

## ROCHIL LOCAL ACTIVITIES DURING THE FIRST PROJECT YEAR

During the first year of the ROCHIL project, M3Cube held several activities for seniors.

In September 2019, we organized a walking tour in the Palais Royal district of Paris. This activity allowed seniors to discover the hidden secrets of that neighborhood as we prepared several questions about the different monuments we crossed by.



In October, two activities were organized. First, we visited the Père Lachaise Cemetery in Paris with an intergenerational group. And secondly, we visited the Bercy & Jardin des plantes garden. Both activities enabled us to talk about natural richness. On the left, you can see the map that was distributed to participants and that sums up the path we took.

In November, M3Cube organized a Hackaton in the local social centre for seniors in order to promote digital culture and inclusion of seniors. The event first started with ice breaking games for people to get to know each other and warm up. Then, creation workshops were held in small groups. Each group had a different subject to discuss: either nutrition, mobility, communication, well-being, games, and health data management. The workshops were animated by M3Cube members and also by entrepreneurs working in the digital field that we invited. The objective of these workshops were to identify seniors' needs and to co-create with them a possible mobile app or tool that they could use in their daily life. At the end of the day, each group presented its results in front of everyone to further discuss it.





In January 2020, to celebrate the beginning of the new year, M3Cube organized an event to enjoy and share the “Galette des rois” (a french tradition where you eat a special cake made of frangipane and puff pastry). During this event, seniors participated in two games: a blind test with popular french songs to guess and an “ICT bingo” where seniors had to guess the tool following its definition. After playing, an accordeonist came to play a few songs and we shared the cake all together.



Finally, in the beginning of March, we organized a game in the Tino Rossi garden, an outdoor museum of sculpture situated in the 5<sup>th</sup> district of Paris. Seniors had to view a Youtube video and then guess the name of the sculptors.



Then, due to the coronavirus crisis, activities had to be stopped. During the lockdown, M3Cube, in partnership with E-Seniors Association, sent a weekly newsletter. The newsletters gave free resources online to stay occupied such as gym classes, online books and films, online visit of museums, information about health, activities to do with children, etc. Example of newsletter: [here](#) and [here](#).

Moreover, we stayed in touch with seniors during the lockdown with online meetings on Zoom, that allowed everyone to connect, share and talk about diverse subjects during this hectic period.

