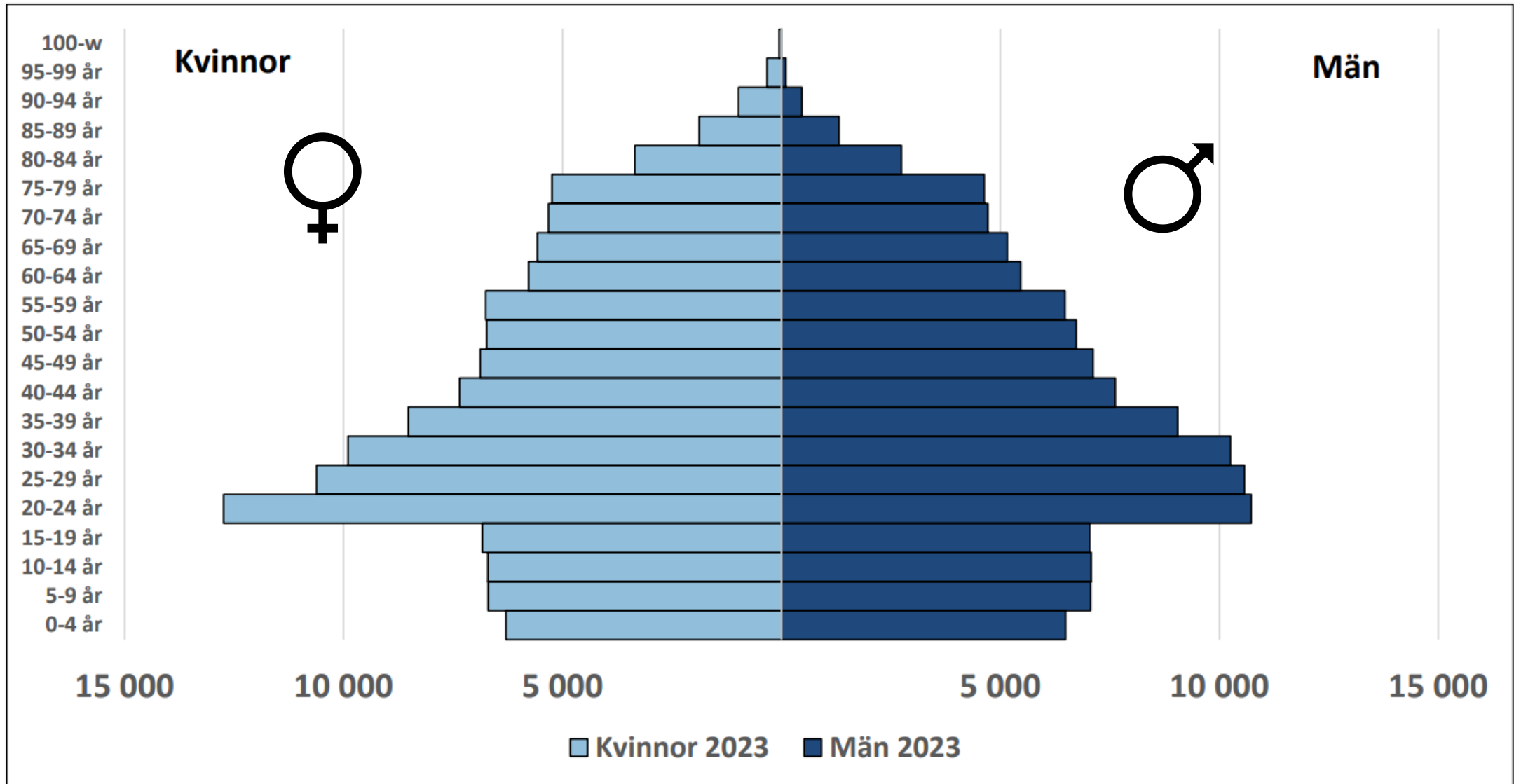


Finding the winter-ways in age-friendly Uppsala

Kenny Jansson, Coordinator,
Age-friendly Uppsala, Sweden

Demographics



Outdoors accessibility in winter







Outdoor activities for seniors

- Walks and Outdoor Gymnastics
- Cultural Tours
- Excursions with Bonfire and Swedish “Fika”
- Gatherings around open fires near the unit’s premises



The winter activity day



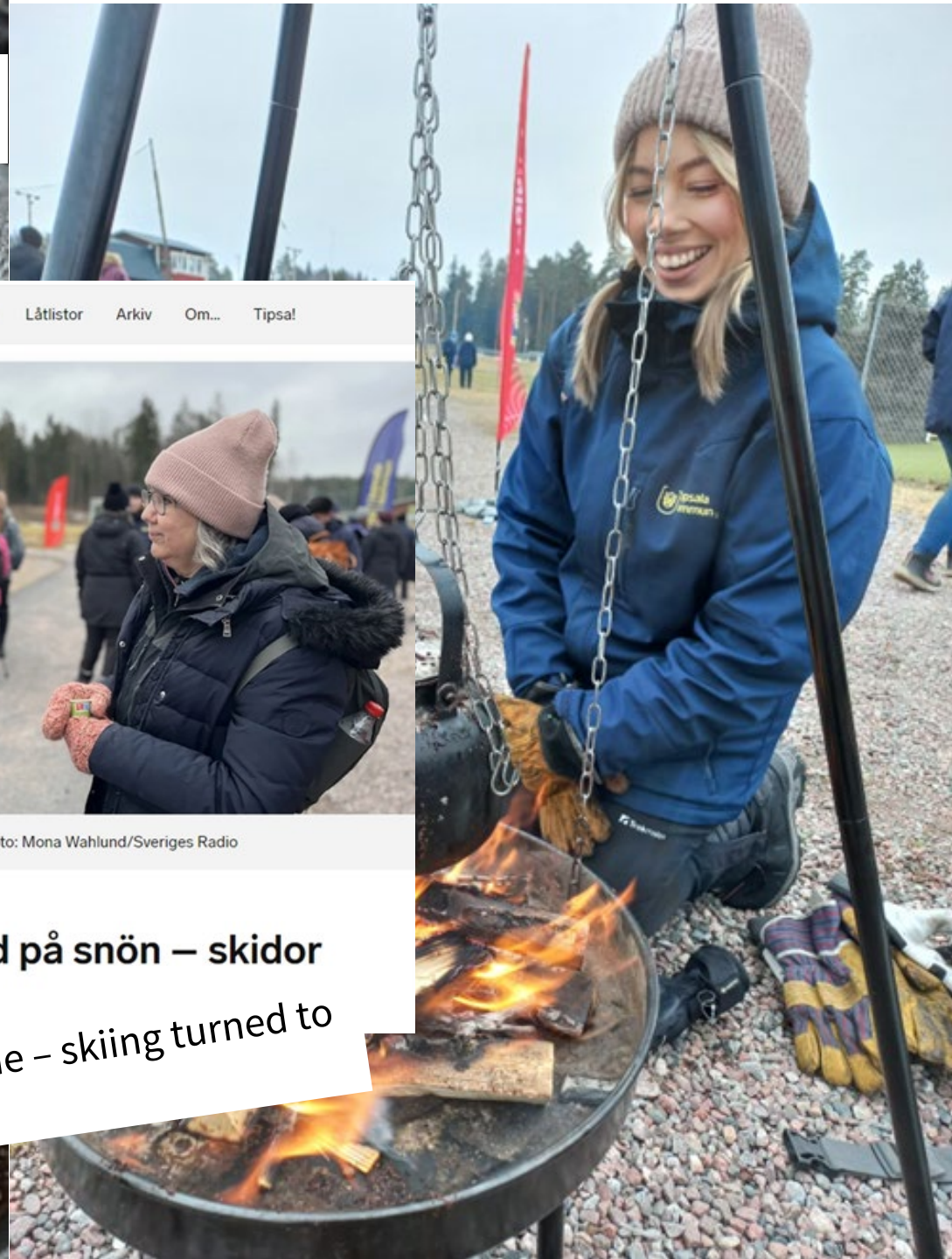
P4 P4 Uppland P4 program A-Ö Tablå Låtlistor Arkiv Om... Tips!

Marianne Järnil och Agneta Berg fick sig lite dans. Foto: Mona Wahlund/Sveriges Radio

STORVRETA

▶ **Marianne snuvad på snön – skidor blev dans**

[“No snow for Marianne – skiing turned to dancing”]



Library Buses

(the library that comes to you in any weather)



“See you at Malla’s Hall!”

A lecture series that makes it possible to participate and engage regardless of the weather.

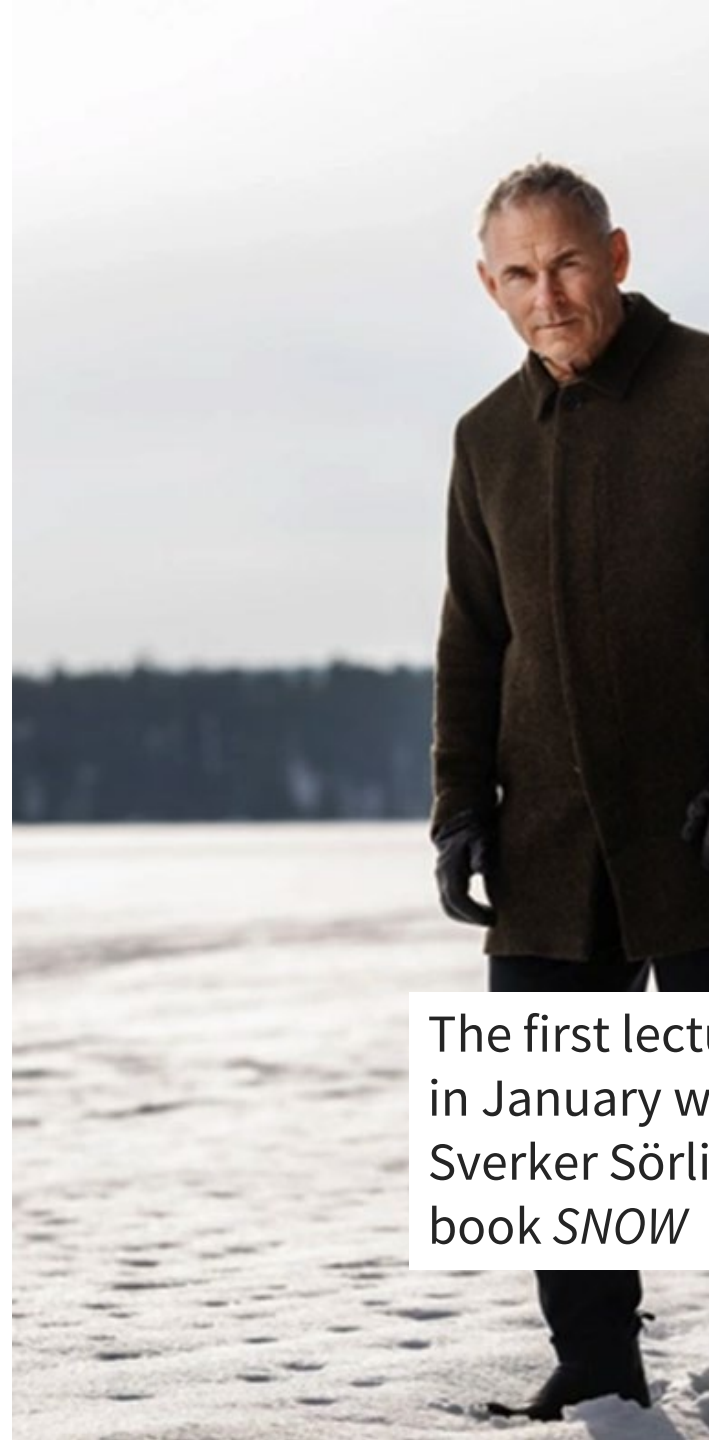
Join the lecture:

- at the City Library
- watching the lecture digitally together with others at meeting points
- watch it at home



Why?

- to increase accessibility
- to reach more people
- to create connections between our different locations
- to generate interest in digital opportunities
- to create opportunities for meetings and discussions
- to increase the sense of safety by meeting during the daytime



The first lecture of 2025 is in January with author Sverker Sörlin and his new book *SNOW*



["Surely it is hard to prepare all these small dishes that go into a Christmas table? We have done that work for you!"]

["Welcome to a set table

Where we serve well-known classics, nicely presented on a nice plate!"]

Visst är det jobbigt att förbereda alla dessa smårätter som ingår i ett julbord?

Det jobbet har vi gjort åt dig!

Välkommen till ett dukat bord

Där vi serverar välkända klassiker, trevligt presenterat på en fin tallrik!



Vinter på våra seniorrestauranger

Varmt välkommen till våra seniorrestauranger där vi älskar att sätta guldkant på vinters högtidsdagar

Njut av våra luncher dessa högtidsdagar

Nobel
10 december

Luciadagen
13 december

Julafton
24 december

Nyårsafton
31 december

Mer information på vår hemsida
www.maltid.se

Våra restauranger

Restaurang Senioren
Kungsängsgatan 25

Öppettider: Alla dagar 10.45-13.30

Restaurang Leopold
Leopoldsgatan 5

Öppettider: Vardagar 11.30-13.30

Restaurang Porfyren
Granitvägen 5

Öppettider: Vardagar 11.30-13.15

Bernadottes restaurang
Bernadottewägen 1

Öppettider: Vardagar 11.30-13.00

Linnés restaurang
Stenbrohultsvägen 93

Öppettider: Vardagar 11.30-13.00

Restaurang Stenhagen
Herrhagsvägen 8

Öppettider vardagar, ej lov, 12-13.30



Vi har fullständiga julbord



Uppsala
kommun