



**RISTIJARVI**

*The municipality of good age*



## Ristijärvi in short

The municipality of Ristijärvi was founded in 1867

Population as of 2009-12-31: 1521 inhabitants

Surface area: 904 square kilometres

Earth surface area: 845,7 square kilometres

Water surface area: 58,3 square kilometres

## Distances to major cities

**Helsinki** 604 kilometres

**Kajaani** 44 kilometres

**Kuusamo** 205 kilometres

**Oulu** 170 kilometres

## How to get there

By bus: **Matkahuolto** [www.matkahuolto.fi](http://www.matkahuolto.fi)

By train: **VR**, [www.vr.fi](http://www.vr.fi), The nearest station is Kontiomäki (21 kilometres)

Kajaani Airport (48 kilometres away) **Kuusamo**  
[www.finavia.fi/lentoasema\\_kajaani](http://www.finavia.fi/lentoasema_kajaani)





## Welcome to Ristijärvi – The municipality of good age

Ristijärvi is an idyllic small municipality in the Oulu province, lying in the middle of the economic area of Kainuu alongside Finnish national road No. 5. The beautiful, breathtaking landscape and the peacefulness of the community attract visitors to stay. The multitude of hills and lakes makes for excellent outdoor activity opportunities and a beautiful sight. Ristijärvi is known as the municipality of good age. Without forgetting other age groups, we are specialized in senior citizen competence. The municipality of Ristijärvi advances the consideration of senior citizens with the help of Seniorpolis. The aim of Seniorpolis is to develop the environment of senior citizens and to support senior initiative and activity through diverse services. The municipality of Ristijärvi and Seniorpolis cooperate intensely for the benefit of senior citizens.



The municipality's specialization in senior citizen competence has raised awareness in Finland as well as internationally. The idea evolved around the year 2000, as Ristijärvi discovered senior citizens as an opportunity. Ristijärvi is a forerunner in senior citizen market development. Our whole village cares for the well-being of senior citizens. Rural senior housing is gaining popularity, and our senior apartments are very sought after. The municipal services are close and the environment is constantly being developed into a more resident-friendly direction. The development of the municipality benefits other age groups as well. Senior citizen services create new job opportunities for young people. Companies profit from the municipality of good age as well, as population growth increases service demand.

Three generations meet in the municipality of good age, showing each other respect and appreciation. You are also welcome to enjoy, live and meet people in Ristijärvi!





## Seniors change the world

Seniorpolis is a center of excellence managed from Ristijärvi, Kainuu. Seniorpolis develops and tests welfare products such as housing, education, recreation and care services for people of over 55 years of age.

Seniorpolis develops the senior citizen's way of life, coordinating and promoting the realization of other projects as well. We also participate in developing business in the welfare area.

With post-war baby boomers retiring, there are soon going to be one and a half million senior citizens in Finland. The ways of life, consumer behavior and spending of these people change the logic of business and economics in all developed industrial countries. The senior lifestyle becomes a visible and influential mainstream. New kinds of products, services and solutions are needed to cover the senior citizen's needs in fields like health, care, nutrition, technology, housing and free time as well as in activities such as sports, travelling or learning.

Seniorpolis is a forerunner in considering the need of the aging and a link point for promoting the senior citizen's welfare. We participate in the development of research, solutions, environment, products and services related to senior citizens. We want to build good lives for seniors.





## A unique network

Seniorpolis is constructing a worldwide network and wishes to have partners from abroad. We search for relationships and contacts in diverse forums, seminars and meetings. Our aim is to find partners in developing functioning and profitable high quality products and services for seniors.

We need networks for developing the innovation environment of senior citizens, companies and the businesses of our partners. Within a joint project we can combine the interests of both parties and generate shared benefits.

We also participate in various development and welfare projects. These projects are aimed at vast and long lasting project and activity cooperation, as well as at setting senior activities within a broader framework.



Seniorpolis has been acknowledged both in Finland and internationally. We are already known over the world and have been the target of studies and investigations. People know us for example in the Nordic countries, Germany, Scotland, France and Canada. Seniorpolis has achieved worldwide visibility, as it was introduced at the Cologne OECD conference in April 2008 as a viable, innovative solution to rural area problems. Seniorpolis is introduced also in the OECD annual country report on Finland.

Seniorpolis offers Ristijärvi as a test-bed. Companies, universities, higher education institutions and research institutes are given an excellent opportunity to test new products in Ristijärvi. Here senior citizens are near and product testing is made easy. We also want to create visible trademarks and a strong Seniorpolis brand under which enterprises can flourish.



# Services in the municipality of good age

## **K-Monimarket V. Leinonen Ky**

*(grocery store, postal services)*

Aholantie 24, 88400 Ristijärvi, Finland

Tel: +358 8 681 106, +358 8 681 380

or +358 8 681 161

## **Osuuskauppa Maakunta S-Market Ristijärvi**

*(grocery store)*

Saukontie 39, 88400 Ristijärvi

Tel: +10 763 6640

## **Ristijärvi Pharmacy**

Aholantie 19, 88400 Ristijärvi

Tel: +358 8 681 139 and +358 8 681 565

## **Ristijärvi Health Station**

Saukontie 1, 88400 Ristijärvi

Tel: +358 8 615 61 *(switchboard)*

## **Ristijärvi Health Service RiTeily Oy**

Kunnaksentie 11 apartment 2, 88400 Ristijärvi

Tel: +358 40 847 6475

## **Virtaala Multi Activity Center**

Koulutie 4, 88400 Ristijärvi

Tel: +358 44 257 1857

hilkka.harkonen@seniorpolis.com

www.virtaala.fi

## **Café 5-Stop, Pirkko Leinonen (Café & bar)**

Saukontie 37, 88400 Ristijärvi

Tel: +358 8 681 180

## **Jukola Art Community**

*(Accommodation. Food and beverage services are to be ordered.)*

Harjulantie 8, 88460 Hiisijärvi

Tel: +358 40 574 8515 and +358 44 257 0346

www.jukolart.com







## Recreation and sports in Ristijärvi

In the municipality of good age people live versatile daily lives in the outstanding environment nearby the lakes Ristijärvi and Iijärvi. In case you're into outdoor activities, you certainly won't feel any lack of opportunities. You can go hunting, fishing, crab fishing, mushrooming, gathering berries, skiing, jogging, orienteering or hiking.

Seniorpolis offers recreation, training and sports activities according to the senior citizen's needs and desires. In Ristijärvi, the municipality of good age, you'll find the Virtaala sports and multi activity center, which is designed for the needs of senior citizens. In Virtaala there is a sports hall, a fitness hall and a therapy pool. The equipment of the Virtaala fitness hall is especially designed for maintaining muscle strength in older people. However, they are equally fit for use by other population segments. The therapy pool, accommodating therapy and sports events, is equipped with light and sound effects and is one of the best in Finland.

The place also features ultramodern audiovisual equipment for celebration and conference purposes. In the sports hall of the Virtaala multi activity center you can play various team sports, while in the Virtaala cafeteria you can meet both people you know and people you don't know – enjoying fresh products at the same time.



The well-being of the Ristijärvi population is further promoted through diverse cultural events. The annual chanting festival (Veisuufestivaalit) offer popular and spiritual music, reaching out also to senior citizens. Nuori Teatteri (Young Theater) is a camp organized for young people in June, at which performance and creative skills are polished. There's a separate group for senior citizens at the event. The camp peaks with public performances providing entertainment for all age groups. More information concerning events in the municipality is available at the joint service point, whose contact details can be found on the back cover.

The Saukkovaara Travel Center and the Ristijärvi Pirtti Camping Area function as small-sized facilities for celebrations, conferences and camping as well as for holiday guests. They are constantly being developed to be more convenient for the convenience of senior citizens and families with children.

The Saukkovaara Travel Center offers winter sports facilities from cross-country to downhill skiing. The ski slopes are very suitable for families with children. At the feet of the hills, in the serenity of nature, it is easy to relax and gather energy for daily life routines.





## Cozy living in a pleasant environment

Ristijärvi is a pioneer of senior housing in Finland. Seniorpolis and Ristijärvi have provided an opportunity to test the viability of small-scale rural senior housing. High quality row and double houses designed especially for senior citizens have been built in the municipality. The structures of such apartments can be modified according to the condition of the senior citizen. In Ristijärvi there are magnificent shore and hill sites for building. The supply of apartments and sites is increasing due to strong demand.

Seniorpolis has participated in vast research projects concerning future senior housing. In Ristijärvi, a business model relating to senior housing has been in development. The housing model's fitness and adaptability are to be tested elsewhere as well. There are plans for education to increase the number of restoration professionals converting apartments to fit the senior citizens' needs.



*Photo: Juha Seppänen*

Consideration is given to the immediate environment of senior housing, outdoor safety and social welfare. A safe and barrier-free environment is realized in the center of the municipality of Ristijärvi. Pedestrian routes affect the well-being of senior citizens.

Further offerings of Ristijärvi are a tennis court and the Park of good age serving all age groups. The park is located nearby the Virtaala multi activity center. In the park there is multi activity arena, which is covered with ice for skating in the wintertime and is suitable for, inter alia, team sports during the summertime. The park is equipped with basketball nets, a playground for three generations and with outdoor training facilities. A disc golf field surrounds the park. If you just wish to sit back and look at other people's activities, you can do so on the benches in the park. A place to thrive!

An activity center and meeting point for senior citizens is being planned in Ristijärvi under the name Agora. Agora is going to include the Senior Academy lecture halls, research facilities, facilities for Seniorpolis as well as room for enterprises and services.





## Education without age limitations

Seniorpolis is organized according to the principle of lifelong learning. Education is based on the senior citizens' own motivation to learn new skills and to develop and complete their existing ones. Learning in Seniorpolis has social, therapeutic and recreational functions. The aim is to utilize the experience and skills of senior citizens. Senior citizens are especially encouraged to cooperate with younger people. Age differences are converted into learning advantages.

Providing senior citizens with education in the fields of art and culture, the Senior Academy of Art and Culture is a nationwide institution within the Kajaani University Consortium. The Senior Academy has organized public lectures in various fields of arts as well as courses in environmental art. The offerings in art and education are continuously being enlarged, and the operations of the senior academy are being firmly established in Ristijärvi.



A community studio has been established for learning multimedia skills. People from all age groups can make short films, commercials and process sound and images. The community studio uses state-of-the-art information technology in its tools for saving and editing sound and images. The courses provided in the community studio's facilities are open both for junior and senior students.

Seniorpolis also provides continuing education for health care entrepreneurs and personnel. The training usually consists of targeted one-day sessions. Training is offered on demand and may concern substantial know-how as well as business development. The training sessions are open to everybody. Additional information can be found at [www.seniorpolis.com](http://www.seniorpolis.com) in the news section.





## Places to visit in the municipality of good age

### A. Karppala farm, mill and forge

*Traditional Kainuu landscape with a functioning water mill and a smith's forge.*

### B. Möykkysenjoki stone arch bridge

### C. Church of Ristijärvi

*The beautiful cruciform church of Ristijärvi was built in 1807 according to plans by G. af Sillén. According to some information, the Byzantine Mausoleum of Galla Placidia built in Ravenna around 450 may have served as a model for the church.*

### D. Ristijärvi Pirtti camping area

*Located at the heart of Kainuu, a stone's throw away from the center of the municipality of Ristijärvi, beside the beautiful Lake Iijärvi. [Http://www.ristijarvenpirtti.net/](http://www.ristijarvenpirtti.net/)*

### E. Saukkovaara Travel Center

*Real life on the hilltop, closer to the sun. All the facilities of the skiing center are consolidated on the hilltop, where you'll find well managed natural snow slopes for children and beginners as well as for advanced skiers. The area is also characterized by outstanding cross country skiing resorts. [www.saukkovaara.fi](http://www.saukkovaara.fi)*

### F. UKK hiking route

*(More information about hiking routes: trail maps of Kainuu on the Internet)*

### G. Savijoki mill

### H. Laahtanen Camping and Holiday Village, Laahtaskoski

*Sotkamontie 177, 88400 Ristijärvi, Finland, tel: +358 40 584 5832. Close-to-nature accommodation with a Forest Service recreation fishing area.*

### I. Hiisijärvi sand beach

*Public beach, camping opportunity. The village of Hiisijärvi is located along the road between Sotkamo and Ristijärvi, 19 miles to the southeast from Ristijärvi.*

**J. Hiisijoki paddling route**

*(More information about paddling routes: [www.kanoottiliitto.fi](http://www.kanoottiliitto.fi))*

**K. Tervajoki paddling route**

*(More information about paddling routes: [www.kanoottiliitto.fi](http://www.kanoottiliitto.fi))*

**L. Kivijärvi hiking route**

*(More information about hiking routes: [www.luontoon.fi](http://www.luontoon.fi))*

**The Civil Guard and Lotta Svärd exhibition in Ristijärvi  
and a fifties-style museum classroom:**

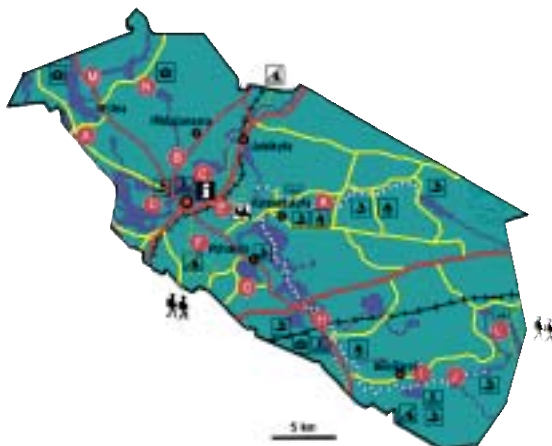
*Kirkkotie 5, Ristijärvi. [www.virtaala.fi](http://www.virtaala.fi)*

*For more information: Virtaala, tel: +358 44 257 1857*

**Gallery Navetta**

*Nurkkalantie 9, 88400 Ristijärvi, Finland. Tel: +358 50 3715624*

*[www.gallerianavetta.fi](http://www.gallerianavetta.fi)*



Joint service point in Ristijärvi  
(Yhteispalvelupiste)

Aholantie 25, 88400 Ristijärvi, Finland

Telephone: +358 8 615 5431

*yhteispalvelu@ristijarvi.fi*

*www.seniorpolis.com*

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**SeniorPolis**