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ANNOUNCEMENT

Active Ageing and Social Participation at the Heart of the 4th Geri Olympics

Thessaloniki, 13/5/2026

The Laboratory of Medical Physics and Digital Innovation of the School of Medicine at Aristotle University, in collaboration with Archangel Michael Kaimakli Shelter and Rehabilitation Center for Patients with Dementia/Alzheimer's, are organizing the 4th Geri Olympics (Geri Olympics 2026). The games will take place from Monday, 18 May to Friday, 29 May 2026, in Greece and Cyprus.

The initiative is dedicated to older adults and promotes physical activity, social participation, and quality of life.

The first week is dedicated to Cyprus, with the participation of 20 different organizations, while the second week is dedicated to Greece, with the participation of 61 municipalities and organizations, bringing together more than 4,200 older adults and other vulnerable population groups.

The event aims to promote healthy ageing, strengthen the social inclusion of older adults, combat loneliness and social exclusion, raise public awareness about the needs and capabilities of senior citizens, and highlight best practices in care and support.

According to the organizers, the Geri Olympics represent an innovative initiative that demonstrates that sports, recreation, participation, and social connection have no age limits. Through adapted activities, games, mobility exercises, and collaborative actions, older citizens take on an active role while improving both their physical and mental well-being.

This year's event will include organizations from Athens, Thessaloniki, Crete, Epirus, Thrace, Central Greece, the Peloponnese, the Ionian Islands, and many other regions

of the country, demonstrating the strong momentum and wide acceptance of the institution. Activities will take place in sports centers, municipal gyms, elderly care facilities, and social support structures, with the participation of healthcare professionals, social workers, fitness instructors, caregivers, and volunteers.

The program, poster, and photographs of the event are attached.

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We kindly request that this event be published, broadcast, and covered by the media.