



3, Ċentru Servizz Anzjan, Old Mint Street, Valletta VLT 1510  
Email: [aacc-services@gov.mt](mailto:aacc-services@gov.mt)  
Website: [www.activeageing.gov.mt](http://www.activeageing.gov.mt)  
Freephone 153  
Tel. 2278 8800

## Active Ageing Centres

### Overview

The Active Ageing Centres offer opportunities for older adults to remain physically, mentally and socially active. These centres enable senior citizens to meet other people their age and enjoy themselves during the activities organised. Each centre offers a varied programme of activities which include talks, outings, a variety of games and lifelong learning programmes. Apart from promoting socialisation and entertainment, these centres are hubs where the individual can learn in an informal way and share their skills with others.

### What you'll get

- The opportunity to meet new people or old friends in a friendly atmosphere, where one can both relax and engage in creative, social, physical and educational activities
- Talks on various topics and a variety of sessions which include physical exercises, dancing, crafts, first aid, IT (Information Technology) and even intergenerational activities where both students and the elderly are invited to interact and share experiences
- The opportunity to engage in outdoor and cultural activities

### Eligibility

General eligibility criteria:

- A person aged 60 years and over. The Active Ageing Centres are not equipped to cater for the needs of a person with a high dependency level
- Applications will be considered on an individual basis

### Documentation required

General documentation:

- A medical report signed by the patient's General Practitioner

### How to apply

Fill in and submit the application [online](#).

**The service is against a monthly payment:**

**Per person:**

|                     |       |
|---------------------|-------|
| once weekly         | €2.33 |
| twice weekly        | €3.49 |
| 3 times weekly      | €4.66 |
| 4 or 5 times weekly | €5.82 |

**Per couple:**

|                     |        |
|---------------------|--------|
| once weekly         | €3.50  |
| twice weekly        | €5.82  |
| 3 times weekly      | €8.16  |
| 4 or 5 times weekly | €10.48 |

**Per person (if residing at a Home for the Elderly):**

|                     |       |
|---------------------|-------|
| once weekly         | €1.17 |
| twice weekly        | €2.33 |
| 3 times weekly      | €3.50 |
| 4 or 5 times weekly | €4.66 |

**Frequently Asked Questions (FAQs)**

**Question:** How often can I come to the Active Ageing Centre (AAC)?

**Answer:** The frequency to attend the AAC depends on the capacity of the particular Active Ageing Centre.

**Question:** Does the Active Ageing Centre offer transport?

**Answer:** This depends on the availability of each Active Ageing Centre. It is best to contact the particular centre you wish to attend and check with them.

**Question:** What type of activities are organised at the Active Ageing Centre?

**Answer:** Each centre offers a varied program of activities which include talks, outings, a variety of games and lifelong learning programs.

**Suggestions, Recommendations and Complaints**

In case of suggestions or complaints kindly click [here](#).

### Additional Information

There are 21 Active Ageing Centres in Malta:

| Active Ageing Centre | Address  | Contact Number | Opening days and hours                           |
|----------------------|--|----------------|--|
| Birżebbuġa           | Birżebbuġa Road,<br>Birżebbuġa BBG 1507                                | 21658608       | Monday to Friday<br>07:00 - 15:15                |
| Birkirkara           | Civic Centre,<br>Tumas Fenech Street,<br>Birkirkara BKR 2526           | 21482328       | Monday, Tuesday and<br>Thursday<br>07:00 - 15:15 |
| Cospicua             | St Margaret Square,<br>Cospicua BML 1201                               | 21664777       | Monday to Friday<br>07:00 - 15:15                |
| Ħad-Dingli           | Parish Street,<br>Ħad-Dingli DGL 1032                                  | 21453479       | Monday to Friday<br>07:00 - 15:15                |
| Ħal Luqa             | New Street,<br>Ħal Luqa LQA 1558                                       | 21678132       | Monday to Friday<br>07:00 - 15:15                |
| Ħal Qormi            | c/o Local Council,<br>390, Victory Street, Ħal Qormi<br>QRM 2504       | 21440995       | Monday to Friday<br>07:00 - 15:15                |
| Ħal Safi             | Dar il-Kunsill,<br>School Street,<br>Ħal Safi SFI 1404                 | 21647057       | Wednesday<br>07:00 - 15:15                       |
| Ħamrun               | 22, Franciscan Street,<br>Ħamrun HMR 1123                              | 21221675       | Monday to Friday<br>07:00 - 15:15                |
| Kirkop               | c/o Local Council,<br>31, St Benedict Street,<br>Kirkop KKP 1243       | 21640948       | Monday and Thursday<br>07:00 - 15:15             |
| Mellieħa             | Valley Road,<br>Mellieħa MLH 1252                                      | 21524245       | Monday to Friday<br>07:00 - 15:15                |
| Mġarr                | c/o Local Council, 22,<br>Sir Harry Luke Street,<br>Mġarr MGR 1501     | 21571424       | Tuesday and Friday<br>07:00 - 15:15              |
| Mosta                | Kurat Schembri Street,<br>Mosta MST 1175                               | 21418197       | Monday to Friday<br>07:00 - 15:15                |
| Msida                | c/o Local Council,<br>Menqa Square,<br>Msida MSD 9090                  | 21324451       | Wednesday and Friday<br>07:00 - 15:15            |
| Naxxar               | Civic Centre,<br>21 <sup>st</sup> September Avenue,<br>Naxxar NXR 1018 | 21424447       | Monday to Friday<br>07:00 - 15:15                |

| <b>Active Ageing Centre</b> | <b>Address</b>  | <b>Contact Number</b> | <b>Opening days and hours</b>                            |
|-----------------------------|---|-----------------------|--|
| Sigġiewi                    | Civic Centre,<br>18, St Nicholas Square,<br>Sigġiewi SGW 1073   | 21460715              | Tuesday and Thursday<br>07:00 - 15:15                    |
| Tas-Sliema                  | 119, St Mary Street,<br>Tas-Sliema SLM 1107                     | 21345650              | Monday to Friday<br>07:00 - 15:15                        |
| Santa Luċija                | c/o Garden of Serenity,<br>Peprin Street,<br>Santa Luċija       | 21440995              | Monday and<br>Wednesday<br>07:00 - 15:15                 |
| St Paul's Bay               | c/o Local Council,<br>St Paul Street,<br>St Paul's Bay SPB 3411 | 21584746              | Monday to Friday<br>07:00 - 15:15                        |
| Santa Venera                | 53, Carmelite Street,<br>Santa Venera SVR 1725                  | 21472111              | Monday to Friday<br>07:00 - 15:15                        |
| Żejtun                      | St Thomas Street,<br>Żejtun ZTN 4023                            | 21805847              | Monday to Friday<br>07:00 - 15:15                        |
| Żurrieq                     | Mqabba Road,<br>Żurrieq ZRQ 1079                                | 21640237              | Monday, Tuesday,<br>Thursday and Friday<br>07:00 - 15:15 |

The Department of Active Ageing and Community Care also set up other Active Ageing Centres with a totally new concept. These Centres are being run in collaboration with Local Councils and other entities, and focus mainly on lifelong learning. To apply for this service you have to contact the respective entity who will guide you accordingly.

| <b>Centre</b>                | <b>Address</b>   | <b>Telephone Number</b> | <b>Opening days and hours</b>                         |
|------------------------------|--|-------------------------|---|
| Paola<br>(Local Council)     | Casal Paola,<br>Pawlu Boffa Garden,<br>Church Street,<br>Paola PLA 1075                    | 21664066                | Monday,<br>Wednesday<br>and Thursday<br>09:00 - 12:00 |
| Swieqi<br>(Local Council)    | Swieqi Local Council,<br>Civic Centre<br>G. Bessiera Street,<br>Swieqi SWQ 2261            | 21373939                | Monday,<br>Wednesday<br>and Thursday*                 |
| Gżira<br>(Local Council)     | 283, Flat 1 D'Argens Street,<br>Gżira GZR 1364   | 21341034                | Wednesday*  |
| Floriana,<br>Senior Citizens | 47, Saint Publius Street,<br>Floriana FRN 1450   | 79053031                | Tuesday*<br>09:30 - 10:30                             |
| Xewkija, Gozo                | St John's Precursor Philharmonic Society,<br>St Catherine Street,<br>Xewkija XWK 2033      | 99425453                | Monday,<br>Wednesday and<br>Friday<br>09:00 - 11:30   |
| Tač-Ċawla,<br>Gozo           | Good Shepherd Centre,<br>Dr. Anton Tabone Street,<br>Tač-Ċawla, Victoria,<br>Gozo VCT 9027 | 99425453                | Thursday<br>09:00 - 11:00                             |
| Ta' Sannat,<br>Gozo          | c/o Local Council,<br>Sannat Road,<br>Ta' Sannat SNT 9020                                  | 21554747 /<br>99425453  | Thursday<br>08:30 - 09:30                             |

\*Time varies and depends on the sessions available on the day.