

The scope of this thesis are leisure-time activities of the elderly people and the amount of depression in the elderly people, who spend their time on leisure-time courses. The thesis contains a survey of the current knowledge regarding the elderly people and ageing. At this point, it is focused on the changes, which are closely tied to growing old, on adaptation to these changes, and it brings a survey of programs and organizations oriented at this phenomena. The third part of the thesis states the general aspects of depression, and then discusses the differences imposed by the old age. The fourth part is devoted to the research conducted in two of the leisure-time centers in Prague. The goal of the research was to map the group of elderly people, who attend the courses in these centers, and to find out, whether there is a relation between the depression and the leisure-time activities.