Ioseb (Soso) Vardiaishvili, 70, Sagaredjo, Manavi village

"Once I became of retirement age, I lost my job, got depressed, and had a heart attack. [...] Fortunately, my friend soon came to my rescue when he took me to the Sagaredjo Social Centre for Elderly People where they planned to stage the play Six Spinsters and One Man. I accepted a role and was ready to do my favourite job without any remuneration. [...] I got out of depression at that time and in the centre... interaction with people helped me... [...] I was again given an opportunity to use my skills and abilities and that gave me a lot of satisfaction."

The views expressed in this essay are those of the author and do not necessarily reflect the views of the United Nations Economic Commission for Europe, the Georgian Government or any Georgian authorities.