



Monde en marge,  
Monde en marche

# 5 idées d'activités collectives

pour rompre l'isolement

# Atelier art-thérapie



**Poterie, crochet, peinture...**

Ces ateliers permettent aux **résidents des pensions** de famille de s'**exprimer**, de se concentrer et de reprendre confiance.

A photograph of two women working together in a greenhouse. The woman on the left has grey hair tied back and wears glasses and a blue jacket. The woman on the right has dark curly hair and wears glasses and a grey sweater. They are both looking down at a white tray containing several small pots of soil. A pair of scissors and a long metal rod are on the wooden table in front of them. The background shows the wooden structure of the greenhouse and a stone wall.

# Atelier jardinage



**Planter, arroser, entretenir, voir pousser...**  
Pour des personnes isolées ou fragilisées,  
jardiner redonne une responsabilité  
et un rythme.

A photograph of a group of people in a kitchen, engaged in a shared meal preparation. In the foreground, a man with glasses and a dark jacket is focused on a task. To his right, a woman with blonde hair and glasses, wearing a red patterned apron, is also working. In the background, another person is visible, partially obscured. The kitchen has white walls and a window. The text 'journée repas partagé' is overlaid in white, with a small icon of a cooking pot with steam rising from it to the right.

# journée repas partagé

Quand l'alimentation dépend souvent de colis ou de petits budgets, le repas peut devenir une contrainte. Les hôtes de pension organisent des temps de cuisine partagée pour redonner du goût, du choix et du lien.

The background image shows an outdoor sports event. In the foreground, a paved path leads towards a grassy area where several people are engaged in activities. Some are sitting on wooden bleachers, while others are standing or walking. In the background, a large, historic stone building with multiple windows and a rounded tower is visible. The scene is set during the day with natural light.

# sortie sportive

Pétanque, gym douce, marche ...  
Ces activités proposées par l'association  
permettent aux résidents de bouger à leur  
rythme, de sortir de l'isolement et de partager  
un moment avec les autres.



# Journée festive

Cinéma, bowling, sorties loisirs

Ces journées permettent aux résidents de quitter le quotidien, retrouver une place dans la vie locale et vivre des moments simples hors de la pension.