

Gothenburg rich in years - Part of the Veteran World Championships in Athletics 2024

1. No Limits

An exhibition by the British photographer Alex Rotas. A photography exhibition of elite international track and field athletes over the age of 60, who compete in championship events on the world stage, taken by British photographer Alex Rotas.

Alex Rotas hopes that her photos will challenge your expectations about what we can do as we get older and make you feel more optimistic and joyful about the prospect! She particularly loves the tough but beautiful simplicity of track and field events: the athlete stands at the starting line or facing a jump and it comes down to how fast and how strong they are, nothing else. She hopes she brings their physical and mental endeavour to her photographs as well as the camaraderie they share from being part of a warm-hearted community that shares the same goals.

Date:

26 June - 23 August

Opening hours:

Weekdays 8 am - 6 pm

Weekends 10 am - 6 pm

2. Parade for a dementia- and agefriendly society

Join and show support in the Alzheimer's Foundation's parade for a dementia- and age-friendly society.

Date: Thursday 22 August

Time: 1.30 - 3.00 pm

Place: We gather at Götaplatsen, ending at Bältesspännarparken.

3. Welcome to the Alzheimer's Foundation concert evening at Gothenburg's Concert Hall!

Take the opportunity to be part of an evening full of famous artists and scientific researchers in the dementia field. The concert is for the benefit of a dementia- and age-friendly society.

Date: Friday 23 August

Time: 6.00 to 7.30 pm

Place: Gothenburg's Concert Hall Tickets: Gothenburg's Concert Hall, gso.se or phone. +46 (0)31-726 53 00

If you are unable to attend the Alzheimer's Foundation concert evening, you can instead contribute through the fundraising campaign.

The fundraising amount as well as the surplus from the ticket sales will enable grants to organizations in the Gothenburg region who work for a dementia- and age-friendly society. The Alzheimer's Foundation fundraiser is open between July 26 to September 21.

Read more at: Alzheimerfonden.se.

4. Generation Games – everyone is a winner!

Participate in playful challenges across the generations. Challenge your grandma, brother or a friend to play and compete. Everyone who completes all the Generation Games gets a prize.

Date: Friday August 16th

Time: 10 am – 3 pm

Place: Dalens outdoor gym in Slottsskogen or Mötesplats Mariaträffen located at Älvsborgsplan 1A. You can start at both locations.

5. Dalens Outdoor gym- different activities for your health

Trainer at Dalens outdoor gym

Try the outdoor gym's equipment. A trainer is present to show the equipment, exercises and answer questions. Free and open to all.

Dates: Tuesday August 13th, Wednesday August 14th, Thursday August 15th, Tuesday August 20th and Saturday August 24th

Time: 10 am – 12 pm and 1 pm – 3 pm.

Place: Dalens outdoor gym in Slottsskogen

Group workout

A group work out class led by a certified trainer. We use the outdoor gym equipment during the class. The classes are free and open to all.

Dates and times: Tuesday August 13th, Thursday August 15th and Tuesday August 20th, Saturday August 24th at 11 am – 11.30 am and 14 pm - 14.30 pm. Wednesday August 14th at 11 am – 11.30 am.

Place: Dalens outdoor gym in Slottsskogen

Family work out

Instructor-led exercise. During the family work out classes we mix exercises and games to build strength, mobility and get the heart pumping. The classes are free and open to all.

Dates and times: Wednesday August 14th at 14 pm - 14.30 pm, Thursday August 15th at 12 pm – 12.30 pm, Saturday August 24th at 12 pm – 12.30 pm.

Place: Next to Dalens outdoor gym in Slottsskogen

Gymnastics

Instructor-led exercise. Join us for easy-to-follow movements that can be tailored to your fitness level. The class will boost your heart rate and energize your day. The classes are free and open to all.

Dates and times: Tuesday August 13th at 12 am – 12.30 pm, Thursday August 15th at 13 pm – 13.30 pm, Saturday August 24th at 13 pm – 13.30 pm

6. Jubileumsparken

Segling och utlåning av kanot och SUP

Try sailing together with sailing instructors. You don't need any prior knowledge.

Dates and times: Monday to Sunday 12-25th of Aug at 12.00-16.00 pm

Yoga

Try yoga with an instructor at the ponton beside the harbor bath.

Dates and times: Wednesday 21st of Aug at 17.30-18.15 pm.

Jubileumsparkens hamnbad

There are two pools with salt water and one pool with fresh water. The harbor bath is available to everyone and free of charge.

Open: Monday to Thursday 12-15 Aug at 12-21, Friday to Sunday 16-18 Aug at 12-18, Tuesday 20 Aug and Thursday 22 Aug at 17-20, Saturday and Sunday 24-25 Aug at 11-16.