



# WORLD SOCIAL CHESS INITIATIVES MARATHON

# 19<sup>TH</sup> JAN 2025



# CHESS FOR AGING GROUP AT CLUB ATHLETICO PAULISTANO

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# About Club Athletico Paulistano



- **Founded in 1900**

- **Location:** São Paulo, Brazil

- **Activities:**

- Over 40 sports modalities, such as: chess, backgammon, swimming, spinning, Aqua Aerobics, Badminton, Basketball, Teach Tennis, Running, Soccer, water polo, volleyball.
- Cultural programs: cinema, theater, art exhibitions, workshops.
- Social events: parties, shows, and gatherings.



# Senior Chess Program Overview

Fun, Socialization, and Cognitive Stimulation



**Launch:** August 2015 with 4 participants.

4 participants

1 class per week

Time: 10h30 to 11h30

Today:

26 participants

3 classes per week, 2 in the morning and 1 in the afternoon

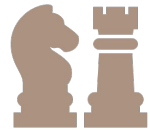
10h30 to 12h  
13h30 to 14h45

# Structure of the Chess Sessions



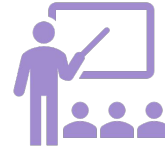
## Arrival:

Time for socializing and connecting.



## Warm-Up:

Solving chess diagrams to activate the mind.



## Main Lesson:

Focus on tactics or strategies.  
Methods: theoretical lessons, exercises, or games.



## Practice Games:

Friendly matches between participants.



# Benefits for Senior Participants

- **Cognitive Stimulation:**
  - Enhances memory, problem-solving, and concentration.
- **Social Interaction:**
  - Fosters friendships and a sense of community.
- **Emotional Well-Being:**
  - Boosts self-esteem and reduces isolation.
- **Physical Routine:**
  - Regular weekly meetings encourage healthy habits.





## Chess Activities During the COVID-19 Pandemic

Virtual classes until  
September 2020.

Hybrid classes starting  
in October 2020 and  
2021.



# Beyond the Chess Class



## Celebrations:

Monthly birthday parties with cake.



## Lunch after class

Enjoying lunch together after the chess class.



## Competitions:

Participation in internal and external tournaments.





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# Testimonials and Impact

"A unique combination of fun and mental exercise." Fernanda Mendes

"Chess has given me a reason to look forward to Wednesdays!" Hans Freudenthal

- **Community Impact:**

- The program inspires a culture of lifelong learning and active aging.





# Future Plans

## ► 2025 Expansion:

- Additional groups to meet increasing demand.

## ► Innovative Sessions:

- Incorporating digital tools and platforms to enhance learning.

## ► Community Outreach:

- Collaboration with other senior programs and clubs.





# References

- ▶ Club Athletico Paulistano. (n.d.). Club Athletico Paulistano - Presentation. Retrieved from <https://www.paulistano.org.br/club-athletico-paulistano-apresentacao/>
- ▶ OpenAI. (2025). ChatGPT. Retrieved from <https://openai.com>

