

21 juin 2023

Chers amis,

Veillez trouver quelques concernant les activités disponibles aux environs de Genève.

Si vous n'arrivez pas à vous connecter au site en cliquant dans le texte pensez à copier l'adresse dans votre navigateur.

Nous vous invitons à consulter régulièrement notre site https://afics.unog.ch/AAFI-AFICS_News_F.htm

Nous vous souhaitons un agréable été.

Pour l'AAFI-AFICS, Odette Foudral

Dear friends,

Please see attached local information about activities provided around Geneva..

If you are unable to connect to the site by clicking on the text, please copy the address into your browser.

We invite you to visit our https://afics.unog.ch/AAFI-AFICS_News_E.htm regularly.

Enjoy Summer time.

For AAFI-AFICS, Odette Foudral



A few tips to make the most of summer at retirement!

Par Evelina RIOUKHINA and Marie Thérèse HORVAT

We're both keen hikers, so we thought we'd organise a mini-hiking club for our retirees. However, it turned out to be a bit more complicated than we had originally imagined, but nothing is impossible.

We know that many of us, especially the newly retired, enjoy sports, walking, hiking, excursions and similar activities.

So, before undertaking concrete discussions with the clubs aimed at organizing such activities for our members, we've decided first, to gather information and share with you the possibilities available to those who live in Geneva and the surrounding area, as well as those who live in the area of the Nations, and then to see the level of interest of our members in participating in the activities.

Here's what we've found that might be of interest to some of our retirees, particularly those who are on their own and would like to join in various activities.

We have therefore tried to find the most economical and interesting offers to share with you. Please note that the offers below are only ideas that we share and that we do not organise these activities. We are providing you with the contact details so that you can contact the organisers and simply take part in these activities:

Thai Chi – the arts of longevity



Thai Chi - good for concentration, balance, coordination and well-being. Classes will be offered (free of charge, no payment required) from 5 July to 6 September 2023, every Wednesday from 6.30pm to 7.30pm in the Parc des Bastions (near the Palais Eynard). Organised by the Thai Chi Open Club, contact: info@taiji-toc.ch

Thai Chi classes on Sundays at the Bains des Paquis are also offered by the Open Club (no payment required, except for the annual membership fee of CHF 20.00 and occasional admission to the Bains of CHF 2.00). Classes take place all year round, in summer (June-October) at 9.15am, autumn-winter - (November-May) at 10am; contacts: info@taiji-toc.ch

For the full programme of free classes offered by the Thai Chi Open Club, please visit: <https://www.taiji-toc.ch/cours/cours-dete/> .

For residents of the quartier des Nations and surrounding areas, Thai Chi classes are offered throughout the year at the Salle Communale des Asters, Servette 100, for a

moderate fee, by Centrage <https://www.centrage.ch/cours-pour-personnes-agees/> and by the above-mentioned Open Club (membership is required for both clubs).

Thai Chi by the Association AVIVO (and many other activities)

The Association for the retirees AVIVO <https://avivo.ch> also offers a course at Servette 100 (10 classes for CHF 100, membership CHF 52 per person/calendar year). We took part in this course, and it was excellent! We highly recommend it. What's more, if you decide to buy a membership of AVIVO, this Association offers excursions and many other activities. For more information, visit their website: <https://avivo.ch/sorties-et-voyages/> .



MDA plus 50 - activities

The Association MDA plus 50 offers a wide range of activities - sports, culture, leisure, languages, etc. - at a reasonable price, with a membership fee of CHF 80 per year. Please visit their website at <https://mda-geneve.ch/> . What's more, in the future we'll be trying to negotiate a lower membership fee for members of our AAFI association. We'll keep you posted.

For residents of the Nations area - Nordic Walking



Good news for the residents of the Nations area: the Maison de Quartier Petit-Saconnex will soon see the day. We'll keep you posted.

For the time being, some activities will be offered by the Antenne sociale de proximité Servette-Petit-Saconnex, such as **Nordic Walking - term: September 2023-January 2024**. Classes will be held in French and English, and international retirees are particularly welcome. Meeting place: Place Mikado, between Chemin Coudriers and Chemin Champs d'Anier, duration 1h15 min, price CHF 5 if once a week for the whole semester (next semester starts in September), or CHF 8 for each walk, and CHF 20 for the private course. Special equipment (poles for Nordic walking) will be required, but it will be possible to walk

without poles. Timing: Mondays at 8.45am and 6.30pm, Tuesdays at 9am. For more information, visit the Antenne sociale de proximité Servette Petit-Saconnex/Saint-Jean website 022 418 97 90, asp.servette.soc@ville-ge.ch or contact Claudia Cottet, 079 364 40 91 email: saconnexwalking@bluewin.ch , for dates or private lessons, and for any further information, please refer to the Antenne sociale de proximité Servette-Petit-Saconnex.

Fitness at Le Bouchet for CHF 25 per month



More exciting news for those living in and around the Nations area. On July 3, a new fitness centre will open in **Le Bouchet**, at an incredibly low introductory price - CHF 25 per month, or CHF 299 per year, and with no membership fee as an introductory offer. We don't have any more details on this fitness, and we can't make a recommendation, but given the price, we've decided to let you know. For more details and options, please visit www.puregym.swiss , select Geneva Le Bouchet.

Please note that other fitness centres in Geneva offer summer packages (3 months) at reduced prices.

For Spa and Aquagym enthusiasts



For Spa lovers, aquagym classes are available at the Bains de Cressy. Please visit <https://bainsdecressy.hug.ch/> Please note that for retired people (aged 65 and above), there is a reduced rate of CHF 18 for a 3-hour entry, or CHF 165 for 10 entries, and for a supplement of CHF 6 per entry, you can take part in an hour's aquagym session by joining one of the groups of your choice. Further information and the calendar are available here: <https://bainsdecressy.hug.ch/aquagym> This is the best offer we could find for spa and aquagym.

Heatwave



With regard to the potential heatwave in the coming weeks, special measures will be taken by the City of Geneva. You will certainly be aware of these measures, which can be consulted at <https://www.geneve.ch/fr/themes/social/actions-sociales-proximite/plan-canicule-aine> .

Free entry to the swimming pool and cinema is also available to Geneva seniors; please see here: <https://www.geneve.ch/fr/actualites/nouveaute-plan-canicule-2023-lieux-frais-seances-cinemas-acces-piscines-gratuits>

All the other activities are offered by the City and included in the Cité Seniors programme, and we won't repeat them - the information is available below <https://www.geneve.ch/fr/cite-seniors> . Look out for the new programme from July-December 2023, which should be posted shortly.

Walking and hiking



For hikers, we invite you to visit the websites of the Club International de Ski <https://www.scig.ch/> , and Genève Rando <https://www.geneverando.ch/>, these clubs propose many interesting itineraries for guided hikes, in French and in English. And if we understand that you are interested in those activities, we would be happy to discuss with these two clubs the possibility of organizing hikes for our members for next season.

For easy walks, Cité Seniors or MDA offer walks for the seniors. Consult their respective programmes.

Holidays for seniors in Switzerland



We've also heard that some colleagues are interested in summer holidays for seniors, sports and spa, and here are some offers we've found for you:

Stays and holidays for seniors are offered by the Hospice Général at the Nouvelle Roseraie near Vevey, for more information and prices please visit https://www.hospicegeneral.ch/fr/vacances_pour_seniors

Pro-Senectute offers a Nordic Walking week in Crans-Montana in August. For more information, visit <https://ge.prosenectute.ch/fr/activites/offre-de-sejours.html>

We have found the offer for the Nordic Walking week in August directly at the hotel in Crans-Montana, and booking directly with the hotel will be more economical, the contacts are here <https://www.hoteldulac-crans-montana.ch/en/norcic-walking-week/>

And if you like the Aletsch Glacier, the salt spa and hiking, the Salina Maris hotel in Moerel offers packages and hiking weeks. Contact the hotel <https://salina.maris.ch/fr/> . And don't forget to read our article on the Aletsch Glacier in the next Bulletin!

And of course, with a little research, you can find more to your taste and budget, in such popular places as Leukerbad <https://www.leukerbad.ch/fr/> , or Ovronnaz <https://www.bains-ovronnaz.ch/sejours-seniors/> or Bains des Saillon <https://www.bainsdesaillon.ch/> or further from Geneva - Rigi Katblad <https://en.hotelrigikaltbad.ch/arrangements/summer> , and others!

There are so many options and possibilities in Switzerland - take the time to research and enjoy the beauty of the country - by train, boat, hiking, walking, exploring, sightseeing or simply for your own well-being!

We hope you find the above information interesting, helpful and useful and we wish you a very enjoyable summer!

