestr. 14  
48143 Münster  
Tel. 0251/8 32 40 04

## **Culture**

*"I would like to see something other than the TV screen for a change ..."*

Good idea! Whether theatre, cabaret, library or museum. You will be amazed at how much there is to discover in your neighbourhood.

## **Theatre, stage, cinema**

The **Stadttheater Bocholt e.V.** association offers touring events for the big stage in all sections: demanding plays from the entire spectrum of classical and modern theatre literature characterise the programme, as do musical theatre, concerts and ballet performances.

Due to the renovation of the town hall and the -Städtisches Bühnenhaus-, the Drosselsaal in the Textilwerk is the current venue.

All information about the performances as well as tickets can be obtained from: Tel:1 23 09

### **Cultural venue "Alte Molkerei"**

Werther Street 16  
46395 Bocholt

[www.alte-molkerei.info](http://www.alte-molkerei.info) [↗](#)

Theatre, comedy, music and much more cabaret - you can find it all at the "Alte Molkerei".

in the "Alte Molkerei" cultural venue. Very different tastes are catered for here. The programme and tickets are available at the tourist information office.

## **City Library**

[Bocholt's municipal library](#) [↗](#), Hindenburgstr. 5, tel. 2589-100, offers all citizens a comprehensive range of non-fiction and specialist books, novels and stories, newspapers and magazines as well as music CDs, audio books and DVDs. Specialist information and library advice on selecting literature and searching for information is available at all times.

Those who need a supply of reading material and have a smartphone, tablet or PC can

also get a quick supply via the city library's digital download service "muensterload". Older library customers, for whom the journey to the library has become difficult, can also browse through the media offer at home and then download a selection onto their eBook reader at home. For relaxed hours of browsing, the font size can be adjusted to suit the user's visual acuity.

All holders of a Bocholt public library user card can use the additional literary offer free of charge - 365 days a year and 24 hours a day. Currently, there are around 45,000 electronic media from a wide variety of fields available for lending. As a pleasant bonus on top of that: no overdue fines can arise from electronic lending, as the "return" takes place automatically after the expiry time.

## Holiday & Recreation

*"I would still like to travel, but no longer alone."*

In addition to the usual travel providers, some Bocholt welfare organisations and associations have adapted to the special wishes and needs of older people when it comes to travelling. Depending on your interests, they offer you the opportunity to gather new impressions in a group of like-minded people, to do something for your health or simply to relax and feel good.

For people who cannot afford the holiday from their own resources, there is the possibility of receiving church or public subsidies. In case of health restrictions, some associations also offer selected trips with supportive accompaniment. Enquire at the welfare associations in Bocholt.

A spa holiday is a good way to strengthen your physical and mental health. This can be subsidised by your health insurance. You can find out more about this from your local health insurance fund.

### **Here are some more offers that you can find directly in Bocholt:**

Caritas Bocholt offers a varied recreational programme for senior citizens. The trips last several days and take you to selected destinations in Germany. Volunteer tour guides are present on each trip and personal characteristics are also taken into account.

"Travelling without suitcases" - These day trips enable people with dementia and their relatives to experience time out together. The trips are completely barrier-free, offer attractive holiday destinations in the region for the small purse and are competently accompanied by specialist staff.



**Caritas Association for the Deanery of Bocholt e.V.**

Nordwall 44 -46  
46399 Bocholt  
Tel. 2513-1203 and 2513-1205

The Katholisches Ferienwerk Bocholt regularly offers 8 to 10-day study trips for senior citizens. The latest information can be found in the brochures, which are available from autumn in the branches of the Volksbank Bocholt and in the Catholic parish churches in Bocholt or from

**Katholisches Ferienwerk Bocholt**

Heinestraße 20  
46399 Bocholt  
Tel. 995644

"On tour with L-i-A" - The L-i-A travel programme gives older people the opportunity to escape from their own four walls and discover new things. The trips are accompanied and supervised by qualified staff. The annual brochure with interesting half-day and full-day trips is available at various public institutions or can be obtained from

**Verein Leben im Alter e.V.**

Adenauerallee 59  
46399 Bocholt  
Tel. 217 65-66

**In Bocholt, no one has to be "old-fashioned".**

- Experience community
- discover the internet
- play theatre
- supporting children and young people
- chatting and celebrating
- and much more

 **Sport & Exercise**

*I have never been active in sports, and now that I'm older I can't either. Where can I find suggestions and sports opportunities that suit my age and state of health?"*

Many health complaints are caused by a lack of exercise. Stiff joints and limited mobility are not an argument against sensible physical activity. If you want to improve

your condition or simply stay fit, you should integrate your individual exercise and

your condition or simply stay fit, you should integrate your individual exercise and sports programme into your everyday life.

The motto is: having fun is better than doggedly striving for top performance. Walking, Nordic walking, hiking, dancing, cycling, gymnastics and many other sports can be done particularly well and entertainingly in a club.

In Bocholt there are currently 54 sports clubs with about 30,000 members and numerous and varied sports are offered. You can find out more about the individual sports clubs and sports in the brochure "Sport in Bocholt".

Download the brochure:

[Brochure "Sport in Bocholt" ↗](#) (pdf, 3.6 MB)

In Bocholt, some new offers have been created in the senior citizens' area, which are presented here as examples:

### **Not with me - self-defence also with the walking stick -**

The aim of this offer is to give senior citizens the necessary self-confidence through simple and effective behaviour in theory & practice, so that they can move around in public and in the house with less fear.

Some examples from the current course programme:

- Body language for a confident appearance in public and at home.
- Pickpockets love crowds and crowded places
- How to react to a group of people I feel threatened by

The exercises include training in body awareness, balance, relaxation and breathing techniques, gentle ways of asserting oneself and self-defence, martial arts and meditation in movement, and the use of everyday objects e.g. walking stick, shopping bag, mobile phone.

Everything starts with a 2-week free trial training. After that, you can register for a six-week course at any time. Afterwards, you have the option of receiving further support. Training always takes place on Wednesdays from 10.30 am - 11.30 am. No special sporting abilities are required for the course.

### **Hatzky Sports Centre**

Franzstr. 97, 46395 Bocholt, Germany

Phone: 02871-6337

E-mail: info(at)sportcenter-hatzky(dot)de

*Within the framework of the Future City 2030+ project, two new offers have been created in Bocholt from the point of view of health promotion for older people:*

### **Everyday Exercise Programme (ATP)**

We all know that exercise is the key to staying healthy and fit. For men and women over 60 who would like to exercise more and in a targeted way without attending

special courses in clubs or fitness studios, LIA offers an interesting alternative in

Special courses in clubs or fitness studios, LFA offers an interesting alternative in cooperation with the city of Bocholt and the Kardinal-Diepenbrock-Stiftung Bocholt: namely the AlltagsTrainingsProgramm, or ATP for short - a programme of the Bundeszentrale für gesundheitliche Aufklärung (BZgA) (Federal Centre for Health Education) with the support of the Verband der Privaten Krankenversicherung e.V. (PKV).

During a free course, you will learn how to use the ATP to see everyday situations as an opportunity to exercise and thereby incorporate more movement into your daily life. You will see that there are many ways to stay active and that you do not need to be at your best to do something for your health.

Courses offered in the Appolonia Diepenbrock House every Friday from 10 to 11 a.m.

Anyone who would like to have a look is cordially invited. It is possible to join at any time.

For further information, please contact:

**Leben im Alter e.V.**

Adenauerallee 59, 46399 Bocholt, Germany

Tel. 2176566

## Contact

### Frau Bußmann

Rente, Senioren, Betreuungen und Ehrenamt

Soziales



[Send e-mail](#)



[+49 2871 953-2342](tel:+4928719532342)

### Rainer Howestädt

Rente, Senioren, Betreuungen und Ehrenamt

Soziales



[Send e-mail](#)



[+49 2871 953-2346](tel:+4928719532346)

### Marie-Therese Brand

Rente, Senioren, Betreuungen und Ehrenamt

Soziales



[Send e-mail](#)



[+49 2871 953-2234](tel:+4928719532234)