



Landeshauptstadt
München
Sozialreferat

Die Münchner Alten- und Service-Zentren



Consultation
Information



Groups
and courses



Support



Meeting people
Participation

Ihre Wegbegleiter im Alter

In englischer Sprache



**Bayerisches
Rotes
Kreuz**



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As we get older, we are all faced with new questions and challenges:

How long can I stay independent and self-sufficient?

Where can I meet new people, with whom I can share my interests?

Where will I find support when things are not going well for me or my friends and acquaintances?

The "Alten- und Service-Zentren" (ASZ) - day-centres for Senior Citizens - are the places to discuss your concerns. They offer services to address them.

You can also offer your services as a voluntary helper in an ASZ and perform useful duties. The staff of the centre will guide and support you in these.

Ring us up or call in! The address and phone number of your nearest ASZ can be found under **www.muenchen.de/asz**.