

Feel Better With a Book: Reading for Wellbeing in Old Age, Nordplus Adult Stage 3, Lidköping, Sweden, February 27 – March 5, 2017.

www.lidkoping.se

Monday, February 27

19.30 Dinner. Meet outside the hotel, Mellbygatan 24. www.parkhotellidkoping.se

Tuesday, February 28

09.30 Lidköping municipality library, Stenportsgatan 11, Biblioteksscenen.

www.lidkoping.se/bibliotek

09.30 – 10.00 Laima introducing the project. Over all presentation. Practicalities.

10.00 – 10.45 Ingrid Skarp, Development Leader, the elderly care in Lidköping.

10.45 Fika; coffee break.

11.00 – 12.00 Cecilia Larsson, the Senior Center activities and a tour in the SC.

12.00 – 13.00 Lunch at the Senior Center.

13.15 – 14.45 Guided city tour.

15.00 – 17.00 The Library activities and a tour in the library.

16.00 Fika; coffee break.

19.00 Dinner. Restaurant Wok house, Källaregatan 3.

Wednesday, March 1

09.00 Meet at the hotel. Drive to Björkhaga retirement home, Järpås.

09.30 – 11.00 Björkhaga retirement home and venue.

11.00 – 12.00 The library branch in Järpås.

12.00 – 13.00 Lunch, Björkhaga venue, Järpås.

14.00 Visit Skogsgläntan retirement home, Lidköping.

15.00 – 16.00 Visit Galeasen short-term care and respite, Lidköping.

18.30 Taco dinner at the hotel.

Thursday, March 2

09.30 Lidköping municipality library, Stenportsgatan 11, Biblioteksscenen.

Reading for the elderly. Anna Anteryd, Studieförbundet Vuxenskolan, Center for Adult Learning. www.sv.se

Catharina Kåberg, Myndigheten för tillgängliga media, Swedish Agency for Accessible Media. (Within the Ministry of Culture.) www.mtm.se

11.00 Fika.

13.00 Lunch at restaurant The View. www.restaurangtheview.se

14.15 Lidköping municipality library. We continue from before lunch.

15.30 Fika.

16.30 We stop for today.

19.00 Dinner. Restaurant Bullseye, Skaragatan 6. www.bullseyesaloon.se

Friday, March 3

- 06.20 Friskis&Svettis, Sockerbruksgatan 2. Meet outside (**for those who want to**).
- 06.30 – 07.30 Yoga Energy. **Bring soft clothes.**
- 09.00 Meet outside the hotel for a walk to Drömstan venue.
- 10.00 Drömstan venue. Anna Salegård, the Drömstan activities and a tour.
- 10.45 Fika.
- 11.00 – 12.00 Karin Magnusson will talk about reading groups.
- 12.30 Lunch at Restaurant Galejan. www.galejan.se
- 13.30 – 15.00 Vänermuseet, the local museum. A guided tour. www.vanermuseet.se
- 15.00 – 16.30 Lidköping municipality library. Evaluation of the week. Laima will present the next meeting, in Latvia. Other things to discuss.
- 19.00 After work. Restaurant Alley Rose, Hotel Stadt, Gamla stadens torg 1.
www.lidkopingstadshotell.se

Saturday, March 4

- 09.30 The Senior Center. Talk in groups about how we continue from here with the project.
- 11.15 We drive from the hotel to Läckö castle. www.lackoslott.se
- 12.00 Lunch. Restaurant Hvita Hjorten.
- 13.15 Läckö castle. A guided tour. **Bring warm clothes.** No one lives in the castle.
- 16.00 Back in Lidköping.
- 18.00 Dinner. Restaurant Terrassen, Stadsträdgården 4, by the river.
www.terrassenlidkoping.se

Sunday, March 5

- 08.45 Bus from the hotel to Landvetter Airport. Safe trip home!

Tere tulemast!

Laipni lūdzam!

Maloniai prašom!

Welcome!

Välkommen!

