

Workshop: THURSDAY MOVIE CLUB

The Thursday Movie Club workshop is one of over 40 workshops offered by the Grandparents' Academy, falling under the category of cultural activities, alongside dance (folk dances, Greek dances, line dancing), theatre, choir, music, and literature.

It is more than just a film screening – it is rather an opportunity for meeting, socializing, and allowing seniors to feel part of a community where they are heard and understood.

Every Thursday, seniors have the chance to watch a beautiful, age-appropriate movie: sometimes a comedy that makes them laugh heartily, other times a romantic story that reminds them of their youth, or an adventure film that sparks their curiosity to the fullest. Even though the themes change from week to week, they all bring emotions, memories, and food for thought. They see themselves in some of the characters and are moved by the way human relationships are portrayed – whether it's about friendship, love, family, or self-discovery.

The films help them keep their minds active, reflect on life, and rediscover values such as friendship, family, hope, or forgiveness. After each screening, they have the opportunity to discuss among themselves, share impressions, and connect through shared memories or emotions.

Through this workshop, our seniors feel that time passes more pleasantly and that they are not alone. They meet with a smile, talk, make friends, and encourage one another. It's a small ritual that brings them stability and emotional joy.

Such activities are extremely valuable for seniors because they give meaning to their lives, stimulate their thinking, and keep them connected to others. And the carefully selected films accompany them not only in the screening room but also in their thoughts long afterward.

“For me, these Thursday meetings are not just a chance to watch a lovely film, but also a moment to reflect on the simple things that bring us joy: a kind word, a dear memory, a dream that has no age,” says one of the participants, Mrs. Ruşenco Alexandrina. She adds: “I look forward to the next movie workshops with great joy, because these moments spent together bring us closer and nourish our souls.”