DISCOVER MORE!

23 unique clubs, all different.

To get to know us, visit one of our clubs, explore our joint website www.clubaktivplus.lu or check out the ClubPages – published quarterly with highlights from all our clubs.

Plus, each club has its own website with its own programme of activities.

Any questions?
Contact us – we'd love to hear from you!

Why join us?

Enjoy quality time together, expand your knowledge, stay healthy and discover new experiences...

Which club to choose?

Each club is open to everyone, no matter where you live. The choice is yours – come and explore!

We look forward to meeting you!

ABOUT US

Club Aktiv Plus are welcoming spaces for meeting, leisure, learning, exchange and advice. They are open to anyone looking to stay active as they approach or already enjoy retirement.

The clubs share a common mission: promoting active ageing. Activities focus on building social contacts, lifelong learning, intergenerational and intercultural exchanges and social participation.

This initiative was launched by the ministry of Family Affairs, in collaboration with various managing bodies and with the support of partner municipalities. Since 2024, the 23 clubs have been grouped together under the new name Club Aktiv Plus.

CONTACT

Club Aktiv Plus Coordination
contact@clubaktivplus.lu
36 04 78-44

Ministry of Family Affairs, Solidarity, Living Together and Reception of Refugees
13c, rue de Bitbourg
L-1273 Luxembourg
clubaktivplus@fm.etat.lu

www.clubaktivplus.lu

LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Famille, des Solidarités, du Vivre ensemble et de l'Accueil

clubaktiv

club aktiv

MOVE. SHARE. LEARN.

THE JOY OF DISCOVERY!

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EN

OUR ACTIVITIES

Take a course, have a coffee, ask for advice... you name it.

It's up to you to choose the activities that suit you and your interests.

HEALTH & WELL-BEING

Look after your body and mind

Aquagym, yoga, cycling, self-defence, dancing, walking, sophrology, memory training, relaxation...

DISCOVERY & CULTURE

Explore new horizons

Cinema, theatre, concerts, exhibitions, museums, walks, excursions and visits in Luxembourg or abroad...

LEARNING & INFORMATION

Deepen your knowledge

Languages, literature, IT and new media, creative courses: photography, painting, crafts...

CONVIVIALITY & COMMITMENT

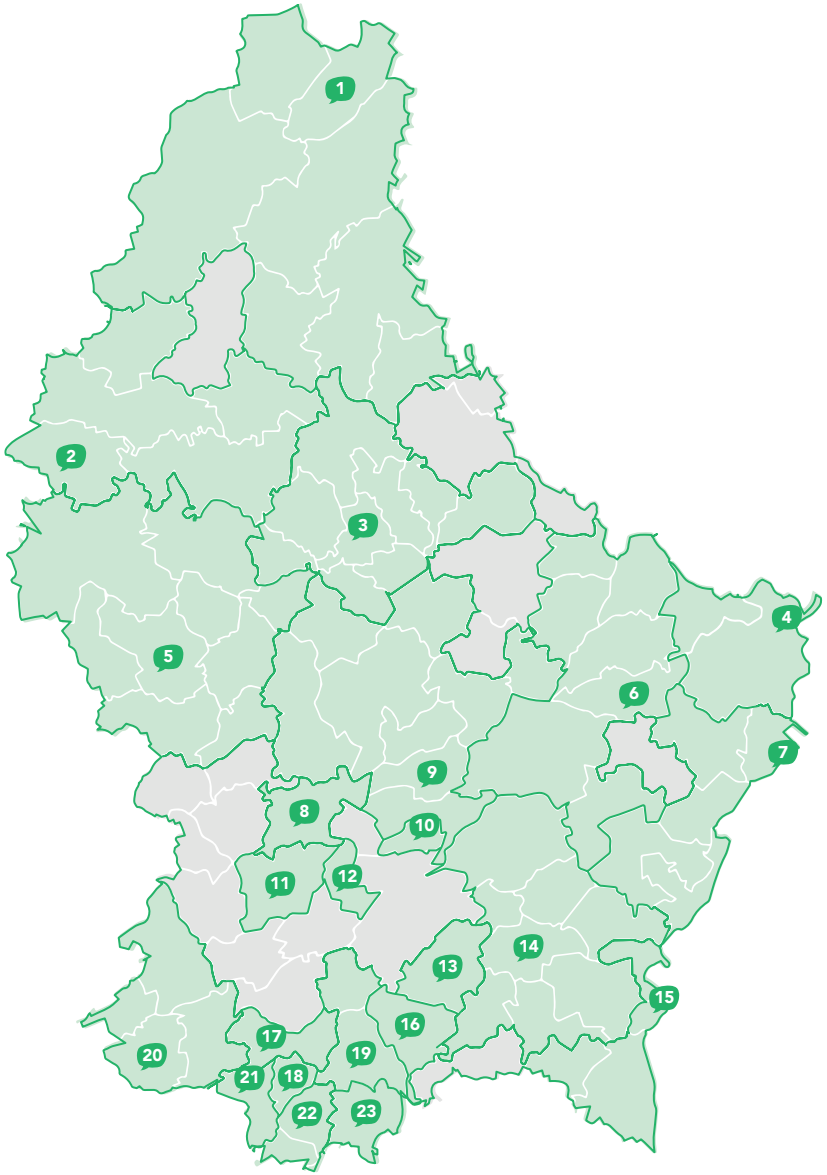
Spend quality time in good company

Restaurant outings, board games, pétanque, choir, fêtes, volunteering...

DISCOVER THE NETWORK

The network currently comprises 23 clubs and covers 83 municipalities. To find out which communes are partnered with each club, visit our website.

www.clubaktivplus.lu



1 **OP DER HEED** HUPPERDANGE
99 82 36 – www.opderheed.lu

2 **UEWERSAUER** BASCHLEIDEN
27 40 27 80 – www.clubuewersauer.lu

3 **NORDSTAD AKTIV+** ETTELBRUCK
26 81 37 43 – www.nordstadaktivplus.lu

4 **BIEN SÛR(E)** ROSPORT
26 74 31 45 – www.clubhaiser.lu

5 **ATERTDALL** REDANGE
27 55 33 70 – www.help.lu

6 **AN DER LOUPESCHT** JUNGLINSTER
27 55 33 95 – www.help.lu

7 **MUSELHEEM** WASSERBILLIG
27 55 36 60 – www.help.lu

8 **KEHLEN** KEHLEN
26 10 36 60 – www.kehlen.lu

9 **UELZECHTDALL** LORENTZWEILER
26 33 64-1 – www.cud.lu

10 **AM BECHELER** BERELDANGE
33 40 10-1 – www.clubhaiser.lu

11 **AM BRILL** CAPELLEN
30 00 01 – wwww.clubhausambrill.lu

12 **AKTIV PLUS STROOSSEN** STRASSEN
31 02 62-407 – www.sodexoseniors.lu

13 **AM SÄITERT** HESPERANGE
26 36 23 95 – www.amsaitert.lu

14 **SYRDALL** CONTERN
26 35 25 45 – www.help.lu

15 **WËLLE WÄIN** REMICH
28 13 74 – www.clubwellewain.lu

16 **EIST HEEM** BERCHEM
36 92 32-5229 – www.eistheem.lu

17 **A BOSSELESCH** MONDERCANGE
26 55 36 – www.abosselesch.lu

18 **BEIM KIOSK** SCHIFFLANGE
26 54 04 92 – www.beimkiosk.lu

19 **DEFORUM** BETTEMBOURG
51 16 06 8001 – www.deforum.lu

20 **KORDALL AKTIV** DIFFERDANGE
26 58 06 60 – www.clubprenzebierg.lu

21 **MOSAÏQUE CLUB** ESCH-SUR-ALZETTE
27 55 33 90 – www.help.lu

22 **AN DE SAUERWISEN** RUMELANGE
56 40 40-1 – www.sauerwisen.lu

23 **AKTIV+ DIDDELENG** DUDELANGE
26 51 55-1 – www.aktiv-diddeleng.lu