

Salud 60+/ Health 60+

ERASMUS+ Programme 2020 – KA2 Adult Education Project nº: 2020-1-ES01-KA204-082505

LTT2, Cyprus (11th, 12th and 13th of May)

Good Practices

Portugal



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Arcozelo-Barcelos Parish Council (Local Level)

Leisure activities - seniors

What are Parish Councils?

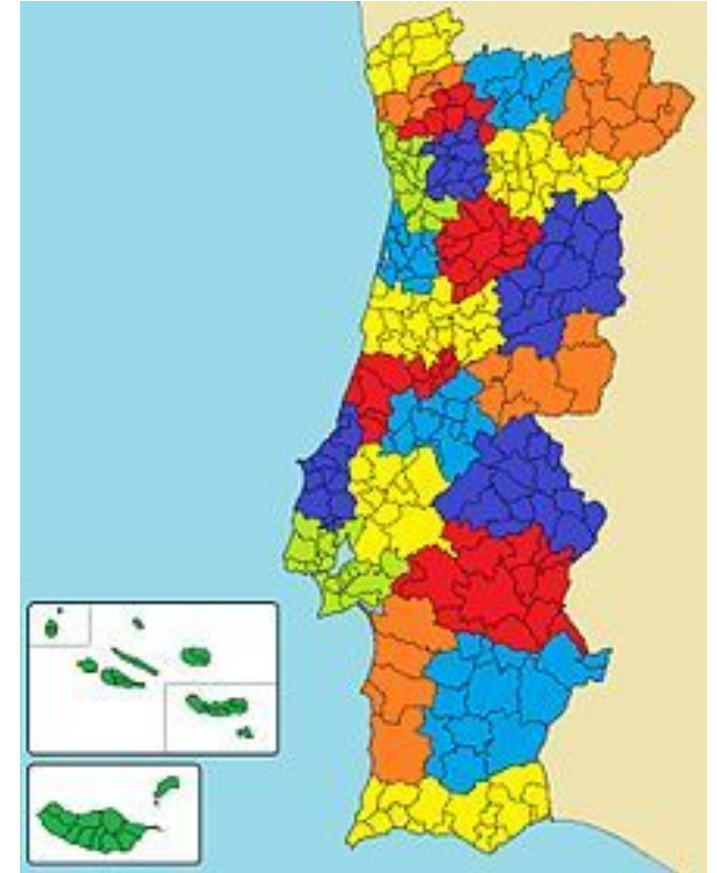
The **administrative division** in Portugal is made as follows:

- districts, and each district is divided into concelhos - where the municipal councils are - and these are further subdivided into parishes.

Services provided to the population:

- public service work;
- management of sports, educational, social and cultural equipment.

All the services provided contribute to the proximity and dynamics of the parish and are at the service of the population.



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Leisure activities - seniors

Area

- Total 3.44 km2 de area

Population (2011)

- Total 12,840
- Density 3,700/km2

It is the most populated parish in the municipality.

In 2011, the parish of Arcozelo and the Parish Councils of Barcelos, Vila Boa, V.F.S. Pedro and V.F.S. Martinho concentrated 20% of the total population of the municipality (Census, 2011)

Total number of parishes in the municipality of Barcelos: 61 Barcelos (making Barcelos the municipality with the largest number of parishes (previously there were 89)



Arcozelo-Barcelos Parish Council (Local Level)

Leisure activities - seniors

Activities on a regular basis:

Yoga

Gymnastics

Aqua aerobics

Memory Workshop

Music / Singing

Chordophones / Traditional instruments - Learning

AtivaMENTE

Activities held annually:

Sueca Tournament (1x per year)

Saint Martin's day (1x per year)

Christmas Lunch (1x per year)

Annual outing (1x per year)



Arcozelo-Barcelos Parish Council (Local Level)

Leisure activities - seniors

Regular activities:

Activity	No. of Participants (classes of 20/25 elements each)	Frequency	Location	Additional Information
Yoga	20	Weekly	Parish Council of Arcozelo	
Gymnastics	50	Weekly	Máximo Gymnasium	
Aqua aerobics	40 (during the pandemic); 80 (before the pandemic)	Weekly	Municipal Swimming Pools and 1 class at B' life	
Memory Workshop	20	Weekly 1 annual tour	Parish Council of Arcozelo	Orientation by: Social Worker and Social Educator. Activity that aims to prevent cognitive decline.

Arcozelo-Barcelos Parish Council (Local Level)

Leisure activities - seniors

Regular activities:

Activity	No. of Participants (classes of 20/25 elements each)	Frequency	Location	Additional Information
Music / Singing	25	Weekly	Parish Council of Arcozelo	The group rehearses for small performances during the year (singing of the Kings, singing at the Christmas Luncheon...) and also prepares a big annual show
Chordophones / Traditional instruments	20	Weekly	Parish Council of Arcozelo	Objective: learning traditional instruments.
AtivaMENTE	20	Weekly Total duration: 12 sessions	Parish Council of Arcozelo	Objective: cognitive stimulation; sessions guided by proper manuals;

Thank you!



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