

Drömstan – apartments and meetingplace



Drömstan - Apartments

- Conditions - 70 years
- Sheltered house
- 54 apartments
- Sauna, relax and gym
- Roof terrace



Drömstan – meetingplace for seniors

- Café
- Diningroom
- Commun room
- Small library



Standing activities

- Yoga
- Walking
- Needlework
- Gymnastics
- Games
- Reading aloud from the newspaper, gossip magazines and others we find at the net!
- Reading aloud from different books
- Practice on our Ipads
- Entertainment

Practice on Ipads



Needlework



Entertainment



Gymnastics



Games



Reading of us requires...

- Good lighting
- Quiet environment
- The right group of people, based on the conditions that exists in the group
- A lot of time
- Custom litteratur
- Very, very popular is the reading and discussion of the newspaper and gossip magazines, preferably about royals
- Something that also create good discussions are picture books
- Coffee



Thanks for listening

