

ANNUAL REPORT

WARNED

20
22



we are retired not expired

CONTENT

01 Statement	4
02 Projects	5
03 Focus	8
04 The community	12
05 Studies & Research	16
06 Results	18
07 IN GRATITUDE	20

Photo credits : Christine Veraart & Jim Stewart



01

STATEMENT

Welcome to the Year of the Rabbit. According to this Chinese sign, it is time for analysis before negotiation and compromise. Last year was a pivotal year for WARNED: a year of resilience trying to sustain our activities as the world was reopening its doors, a year of exploring new paths, a year of moving away from isolation to more social cohesion.

Together, we have maintained our course and created new, wonderful shared moments : we are incredibly grateful for the trust and participation of the GOLDIES (65+) as well as for the volunteers and collaborators who have committed themselves with passion and energy to our side.

But it is risky to run at full speed : the Rabbit suggests that we catch our breath and mind for a bit, before moving on building the future with confidence. At the start of the year, we would especially like to congratulate you for having completed a new cycle around the sun, for having reached the finish line, for being there, right now, in the present.

The whole team wishes you to listen to the needs of our tired bodies. To be open to more kindness towards ourselves, to tell ourselves that there is beauty in imperfection, that there is grace in our inner struggles, as well as the promise of lightness in what may be heavy to our hearts.

This is what we intend to do for and with you : keep building a more inclusive future for GOLDIES. A society that fights ageist behaviours and attitudes, and invites you to project yourself into a future that is not focused around dependency and vulnerability. An "all-ages-admitted-society", which allows you to stay in touch with its evolutions. A society where mental age matters more than social age...

Thanks to you and with you, WARNED has gone through this year of resilience while keeping its creative and benevolent course. We experimented, enjoyed, rehearsed and grew together. Thank you for your loyalty to our activities and to this restless Garden.

Thanks for teaching us so much !

**We deeply believe that it is time to reactivate the PLUS in 65+
"Just because you're retired doesn't mean you're out of date!"**



02

PROJECTS



02

OUR 2022 ACHIEVEMENTS

While our existing programs meet an expanding public over time, innovation remains at the heart of WARNED's vision, with the kick off of new projects and collaborations.

WARNED aims to connect various civil and public initiatives, which all contribute to the well-being of senior citizens, making it possible to decompartmentalize and creating dialogue, so as to allow everyone to enrich their vision and reinvent themselves.

GOLDIES' GARDEN

"It's like receiving at home, minus the mess ..."

Dates : Jan - June

Partners : Uccle "Coup de Pouce"

Funding : 3 000 EUR

With the "Coup de Pouce" grant, the municipality of Uccle co-finances citizen initiatives with an ecological, solidarity or cultural scope. The selected projects must respond to the municipal interest, and aim, in particular, to combat isolation, or promote exchange of knowledge, mutual aid and solidarity, or even cultural dissemination and animation.

At Goldies' Garden, our members have the possibility of choosing the program for a Friday afternoon, and of welcoming the community of GOLDIES, without hassle : all they have to do is pick the date, eventually get in our suggestion box everything they need, and we help them achieve their dream ! Everything is at their disposal to create an afternoon of relaxation and fun.

Dates : Jan - Dec

Partners : COCOF

Funding : 6 500 EUR

SPORT IN THE GARDEN

"Sport does not make you live longer, but makes you live younger"

With "Sport for all", WARNED wishes to support the GOLDIES in their desire for autonomy and aging well through physical activation. This program contained another series of activities focused on sport and combining walking, movement, dancing, etc. Coming to the Garden helps boosting the immune system and improves health !

This program relies on a growing network of local professional well-being actors in order to establish a habit, a regular practice that can be pursued outside of the Garden.



Dates : Jan - Dec
Partners : Fondation Mycelium
Funding : 3 000 EUR

THE AU JARDIN

"Our key word is particip'ction"

"Thé au Jardin" shows what is possible when a creative community gets access to a venue : an original cultural offer for seniors enable social bonds and creation of participatory citizenship.

"Thé au Jardin" is above all a place for sharing initiatives around autonomy and activation: far from usual senior activities, the volunteers share their talents to offer new activities and workshops, the program of which is unveiled every week on the dedicated website as well as on the event's Facebook page.

THE DANSANT

Date : 7 octobre
Partners : Maisons de Quartier - Brussels
Participants : 190

"Don't you dare call us old"

Thé Dansant" is an extravagant and glamorous event, a true rendezvous for young elderly (65+) in the heart of the city. Throughout the afternoon, they will enjoy an English "Tea Time" on delicately set tables, to the sound of burlesque cabaret artists and a DJ who makes them swing! Various activities, which are set up by our wonderful team of volunteers, invite each and everyone to become a participant in the party, rather than a simple spectator.

Our goals are simple: connect with each other, distract you and help you forget time, lose yourself in a dance and make you smile again.

Dates : Sept - Dec
Partners : DIGIBETA
Funding : 550 EUR

DIGITAL GOLDIES
Technologies were supposed to create a new world...
...they created new outcasts

As a digital expert and trainer, Sara from Digibeta explains how modern technologies (including smartphones, computers, etc.) can make your social and everyday life much more easier.

Twelve tailor-made workshops and individualized assistance to answer all the questions that the GOLDIES have.

MUSIC IN THE GARDEN

Dates : Jan - Sept
Partners : local council - Uccle

"We listen to the music of the heart; it's pretty for those who can hear"

From January to June, the Garden hosted an Afterwork on every 1st Friday of the month ! A DJ, frenzied sounds and a buffet composed freely by the Goldies.

DJ Mathilde
DJ Kiwiiba

Throughout summer, WARNED joined forces with the council of Uccle to offer concert evenings : every 3rd Friday of the month, a group of GOLDIES takes the stage and invites you to rediscover your classics.

Bistrooband - Roots Americana
Quattro Amigos - Rock, folk & country
Tennessee Jacks - Acoustic Rock



A photograph of three women of different ages and ethnicities smiling and holding hands. They are all wearing white shirts. The woman on the left has blonde hair, the middle one has short brown hair, and the woman on the right has curly dark hair. A red square highlights the number '03' on the left.

03 FOCUS

03

THE DANSANT at GRAND HOSPICE (Brussels)

On 7th October 2022, the doors of Thé dansant opened for an audience of enthusiastic seniors, in partnership with the Maisons de Quartier of Brussels.

9 am

It's an early start for the Golden Team, the fabulous team of volunteers who work behind the scenes of the event. They divide up the tasks, because the morning is short to make the venue - a large tent nestled in the heart of the Grand Hospice - an exceptional place: while some of them arrange the fine porcelain on the tables and install the elements of decoration, others prepare the trays loaded with sandwiches and cakes which will be distributed during the afternoon, while the technical team makes the final sound and light adjustments with the artists.

The sandwich break is an opportunity to take a breathe, to perk up, but above all to get to know each other better, catch the news, and finally share the final instructions before the doors open...

1 pm

While the Maisons de Quartier staff is in charge of registering newcomers (the event is sold out with 190 participants), the Golden Team distributes all the other activities necessary for the smooth running of Thé Dansant: welcoming the GOLDIES, put them at ease, and pamper them by delivering first-class service... while enjoying the cabaret and party together !

For GOLDIES, seeing that you are treated with warmth and appreciation makes all the difference ! As the afternoon goes, conversations become animated, legs itch to go to the dance floor, and smiles widen.

It is these exact same smiles and all the positive feedback from the GOLDIES that nourish the motivation of all our volunteers. When the party is over, and time has come to go separate ways, the participants' comments are unanimous: "Magnificent !", "Bravo to the whole team !", "Big up to our young people !", "Thank you for everything what you did !" ...and above all : "When is your next event?"





warned plus



warned plus

What you can expect : cabaret artists ...

Music and dance ...



warned plus

Bubbles, and various games



warned plus

And of course our already famous
Live Karaoke with the choir Chantâge !

03

GOLDIES' VOICE

ALAIN

HOW DID YOU HEAR ABOUT WARNED?

It is actually a friend of my wife's who told us about it. This was when we were going through multiple lockdowns, and everyone was a bit isolated. She invited us to come, and I have to say, being able to gather in a garden and sing together was a great way to reestablish some social connections. We've been coming here for over a year now, attending all kinds of workshops. In fact, we even invited a friend who happened to pass by the Garden, and now he's a regular too !

HOW WOULD YOU DESCRIBE WARNED?

I think it's very well done. I enjoy the yoga and singing, of course, but I also appreciate the Friday events organized by the GOLDIES (the GOLDIES' Garden), as well as the birthday celebrations... I've never been disappointed ; everything has always been wonderful ! I even have plans to organize some small concerts here. I know some musicians, and I'm a musician myself.

WOULD YOU RECOMMEND WARNED AROUND YOU?

Absolutely! For people of this age group, it's very inclusive. Everyone is friendly and there's no judgment. Nothing is prohibited, and nothing is mandatory. We have complete freedom to participate in what we want.

FRANCINE

HOW DID YOU HEAR ABOUT WARNED?

A friend of mine told me, "I discovered something new, come and see !" When I came to the Garden, I was immediately drawn to the diversity of activities offered. And then, at my first Thé Dansant, I was completely surprised. Everyone was magnificently dressed up, and the organization was great. I found it extraordinary and felt like I was transported somewhere else !

HOW WOULD YOU DESCRIBE WARNED?

I think what's particularly successful about WARNED is the diversity of activities offered, such as the recent theatre performance by Lorette. Overall, I really enjoy the artistic workshops. I also think it would be great to plan weekend trips or stay longer in Paris, for example. That would be the next step.

WOULD YOU RECOMMEND WARNED AROUND YOU?

If you're curious about discovering new things, exploring, and expanding your mind, then I highly recommend coming to WARNED ! You are more than welcome to join us !

Interview by Omar, ICHEC intern, in 2/2022



THE COMMUNITY

04



04

PEOPLE HIGHLIGHTS

VOLUNTEERS

Our volunteers are the ambassadors of the values on which we forge our approach to co-creation:

!!! INCLUSION: open-mindedness & respect for difference

!!! PARTICIPATION: no spectators, only participants

!!! AUTONOMY of the participants (physical, social & emotional)

MEET UPS

On the first Friday of every month, from 5pm to 7pm, the Jardin is transformed into an "After Work" event open to all, in order to bring together GOLDIES and volunteers. Everyone contributes to the creation of this moment, with bubbles flowing and our charming DJ Kiwiiba adapting to the weather to keep the fun going..

INTERNSHIPS

The team was delighted to welcome two interns in 2022 :

- Omar - Management, ICHEC ;
- Mathilde - Socio-Cultural Animator Training, CBAI (Centre Bruxellois d'Action Interculturelle Asbl).



TEAM BUILDING

Members were invited to participate and meet at various events, including our General Assembly on June 21st, and the Green Days in the Garden on July 23rd and 24th. There were also activities such as body awareness with Masha, shibari with Aeris, readings with Aeris, Metamaze, Gong Bath with Maud, Magnetic Flow, and more.

BURNING MAN

WARNED's project was born out of the burner community, whose members share the principles of the festival Burning Man (open-mindedness, self-expression, gift, autonomy, immediacy...) and demonstrate unbridled creativity and ingenuity.

Our unconventional approaches lead to surprisingly effective solutions.

Because "growing old is not about giving up nor becoming reasonable, growing old is about doing more rather than undoing", WARNED accompanied, for the first time, two GOLDIES from Uccle to Burning Man... a great adventure!

04

PARTNERS HIGHLIGHTS

WORKSHOPS

Each of the workshops contribute to our emancipatory vision through sustainable health and emotional growth. Thanks to the huge diversity of knowledge and skills that we host at "Thé au Jardin", the Goldies have many tools to remain active, curious, and to develop their ability to learn as well as their self-knowledge.

These activities are based on our growing network of well-being professionals, often local, who are aligned with our approach and our values and wish to discover the senior public.

COLLABORATIONS

Featured in the clip "Plan B" by Aprile Marine Radio (CCU)

Meeting at the Garden - Culture department of Uccle
Circuit Breaker (Gsara)

Marilyn

Hanami 40

Filming of the film New Wave in the Garden

DIGI-DOCTOR with Digibeta

Concert "Rendez-vous au Jardin" - council of Uccle (5th Jun)

Come & sing Happiness @ Rosa: Meeting-go to Paris (12th Mar) & meeting-return to Brussels (8th Oct)



ARTIST RESIDENCY

Garage29, in collaboration with the CCU, has organized a two-week residency for Zoë Lakhnati at Le Jardin as part of her project "In Search of ARNOLD," an iconographic epic that challenges traditional representations of women in art history. This artist picked this opportunity to highlight with the GOLDIES the ongoing evolution of our images, and to produce new ones.

SHARING EXPERIENCES

"How to make seniors more visible and to find intergenerational meeting spaces?" - Debate program (3rd Jun)

Innov age exhibition (1st Oct)

Presentation to the Soroptimist Club of Bristol, United Kingdom (28th Nov)

Distribution point for the following magazines: "Amour et Sagesse", "Old Up", and "6+" (issued by the local council of Uccle).



04

PORTRAIT

Introducing you to Sara, an entrepreneur who is committed to reducing the digital divide

Sara, a computer trainer and consultant, founded Digibeta in 2018 to help professionals and seniors understand and adopt new technologies through tailor-made workshops and support.

Since our paths crossed back in 2019, Sara has worn several hats : a regular volunteer for the Thé Dansant, she has also collaborated on several series of digital workshops for the GOLDIES at the Garden. Last but not least, she also brings her valuable technical expertise behind the scenes (as most recently seen in the revamp of our website).

TELL US ABOUT DIGIBETA AND ITS STORY?

My father always told me, "If you're not moving forward in life, if you're standing still, then you're already falling behind because the world will keep going with or without you." It's exactly the same with the digital world. When I worked at Apple, I really saw the damage caused by the digital divide and digital illiteracy, and the concept of Digibeta gradually took shape.

Digital workshops for seniors are what I love most about my work ! Currently, you can find me not only at the Garden with WARNED, but also regularly at community centers in Anderlecht, Jette, Schaerbeek, Auderghem, and in the Center and North of Brussels...

WHAT MOTIVATES YOU TO GET INVOLVED WITH WARNED?

I discovered this non-profit organization thanks to Sophie. I really appreciate the wide variety and resolutely modern character of the activities offered for GOLDIES, which attract a curious audience eager to learn, as well as my interactions with other volunteers.

The content of my digital workshops at the Garden is regularly updated. In 2023, we will even have two different groups (beginner and advanced, for those who are already familiar with digital technologies). As some GOLDIES say, who choose to come to all my workshops : "There's always something to learn !"



WHAT MESSAGE DO YOU WANT TO CONVEY TO THOSE WHO WOULD LIKE TO JOIN WARNED?

When I was young, I was convinced that I had no talent, that computer science and languages didn't matter (Sara speaks fluent Flemish, French, English, and Arabic). With age, I realise how wrong I was ! We all have something we can share, a particular knowledge or experience that is unique to us. So even if you don't yet know what your value or specific talent is, come to WARNED : we'll definitely find it together !

In truth, there are no words to describe the joy and the special atmosphere that surrounds the activities of WARNED, its teams, and the GOLDIES : come see it with your own eyes, come experience it !

À PROPOS DE MOI
Je guide les adultes dans leur transformation numérique.
Ateliers, webinaires, coaching à domicile et consultance pour les entreprises

Sara Van Zandycke
0475/665.866
sara@digibeta.be

Sara Van Zandycke

STUDIES & RESEARCH

05



05

"Old age is the most beautiful period of my life. I feel rich from all the encounters I've had. Thousands and thousands of people have enriched me. So much so that I have an immense wealth, and I feel responsible for passing on what I have received."

(Sister Emmanuelle)

THIRD DATE

If older people are happier, it's because they have been acquiring emotional management skills over time. As we age, we are better able to cope with exposure to negative situations and stress and to control our emotional reaction to external events. Emotions reflect life. However, to achieve this, it is an absolute necessity to have learned how to manage them...

At WARNED, we focus on the four following dimensions of well-being, which all contribute to a serene and fulfilling lifestyle : physical and cognitive health, social connections, as well as emotional well-being. In particular, our program Third Date aims to enhance better self-awareness and more authentic communication with others.



THIRD ACT

Slowly but steadily, Europe is facing an inversion of the age pyramid that threatens budgetary balances, pensions, employment, and the comfort of younger generations.

On one hand, seniors are often doubly affected by the digital divide and age-related discrimination, which are still widespread (a 2021 WHO study revealed that one in two people worldwide hold ageist attitudes). On the other hand, young people sometimes struggle to integrate into the job market, which increasingly requires specialized skills.

With a touch of humor, George Orwell said, "Each generation pictures itself to be more clever than the previous one, and wiser than the next one." In reality, can't we all learn from each other, at any age?

Building on this observation, WARNED is strengthening its Third Act project team with the goal of developing a community platform dedicated to the transfer of skills between generations, and showcasing the social value created by the professional activation of seniors.

It is time to shift our perception of work centered on aging to an approach focused on intergenerational solidarity. Join the team to help build a future where learning has no age limit!

DIGITAL

September saw the launch of our brand new website !

WARNED.PLUS is designed as a gateway to all of our activities : a single place to find our values and projects.

FUNDING

In 2022, we have also explored new sources of funding for WARNED to support our growth.

Two initiatives were launched:

- the tax deductibility of donations to the nonprofit, which will become effective in 2023 in Belgium ;
- the recruitment of a first operational employee, who will be responsible for the daily management of our existing programs, allowing us to devote the necessary efforts and resources to our Third Act program.

06

RESULTS



06

The figures illustrate our creativity (Income Statement - 1/1 to 31/12 - EUR)

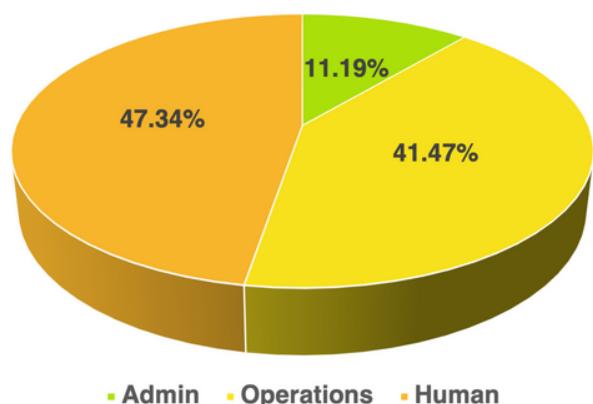
In 2022, WARNED faced the challenge of ensuring the credibility and sustainability of its activities in an increasingly re-opened world. While we were able to rely on certain subsidies to finance our projects and compensate all of our contributors, the current political reality is such that seniors, who are 'retired but not expired', are often left aside once their professional careers have ended.

EXPENSES

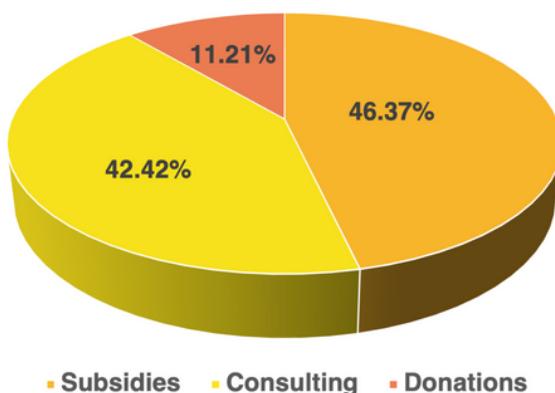
By maintaining a comparable level of spending to that of 2021, WARNED has demonstrated its ability to provide sustainable solutions to the needs of the GOLDIES as well as to offer a platform and audience for the artists, instructors, and interns who trusted us last year.

Remarkably, nearly 2/3 of our expenses (€20K) have been allocated throughout the year to the remuneration and well-being of our many contributors: indemnities (RPI artist / artistic performances), but also volunteers, food, etc.

Expenses 2022 (Total: €31 805.52)



Revenues 2022 (Total: €29 434)



REVENUES

While 46% of WARNED's financial resources in 2022 come from grants and aid allocated by well-established institutions such as COCOF, the Commune of Uccle, the Mycelium Foundation, and the De Pauw Foundation, WARNED has managed to secure over half of its funding through the sale of its expertise (co-creation and donations).

This external recognition attests to the credibility and innovative nature of the submitted projects, while also demonstrating a desire to ensure that our organization is not overly dependent on public funds alone.

SINCE YOU ARE HERE ...

Please forgive this rather direct approach, but we have limited means to promote our actions and call for solidarity towards our cause. Your donation (eligible for tax deduction in Belgium) helps us maintain and develop our mission to inspire GOLDIES, improve lives, and promote a society that better integrates all generations.
Every action, no matter how small, can make a big difference.

To help us do what we do, simply click [here](#) or you can make a bank transfer using the below details :

IBAN: BE58 0689 4241 8479

BIC: GKCCBEBB

Name: WARNED (WE ARE RETIRED NOT EXPIRED)

Your support is invaluable !



IN
GRATITUDE

07

07

IN GRATITUDE

The WARNED family brings together an admirable team of volunteers and enthusiastic artists, of all ages and various backgrounds, all committed and passionate, who take turns so that Goldies can have fun in complete safety.

Some are involved in the development of WARNED, others in "Thé au Jardin" or "Thé Dansant", sometimes in the design, often in the day to day operations: each one is bringing their humanity and their skills to the co-creation of an intergenerational society.

OUR VOLUNTEERS & ARTISTS

Annabelle, Lili, Kuntaka, David, Jim, Ysabel, Aida, Mariam, Janaka, Sarah, Océane, Delphine, François, Jérémy, Majo, Laurence, Anne, Cecile, David, Anita, Charlotte, Ilana, Alain, Frédérique, Mathilde, Morgan, Laure, Amandine, Sara, Vanessa, Mieke, Pauline, Perrine, Nathalie, Alain, Amber, Margot, Daphné, Maud, Françoise, Stéphane, Arianne, Pierre, Bineta, Reynart, Max, Dominique, Sarbani, Dolores, Chanelle, Alyssia, Sylvie, France, Antoine, Vincent, Daniel, Sandra, Anicia, Jean-François, Elodie, Ludwig, Milla Jane, Gauthier, Cléa, Ilana, Tania, Barbara, Aline, France, Estelle, Yassin, Lene

OUR INSTRUCTORS

David Michils ~ Lili MirezMoi & Artistes du Sassy Cabaret ~ Daniel ~ Laureline Dubois ~ Manon Rome ~ Stephane Brodzky ~ Oceane Marcou ~ Alain Prophète ~ Laure Bouquéry ~ Nathalie Deleu ~ Françoise Fequer ~ Arianne Glikerman ~ Hella Dachy ~ Monia Bijl ~ Daniel Van Nerom ~ Pauline ~ Aurore Jottard ~ Maud Haquelle ~ Ludwig Van Waes ~ Dominique Malcause ~ la BAP (Amandine, Aleksei, Morgan, Delphine, Rosy) ~ Elodie ~ Daphné Sarpyener ~ Mathilde Sechet ~ Noemi Tiberghien ~ Caroline Daba ~ Frederic Vanermen ~ Jessica Lefebvre ~ Mascha Patigny ~ Zoe Lekhnati ~ Margot ~ Feline Erracca ~ Lucie ~ Magali Peers ~ Lich (Miss Postérieur)

OUR PARTNERS

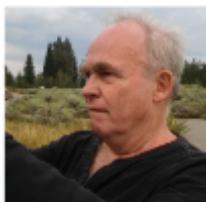




GOLDIES exploring Burning Man, USA, August 2022

BOARD

Public Relations



Belgium

People Manager



France - UK

Product Manager



Netherlands

Project Manager



Belgium

CONTACT US

WARNED - We Are Retired Not ExpireD (AISBL)
BE 0755 887 940

Contact : Sophie BROUHON
Phone: 0032 456 06 39 50
email: info@warned.plus

FIND US ON THE WEB

WWW.WARNED.PLUS

Facebook.com/warned.plus
[@weareretirednotexpired](https://Facebook.com/groups/theaujardin)