

PROGRAMME CONGRESS AND FESTIVAL OF OLDER PEOPLE

Most of the lectures will be spoken in Dutch.

DAY 1 - OCTOBER 17

10.00 Lisette de Groot **Theatre**
Specialisation: nutrition and aging

Lisette de Groot is specialized on aging and nutrition at the University of Wageningen. After her Master of Science and PhD in nutrition, physiology and epidemiology, she spent thirty years of her life doing research in the field of nutrition and the elderly in the Netherlands and Europe. Her expertise and interest lie in the position of nutrition in a healthy lifestyle at an older age. Also, she uses nutrition to delay the process of physical decline while aging.

11.00 Anja Machielse **Theatre**
Specialisation: humanistics, signification and aging

Anja Machielse studied philosophy and did her PhD in the social sciences. Her work surrounds the connection between theory and practice. She specialized in the vulnerable elderly. Important themes in her work are loneliness and social isolation, existential problems and questions of signification. The emphasis lies on empowerment: what do people need to age 'well' and how can social inclusion of elderly be stimulated in society?

12.00 Anja Meulenbelt **Theatre**
Column about aging

Anja Meulenbelt is a Dutch publicist, writer, feminist and politician. From June 10, 2003 until June 7, 2011, she was a SP member in the First Chamber. She will recite one of her columns.

12.15 Jewels of Jazz **Foyer**
Music & Lunch

Jewels of Jazz is a jazz ensemble with a bluesy touch. Jeroen Jongmans studied Theory of Music at the conservatorium in Tilburg. He is a pianist in different groups, and composes and arranges for big bands, choirs, singers and cabaret. Els Gerbrands chooses her songs by the lyrics. Although she is comfortable in all styles, she prefers the blues. The duo performed a lot in homes for the elderly.

13.00 Hedy d'Ancona **Theatre**
About aging

Hedy d'Ancona is a Dutch politician and feminist. She worked at VARA and was a researcher at the university, where she specialized in policy research. She is well-known as the founder of the Dutch feminist magazine 'Opzij'. Together with Joke Kool-Smit, she also founded the actiongroup Man-Woman-Society. She won a lot of prizes with her activities. In 1994, she was knighted in the Order of the Dutch Lion. In 2001, she was knighted in the French Legions and in 2002 she received the 'Aletta Jacopsprijs', the most important price for emancipation.

14.00 Workshops #1**Various locations**

The workshops reflect on the question: 'What would society look like when the difference between old and young is irrelevant?'

- Yvonne Witter: a workshop about living variations; the possibilities, wishes and interesting living options for the elderly.
- Jenny Schneider – van Egten, a 90-year old feminist that grew up in the war who shares stories about her experiences as an emancipated woman.
- Ingrid Bulsink & Ad Tourne: on the empowerment of social networks for the elderly in Utrecht.
- Sabya van Elswijk: an anthropologist and specialist in the area of dementia and care for elderly. What does it mean to be old in different societies?
- Joyce Vlaming & Michiel Holtrop

15.00 Workshops #2**Various locations**

The workshops reflect on the question: 'What would society look like when the difference between old and young is irrelevant?'

- Ongoing Dance: a dance group that organizes dance projects for older dancers from 55 years of age.
- Foundation Life-stories: tell your story! What can the old offer the young?
- Frans Verhaaren: livable cities, the role of the elderly as the heroes of the new society.
- Martijn van Oorschot: artist and anthropologist, specialized in knowledge management, structures and communication.
- Bureau Kwiek: to stimulate personal contact with the use of interactive and creative methods. The life-story is the central theme: how do we perceive ourselves?

16.00 Poetry by Menno Smit**Theatre**

Congress in retrospect: poetry

Menno Smit is the neighbourhood poet. He will perform a piece of his own work inspired on the Congress.

16.10 Music & Theatre**Various stages**

Music and theatre by various artists

For the full programme of the festival: <http://www.festivalofolderpeople.nl/festival-algemene-informatie>

17.00 Nocturne**Theatre**

Theatre about aging, by elderly

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18.00 Festivities**Various stages**

Music, theatre, dance, poetry

For the full programme of the festival: <http://www.festivalofolderpeople.nl/festival-algemene-informatie>

21.00 Ending

DAY 2 - OCTOBER 18

10.00 René ten Bos **Theatre**
"Denker des Vaderlands"

René ten Bos is a philosopher. He thinks about social questions and publishes books for a broad audience.

11.00 Boris van der Ham **Theatre**
About the human existence and significance

Boris van der Ham was a politician for the D66 party in the Second Chamber, and is currently chairman of the 'Humanistisch Verbond'; the society of atheists, humanists and freethinkers. Boris has a different view on policy makers and politicians, and calls for autonomy, also at older age.

12.00 The Lofties **Theatre**
Music & Lunch

Gijs van Dijk, Ronald de Vries, Jeny Bremer, Anneriek Schuurman en Marleen Duin are the member of the band The Lofties: a small acoustic ensemble. They play a mix of Rock 'n Roll and sixties music.

13.00 Freek de Jonge & musicians **Theatre**
Performance with songs and reflections on aging

Freek de Jonge changed the image of the Dutch cabaret. The main theme in his work is laughter. He wants to make the audience surrender, to experience the miracle of total concentration: the thinking of absolutely nothing.

14.00 Workshops #1 **Various locations**
The workshops reflect on the question: 'What would society look like when the difference between old and young is irrelevant?'

- Geraldine Pontenagel: the 'Third Lifefase' is where we can harvest. The body declines, but the mind grows: we can collect and enjoy the fruits we grew. What do you think of this?
- Jenny Schneider – van Egten, a 90-year old feminist that grew up in the war who shares stories about her experiences as an emancipated woman.
- Ingrid Bulsink & Ad Tourné: on the empowerment of social networks for the elderly in Utrecht.
- Sabya van Elswijk: anthropologist and specialist in the area of dementia and care for elderly. What does it mean to be old in different societies?

15.00 Workshops #2 **Various locations**
The workshops reflect on the question: 'What would society look like when the difference between old and young is irrelevant?'

- Judith Kamerman: singer, teacher and theatre maker with passion for caring. She gives workshops on singing in healthcare.
- Meika Vroom: freelance journalist and publisher. She promotes teamwork in nursing homes.
- Frans Verhaaren: livable cities and the role of the elderly. The heroes of the new society.
- Martijn van Oorschot: artist and anthropologist, specialized in knowledge management, structures and communication.

16.00 Music & Theatre

Various stages

Music and theatre by various artists.

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16.00 'Ouwe Rotten' theatre

Theatre

Theatregroup from Rotterdam

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17.00 Jacqueliën de Savornin Lohman

Theatre

Oldest comedian of the Netherlands

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18.00 Festivities

Various stages

Music, theatre, dance and poetry

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21.00 Ending