The aim of this study was, therefore, to test the importance of social capital as well as non-institutionalised activities including contacting friends and participating in community activities, such as attending meetings of a political organisation in socioeconomically disadvantaged neighborhoods in Brussels, Belgium. Other forms of political participation, such as formal volunteering, informal helping behaviours, membership in community organisations, and voting in municipal elections, were also examined. While social capital and political participation were higher among younger adults, older people living in disadvantaged communities also engage in civic activities.

We conducted forty semi-structured interviews in Pohjanmaa, Finland, and in- and exclusion from civic activities. Inclusion and exclusion from multidimensional civic engagement was assessed by a series of questions regarding political engagement, volunteering, help-seeking, and taking part in activities such as attending meetings of a political organisation. Each interview was analysed according to social capital domains of civic engagement as well as trust. Social capital has come a long way in the last decades, there are still some blind spots on this scholarship. Notably, the influence of neighborhood features on in- or exclusion from civic activities, as well as the multifaceted nature of civic engagement has been scarcely addressed. Therefore, this research focuses on social connections and roles fostering civic engagement. We examined participation in four domains of civic engagement: political participation, volunteering, informal helping, and membership in community organisations. The findings will be used for informing policy recommendations to foster multidimensional civic engagement for older people living in disadvantaged communities.

Although research into older people's civic engagement has come a long way in the last decades, there are still some blind spots on this scholarship. Notably, the influence of neighborhood features on civic engagement has been scarcely addressed. Therefore, this research focuses on social connections and roles fostering civic engagement. We examined participation in four domains of civic engagement: political participation, volunteering, informal helping, and membership in community organisations. The findings will be used for informing policy recommendations to foster multidimensional civic engagement for older people living in disadvantaged communities.
fitness by ensuring that appropriate activities occur at biologically advantageous times. Disruption of proper circadian timing negatively impacts organismal fitness, making understanding the mechanism underlying circadian regulation over cellular physiology critical to appreciating a fundamental rule of life on earth. As we age, our bodies circadian rhythms change due to stress, chronic disruption of our clocks, neurodegeneration, and a host of other reasons, which can have a profound effect on our systems. Therefore, understanding the aging circadian clock is important to promote longevity and healthy aging. In this session, we will investigate some of the research going on that links the clock to aging. Topics will include the investigation of the role of the clock in timing immunometabolic regulation in the context of inflammation and Alzheimer’s disease, the optimization of the timing of exercise in the effort to maintain homeostasis and decrease risk, the connection between aging and the reduction of the number of rhythmically expressed genes and the weakening of circadian control, and the effect of dietary restriction on the circadian clock. The take home message of this session will be the importance of factoring daily time into research, preventative measures, and treatment regimens, to maximize overall health as we age.