

York Older People's
Assembly presents

York 50+⁺ Festival

in association with THE PRESS

Saturday 28 September –
Sunday 6 October 2013



York 50+ Information Fair
Thursday 12 September
Guildhall &
Spurriergate Centre
Free admission



FULL OF LIFE

For more information visit
www.yorkassembly.org.uk

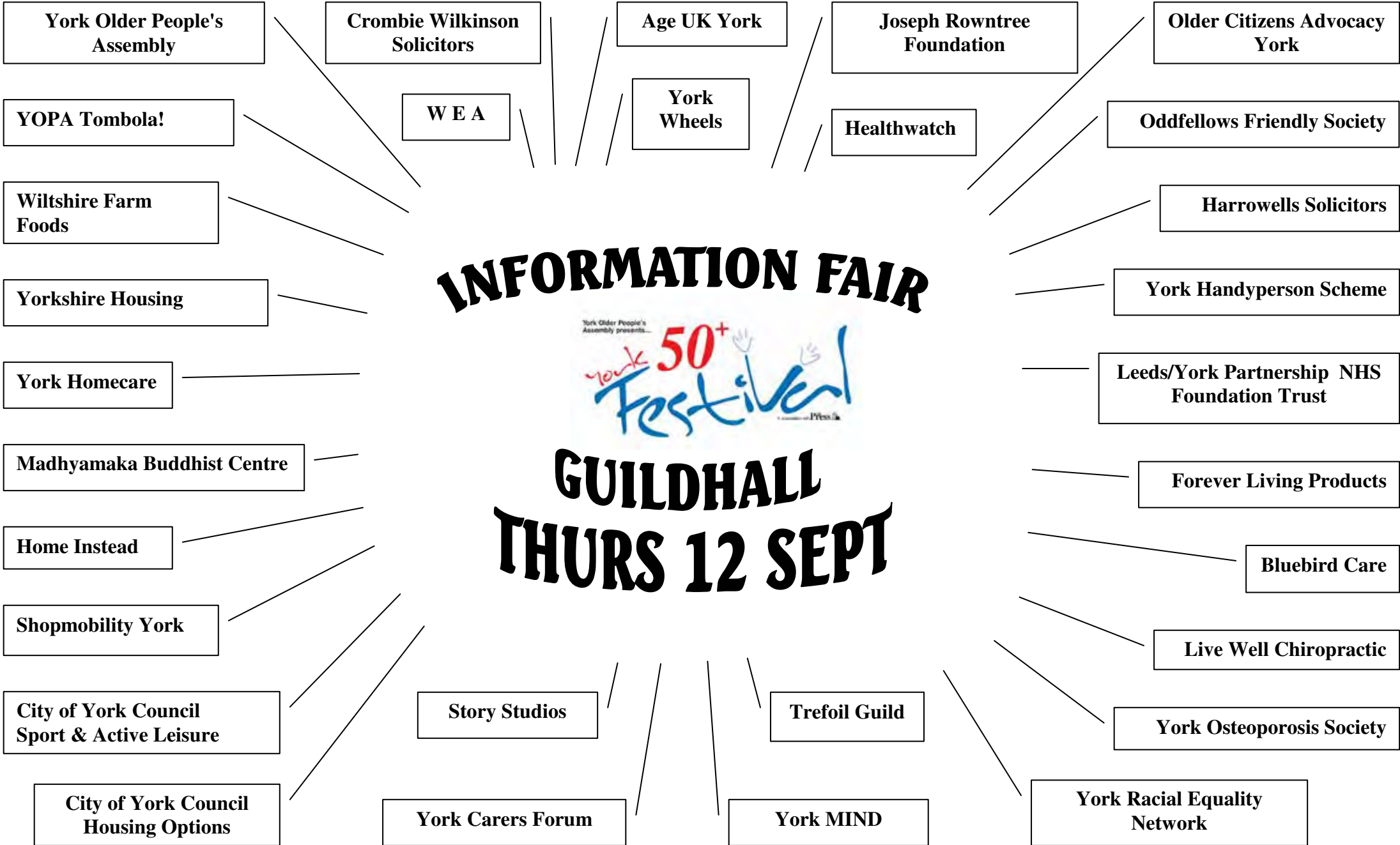
supported by



2 INFORMATION FAIR – FREE ADMISSION

GUILDHALL THUR 12 SEPT 10 AM – 4 PM 3

REFRESHMENTS KINDLY SPONSORED BY THE NORTH REGION COOPERATIVE MEMBERSHIP TEAM



AGE UK YORK

We provide a wide range of personal and practical support, which includes giving information and advice, arranging respite care and friendly visitors, helping after a stay in hospital, and organising a variety of leisure activities such as holidays and day clubs.

BLUEBIRD CARE

We are a homecare provider, offering a quality service to people in their own homes. We offer a unique service of tailored visits from 30 minutes upwards. We also do shopping, domestic and social calls.

CITY OF YORK COUNCIL – Housing Options

Home is one of the most important places in the world and we want to make sure that people are able to live how and where they want. We offer advice on moving on, staying put, keeping safe and being happy.

CITY OF YORK COUNCIL – Sport & Active Leisure

Come and talk to us about sport and physical activity opportunities available to the Over 50s through the Eng-AGE Programme. Find new, fun ways to attain the recommended 30 minutes of physical activity a day. You're never too old to be active!

CROMBIE WILKINSON SOLICITORS

Protect yourself and your loved ones from the effect of mental incapacity by talking to an expert solicitor about a Lasting Power of Attorney. We can advise you on the importance of an LPA and a Will.

FOREVER LIVING PRODUCTS

Established for over 35 years, we offer unique Aloe Vera based health and wellbeing products worldwide. Our range includes drinks, skincare and weight management. Come and see us to discuss your health.

HARROWELLS

We offer advice on a wide range of issues including property purchase and sale, powers of attorney and inheritance planning. We can also assist where there are disputes or claims such as care fee challenges.

HEALTHWATCH YORK

Healthwatch York is the new consumer champion for health and social care services and represents the voice of patients, service users, carers and all the people of York. Tell us of your healthcare experience.

HOME INSTEAD

Our Senior Care services are tailored to the needs of individual clients and provide companionship, home help and personal care support which enable people to remain living independently in their own homes.

JOSEPH ROWNTREE HOUSING TRUST

We specialise in the provision of high quality supported housing and care for older people, with a number of schemes in the York area. Visit our stand for further information and social care career opportunities.

LEEDS & YORK PARTNERSHIP FOUNDATION TRUST

We deliver mental health, learning disability and substance abuse services in York, Selby, Tadcaster and Easingwold. We also specialise in mental health services across North Yorkshire.

LIVE WELL CHIROPRACTIC

Struggling with aches and pains? Enjoy a free posture and spine check to assess if chiropractic care holds the key to a better quality of life.

MADHYAMAKA BUDDHIST CENTRE

Please browse amongst our books and other Buddhist items. We are here to answer your questions and to raise awareness about our events, classes and meditations which are available for everyone.

OCAY

Older Citizen's Advocacy York is an independent registered charity offering a free advocacy service for all citizens of York aged 50 and over. Our stall will contain information about the support offered by OCAY and forthcoming fundraising events, plus opportunities for volunteering.

ODDFELLOWS

We are a Friendly Society who meet regularly for social occasions, trips, lunches and visits to the theatre, etc. We also have a carer who visits anyone who is ill and helps whenever needed.

SHOPMOBILITY YORK

We offer scooter and wheelchair hire for people wanting to get around the city centre who would find it difficult on foot. It enables locals and visitors to access our beautiful city in comfort.

STORY STUDIOS (home visits)

Make a CD. Record your stories, your unique repertoire to share with your family. Tell stories of your earliest memories, your parents, your school, your travels, your adventures, your work.... Give your CD to your grandchildren – your stories will be theirs to treasure.

TREFOIL GUILD

We provide friendship, fun and activities for our members as well as opportunities to support Guiding and the community. Membership is open to anyone over the age of 18 who is willing to make the Guide Promise.

WEA

Provides a wide variety of courses for adult learners at locations around the city. Do drop by our stand, pick up a copy of our brochure and talk to our volunteers about our organisation.

WILTSHIRE FARM FOODS

We have more than 220 delicious dishes throughout our range which are hand delivered FREE by friendly, caring and reliable drivers. Delicious meals at tasty prices. Come and find out more.

YORK CARERS FORUM

Visit our stand to find out more about what unpaid carers can get up to besides being carers!

YORK HANDYPERSON SCHEME (Home Improvement Agency)

Our service assists with small repairs and other tasks to enable you to live safely and comfortably in your own home. Clients in receipt of income-based benefits pay for materials and the handyperson will fit them free of charge.

YORK HOMECARE

We offer domiciliary care services tailored to the needs of older people. At the stand we invite you to a soothing hand massage as we discuss the options for care.

YORK MIND - Silver Dreams

Silver Dreams supports older, isolated people living with mental health difficulties to access groups, services and activities within the local community.

YORK OLDER PEOPLE'S ASSEMBLY

Our aim is to raise awareness of policy issues affecting the lives of older people through our public meetings and newsletters, to be well represented on policy-making committees, and to speak out in the press and media on local and national issues of concern to older people. Our annual 50+ Festival and Information Fairs offer activities, entertainment, services and advice and help to promote community cohesion.

YORK OSTEOPOROSIS SOCIETY

We help to make the people of York aware of the seriousness of the debilitating disease of Osteoporosis that affects 1 in 2 women and 1 in 5 men causing broken bones over the age of 50. Friendly advice and plenty of information available so please come and chat to us.

YORK RACIAL EQUALITY NETWORK

We are a voluntary organisation empowering equality within the city - our specialist area is working with black and minority ethnic people. We have strong partnerships with other equality organisations including York Older People's Assembly, York Lesbian, Gay, Bisexual and Transgender Forum, Independent Living Network, City of Sanctuary, York Interfaith, etc.

YORK WHEELS

We are a registered charity and provide a volunteer car scheme for the benefit of the community. The service is aimed at people over the age of 60 or those who have mobility problems and cannot afford other modes of transport. York Wheels also runs Dial a Ride and has a minibus for hire.

YORKSHIRE HOUSING: Supporting you to live at home

We help our customers to maintain their independence within their own home for as long as possible. The service includes support with accessing community and social activities, completing forms, financial assessments, accessing healthcare and/or assistive technology, and much more.

***More stands with information and advice
are available at the Spurriergate Centre, Coney Street
(see next page)***

INFORMATION FAIR PLUS 50⁺ Festival SPURRIERGATE CENTRE

THURSDAY 12 SEPTEMBER 10—4 PM

With a surfeit of interested stall-holders, we have kindly been offered the hospitality of the **Spurriergate Centre in Coney Street** to enable you to access 6 more service providers – ENJOY!

AUDEN HOUSE, York Housing Association

Auden House is an extra care scheme offering bedroom apartments to rent for people aged 55 and over who need housing with care and support to live as independently as possible.

IDAS (Independent Domestic Abuse Services)

IDAS works with victims of domestic abuse. We have two refuges and a number of outreach teams which cover North Yorkshire. We also run a support line for victims who have been raped or sexually assaulted.

VISION EXPRESS

Our experienced and qualified opticians will offer a spectacle maintenance service on the day as well as give advice on the latest eyewear products including contact lenses for all your eyecare needs. We can discuss options for sport, leisure and vocational use.

YORK BLIND & PARTIALLY SIGHTED SOCIETY - OPTIC Project

We will present information and advice on the OPTIC Project aimed at older people and the importance of good eye health, reducing risks in the home and reducing isolation through peer group support and confidence building. Free eye screening will be available.

YORK PA AND STUDENT SUPPORT

We provide a complete support service for adults in York and are registered with the Care Quality Commission. Our Personal Assistants support adults at home with personal care tasks, in the workplace and at university.

YORK YOGA STUDIO

Practising yoga helps overcome and prevent many stresses, strains, aches and pains and promotes a firm foundation for health and well-being by building strength, flexibility and balance. We offer both daytime and evening classes at all levels, including beginners!

York Homecare



York Homecare specialises in non medical care of older people.

Our services focus on holistic, person centred care that provides peace of mind that loved ones are receiving excellent care with trusted, ongoing support.

- Personal Care Services
- Toileting and Continence
- Meal Preparation
- Activity and Mobility
- Home Help Services
- Companionship Services

If the service you require is not listed please give us a call and we will try to accommodate your needs.

Get started with using a computer and the internet



Using the internet helps you save time, money & hassle

+ we can help with PC problems at home

Target Training @ Age UK York
7a Acomb Court, Front St
Acomb, York YO23 3BJ
Tel: 01904 799953
enquiries@targetlearning.org.uk

For a consultation please call
T: 01904 795551



The
Healing
Clinic

Home to a wide range of alternative therapies...

The Healing Clinic has supported the York 50+ Festival since it began in 2005 and is happy to be involved again this year. We have been helping people to stay healthy in York since 1992. All welcome!

Club Chambers, Museum Street
York YO1 7DN
01904 679868
www.thehealingclinic.co.uk



The
Wilberforce
Trust supports people with sight loss and other disabilities

We can help with:

- Housing
- Rehabilitation
- Eye assessments
- Promoting independence
- Providing courses including cookery, art, personal safety and visual awareness
- Accessible room hire

Phone 01904 760037 or visit www.Wilberforcetrust.org.uk

AGE UK YORK

Age UK York has once again supported the York 50+ Festival in the production of materials and programmes. Our organisation is one of the longest serving charities in York and it seems very right for us to continue to support our exciting and innovative Festival.

This year has been far from quiet with many British successes in the world of sport – the “legacy” from the Olympics has inspired many people both young and old to take up activities and pastimes within our community. Our 9th Festival again hosts the Eng-AGE 50+ Games and looks forward to the first Yorkshire Marathon on 20th October which will involve many people over 50 who are regular runners and involved in community sport and leisure activities across the city.

Our Festival also leaves a legacy every year and has been the inspiration for our fellow citizens over 50 to try a new or different activity or pastime. The programme grows every year with events reflecting all walks of life, abilities and tastes.

Enjoy the Festival and try something new!!!

Sally Hutchinson, Age UK York

FULL OF LIFE is a government initiative linking hundreds of events all over the country that are celebrating the International Day of Older People on 1st October. See <http://olderpeoplesday.co.uk/>



1834 – 2013
A HELPING HAND

is extended to all members of the Foresters Friendly Society which has been established in York since 1837. As a mutual society there are no shareholders. Members of local branches administer branch funds for the benefit of members and organise social events.

Nationally, considerable funds are raised and distributed to various charities each year. Full details of our work can be found at

www.forestersfriendlysociety.co.uk

or contact the local branch secretary, Enid Webster, on 01904 413623.



crombie wilkinson
solicitors

A team of experts

Crombie Wilkinson Solicitors

proudly supporting

**YORK OLDER
PEOPLE'S
ASSEMBLY**

and sponsoring

**York 50+
Festival**

We provide specialist legal advice on planning for your future and services that are especially relevant to older people

YORK
01904 624185
19 Clifford Street

SELBY
01757 708957
6 Park Street

MALTON
01653 600070
Market Place

www.crombiewilkinson.co.uk Follow us on

North Region Membership team is proud to support this event.



The **co-operative** membership

Join us 0800 023 4708
www.co-operative.coop/membership

SUN YORK MEMORY WALK 2013 *Coppergate Shopping Centre*
8 Sept Bring your family and friends along to this annual national fundraising event for the Alzheimer's Society with lots of activities and entertainment to enjoy. There are two walks: a 1 mile fully accessible route and a 6 mile option threading through York's historic centre taking in the Minster and stunning gardens. *Contact: 0845 306 0898*
 10 am to register for 11 am start

Cost: FREE (donations welcome)

THURS YORK HOSPITAL OPEN DAY *York Hospital Wigginton Road,*
19 Sept Over 40 stalls will be in the main entrance. The purpose of the open day is to inform and raise public awareness of the work and challenges of the hospital, thereby
 2.30 – 5.30 pm

YO32 8HE
Cost: FREE

enhancing patients' experience and our relationships with the local community. A fantastic chance to gain more awareness of different departments and the NHS. *Contact: Janet Mountain 01904 725254*

SUN YORK MODEL BOAT REGATTA *Laytham Caravan Park, YO42 4PS*
22 Sept Join us for a day out in the countryside! Head out past Elvington and Sutton upon Derwent towards Laytham and watch for a lake on your right. *Cost: FREE*
 10 am – 4 pm

There is plenty of room for picnics so join us for a fun day for the whole family with amazing radio-controlled boats of all shapes and sizes, displays and club info. *Contact: Ray Thompson 01904 702480*

THUR YOU MUST REMEMBER THIS *St Sampson's Centre for the Over 60s, Church Street, YO1 8BE*
26 Sept presented by Smile & a Song. Songs from the old films and stage shows. A lively group who love to sing and bring back memories from the past. Over 60s all welcome to come and join us. *Contact: Brenda Mackfall 01759 371900*
 2 pm *Cost: FREE*

FRI FAIR TRADE PRODUCTS CHRISTMAS PREVIEW – Fairer World *St Helen's Church, St Helen's Sq. York*
27 Sept New season Christmas cards, crafts and foods on sale and on display. Wide range of products made and grown without exploitation, with crafts from many traditions, including Indian silk scarves, Malawi pottery and Palestinian olive wood crosses. Traidcraft and Created catalogues to take away. *Contact: Charlie Bridge 01904 655116*
 12noon – 5 pm *Cost: FREE admission*

SAT FAIR TRADE PRODUCTS CHRISTMAS PREVIEW – Fairer World *St Helen's Church*
28 Sept 10 am – 5 pm **[same description as yesterday]** *Cost: FREE admission*

These games showcase sporting opportunities for anyone over 50 which are available in York. For a second year, the Sport and Active Leisure Team has partnered with voluntary sports clubs and organisations that will be opening their doors for a selection of coaching sessions and open days. Please contact Catriona Sudlow on 01904 553377 or at catriona.sudlow@york.gov.uk for further information or to book your place. All sessions are **free** unless stated otherwise. Wear comfortable clothing and suitable footwear.



www.york.gov.uk/engage



Just 30



@just30york

SAT 28 TENNIS WORKOUT 9.30 – 10.30 am	Fun drills and games to get your heart pumping. No previous tennis experience needed! Rackets supplied.	Heworth Tennis Club, East Parade YO31 7YH
SAT 28 INDOOR BOWLS 10 am – 2 pm	Beginners Coaching. Please call 01904 704180 to book.	York & District Indoor Bowls Club, YO24 4NW
SUN 29 OPEN DAY! 10 – 12 & 12–2 pm	For further information or to book your place, please ring the club on 01904 750230	New Earswick Indoor Bowls Club, YO32 9PX
SUN 29 WELCOME TO SAILING 10 am – 3 pm	Open to anyone over 50 interested in sailing. Come down to the club to find out more. See www.yrisc.org .	York Sailing Club, Bishopthorpe, YO23 2XB
SUN 29 INDOOR BOWLS 10 am – 2 pm	Beginners Coaching. Please call 01904 704180 to book.	York & District Indoor Bowls Club, YO24 4NW
SUN 29 TENNIS—CLUB PLAY 1 – 4 pm	Mix with current members and play some friendly tennis.	Heworth Tennis Club, East Parade YO31 7YH

MON 30 YORK HEALTH WALK 11 am	Meet at the Park Office for one of our longer walks, lasting 1hr 15min to 2hrs.	Rawcliffe Bar Country Park, YO30 5XZ
MON 30 SYMMETRY PILATES with Rebecca Lord for Over 50s 2 – 3 pm	Discounted price of £4. Limited places available. To book please call Catriona.	Park Inn, North Street, YO1 6JF
MON 30 CITY MASTERS BACK TO BOOTS FOOTBALL. 6 – 7 pm	Improve your fitness and football skills with this fun session with York City Coaches.	Huntington School, Huntington Rd, YO32 9WT
MON 30 RUN YORK 6.30 pm	A running group for beginners and improvers. Open to all ages. Distance is adapted to suit the abilities of the group members.	Marriott Hotel, Tadcaster Road, YO24 1QQ
TUES 1 RUSTY RACKETS – TENNIS 9 – 10 am	Beginners group coaching for those returning to tennis or those wanting to try something new! Rackets supplied.	Heworth Tennis Club, East Parade, YO31 7YH
TUES 1 OPEN RACKETBALL 9.30 – 12	Limited places are available so booking is essential – please call Catriona.	York RI, Queen Street, YO24 1AD
TUES 1 CARPET BOWLS TASTER 10 – 11.30 am	Booking required. For further information please ring the club on 01904 750230.	New Earswick Indoor Bowls Club, YO32 9PX
TUES 1 RUSTY RACKETS – BADMINTON 10 – 11 am	Open to anyone who would like to improve their badminton skills.	York RI, Queen Street, YO24 1AD

TUES 1	SEQUENCE DANCING	<i>New Earswick Indoor Bowls Club, YO32 9PX</i>
2 – 3.30 pm	New members welcome. Please book on 01904 750230.	
TUES 1	TENNIS WORKOUT	<i>Heworth Tennis Club, East Parade YO31 7YH</i>
7 – 8 pm	Fun drills and games to get your heart pumping. No previous tennis experience needed! Rackets supplied.	
WED 2	MULTI-ACTIVITY SESSION	<i>Energise, Cornlands Road, YO24 3DX</i>
9.45 – 12	For over 50s. Aerobics followed by badminton. To book your place call 01904 552424. For prices see www.york.gov.uk/energise .	
WED 2	KEEP FIT	<i>New Earswick Indoor Bowls Club, YO32 9PX</i>
2 – 3.30 pm	Join our regulars for a gentle workout. Booking required – please call 01904 750230.	
WED 2	CITY MASTERS BACK TO BOOTS FOOTBALL. Improve your fitness and football skills with this fun session with York City Coaches.	<i>York Sports Village, Lakeside Way, YO10 5FG</i>
6.30–7.30 pm		
THUR 3	TENNIS – DOUBLES COACHING	<i>Heworth Tennis Club, East Parade YO31 7YH</i>
9.30-10.30 am	You don't need a partner. The coach will help you to improve your doubles game with fun drills!	
THUR 3	INDOOR BOWLS	<i>York & District Indoor Bowls Club, YO24 4NW</i>
10 am – 2 pm	Beginners Coaching. Please call 01904 704180 to book.	
THUR 3	YORK HEALTH WALK	<i>York Art Gallery, Exhibition Square YO1 7EW</i>
2 pm	Join us for one of our shorter walks around the city: a 30–45 min walk.	

THUR 3	RUN YORK	<i>Meet at Millennium Bridge/Rowntree Park side</i>
7 pm	A running group for beginners and improvers. Open to all ages 16+. Distance is adapted to suit the abilities of the group members.	
FRI 4	50+ CYCLE RIDE	<i>Cycle Hub, Wellington Row, YO1 9TT</i>
10.30 am	Phone Catriona for any further information you require.	
FRI 4	CITY MASTERS BACK TO BOOTS FOOTBALL. Improve your fitness and football skills with this fun session with York City Coaches.	<i>Canon Lee School, Rawcliffe Drive, YO30 6PE</i>
6 – 6.55 pm		
FRI 4	VOLLEYBALL–OPEN CLUB SESSION	<i>York Volleyball Club, Huntington School, YO32 9WT</i>
7 – 9 pm	Beginners welcome. Equipment provided. Long-sleeved clothing preferable.	
SAT 5	TENNIS WORKOUT	<i>Heworth Tennis Club, East Parade YO31 7YH</i>
9.30 – 10.30 am	Fun drills and games to get your heart pumping. No previous tennis experience needed! Rackets supplied.	
SAT 5	DRU YOGA WORKSHOP	<i>York Yoga Studio 112 Acomb Road YO24 4EY</i>
2 – 4 pm	£10 for 2 hrs. The ease and fluidity of the style makes it ideal for the 50+. Limited places available so please book on 01904 785704.	
SUN 6	WELCOME TO SAILING	<i>York Sailing Club, Bishopthorpe, YO23 2XB</i>
10 am – 3 pm	Open to anyone over 50 interested in sailing. Come down to the club to find out more. See www.yrisc.org .	
SUN 6	TENNIS—CLUB PLAY. Mix with current members and play some friendly tennis. Non-members welcome!	<i>Heworth Tennis Club, East Parade YO31 7YH</i>
1 – 4 pm		

OFFERS AT YEARSLEY POOL & ENERGISE

Offer valid **IT'S NEVER TOO LATE – FREE** Yearsley Pool,
28 Sept – 1-1 ADULT SWIMMING LESSONS Hayley's Tce.
31 Oct Are you disappointed you cannot Haxby Road,
 swim and have fun with your YO31 8SB
 grandchildren? Do you want a new &
 challenge? Yearsley Pool and Energise Energise,
 can help with a free introduction to Cornlands Rd.
 adult swimming lessons with a YO24 3DX
 qualified experienced instructor.

Why not book your free one to one lesson today! Quote
 York 50+ Festival when booking (available to 50+ only).
 Contact: 01904 552424 or by email:-
 yearsleypool@york.gov.uk & energise@york.gov.uk

Offer valid **FREE SWIMS AT YEARSLEY POOL** Yearsley
28 Sept– Be part of York's proud swimming Pool,
13 October heritage and swim in York's Edwardian Hayley's
 50 yard pool. Despite its age many Terrace,
 customers still think it's "simply the best". Haxby Rd,
 YO31 8SB
TUESDAYS Open Swim Offer available to
 10.30 – 12 50+ only: quote
THURS Open Swim York 50+ Festival
 11.15 – 12 at reception. Cost: FREE
FRIDAYS Young at Heart
 10.30 – 12 Contact: 01904 552424

MON 30 FREE SWIM AT ENERGISE Energise,
Sept only Young at Heart Swim Session Cornlands
 2.30 – 3.25 pm Quote York 50+ Festival for free entry Road,
 (available to 50+ only) YO24 3DX
 For pool details visit: Cost: FREE
 www.energiseyork.co.uk
 Contact: 01904 552424

10 am **FAMILY FUN DAY** Poppleton Road
 onward Find out what happens at your local Memorial Hall,
 community hall: take part in our taster Oak Street,
 sessions or just watch while having a YO26 4SE
 cup of tea. Story telling, crafts and
 Bingo add to the fun. All topped off Cost: FREE
 with an evening of reminiscence at our
 pop up cinema.
 Contact: Jan Hepworth 01904 791700

10 am – **OPEN DAY along the OUSE & FOSS** Various meeting
 4 pm Participatory event including a places
 demonstration of the Castle Mills Lock
 (if water level allows). Moonriver Cost: FREE
 cruising along the River Ouse through
 the City of York from Marygate
 Landing (for donations), History Walk
 along the River Foss from Monk
 Bridge to the Castle with John Oxley
 (4–6 pm)(free), and an information
 stall with further details at the end of
 Marygate, York.
 Contact: Tony Martin 07428 064863;

North Riding Branch (Inland Waterways Association) 07588 236597

10 am – **HEALING CLINIC 21ST BIRTHDAY** Healing Clinic,
 5 pm **OPEN DAY** Club Chambers,
 The Healing Clinic is 21 years old and Museum Street,
 6 years as a social enterprise. Come York YO1 7DN
 and visit us: talk to the practitioners,
 participate in groups we have planned Cost: Free
 for the day, try out a mini-treatment /
 session, have some tea with us and
 enjoy the artwork of Richard Stuttle.
 Contact: Adina or June 01904 679868

- (contestants from 9.30) **THE YORK BAKE OFF & TEA PARTY:** Baking competition, Tea Party and Workshops for Children. *St Andrews Church Hall, Bishopthorpe.*
 11 am – Enter your favourite cake, scone, *Cost: £3 for*
 4 pm brownie, cupcake, loaf – prizes for *1 category; £5*
 each category. *2 categories*

Collect your competition pack from Brunswick Organic Nursery, Appleton Road, Bishopthorpe or online at <http://yorkbakeoff.wordpress.com> ... or just come to eat and have a chat. Money raised goes to the local charity, Brunswick Organic Nursery, that supports adults who have learning difficulties.

Contact: Lauren Webb 01904 701869

- 2 – 4 pm **FAMILY HISTORY TASTER** *York Explore, Library Square YO1 7DS*
 Search your family history online using the Birth Marriages and Deaths + UK census records.
Contact: Julia Sanders 01904 552658 Cost: FREE

- 6.30 for **AN EVENING OF POETRY & PROSE** *All Saints Pavement, High Ousegate, York*
 6.45 start – **with the Spoken Word Open Mic and Stairwell Books Press**
 8.45 pm Writing or song that celebrates the art of growing older! All welcome. 50+: any topic, your work or favourite author. Younger people: poetry or prose about mentors, parents, grandparents... For a guaranteed slot, submit your name by 30 September, but impromptu readers are always welcome. Wine and cheese available for everyone (£2 suggested donation).
Contact: Rose Drew 07914 271871 Cost: FREE

- 7 pm **KIWIS IN CONCERT** *St Edwards Church, Dringhouses, York YO24 1QG*
 A spectacular school choir and instrumental group from New Zealand featuring music for all tastes and a glimpse of Maori culture. Proceeds to the Alzheimer's Society.
 Light refreshments available.
Contact: Gill Myers 01904 658106 Cost: By donation

- 8–10.30 pm **MODERN SEQUENCE DANCING** *Wigginton Recreation Hall, York YO32 2LL*
 People who have ballroom and Latin skills will be able to transfer these skills to modern sequence dancing. Please join us each Saturday for an enjoyable and sociable evening of dance.
Contact: Susan or Robert Taylor 01904 768469 Cost: £3.50

SUNDAY 29 SEPTEMBER 2013

- 4.30 – **BELL RINGERS IN ACTION** *All Saints, North Street, York*
 5.20pm Who are the bell ringers and how do they do it? You are invited to visit a typical practice session and find out how church bells are bringing pleasure to ringers and hearers alike.
Contact: Bob Redwood 01904 778179 Cost: FREE

- 6.30 pm **CELEBRATING AGEING** *St Edwards Church, Dringhouses, York*
 A reflective service of music, readings, pictures and poetry celebrating the wisdom and experience of age.
Contact: Gill Myers 01904 658106 Cost: FREE

9 am – 5 pm **FREE POSTURE AND HEALTH CHECKS** *Chiropractic Plus, 34a The Village, Haxby YO32 3HT*
Do you struggle with back pain? Concerned about your posture? Let our qualified chiropractors snapshot your posture on alignment charts, take the weight/waist/height challenge, check your Body Mass Index, and receive tips on how to stay active. Book your free 20 minute posture check on 01904 766966.
Cost: FREE

9 am – 5 pm **FREE POSTURE AND HEALTH CHECKS** *Chiropractic Plus, 12 Regent St., Pocklington YO2 2QL*
Do you struggle with back pain? Concerned about your posture? Let our qualified chiropractors snapshot your posture on alignment charts, take the weight/waist/height challenge, check your Body Mass Index, and receive tips on how to stay active. Book your free 20 minute posture check on 01759 303289.
Cost: FREE

9 am – 6 pm **HEALTH, SPINE & POSTURE CHECK** *Live Well Chiropractic, 24 Gillygate, York YO31 7EQ*
Struggling with aches and pains? Your complimentary 25 minute appointment is the perfect opportunity to have a health, posture and spine assessment and chat about any health concerns You can also get advice on preventing any future problems. Call 01904 620620 to book your free appointment.
Cost: FREE

11 am– 12.30 **VANISHED CHAPELS OF YORK** *Meet outside York Explore, Library Square*
We will see non-conformist chapels adapted to other purposes and the sites of chapels which were demolished when religious fervour died out.
Cost: 50p (extra to Oxfam)
Contact: Monica Nelson 01904 612581

2 – 4 pm **STOCK UP & PRESERVE** *York Environment Centre, Saint Nicholas Fields, Rawdon Avenue, YO10 3ST*
Second of 2 sessions (1st on Mon 23rd)
Get ready for winter – learn how to harvest and store garden produce with Tony Chalcraft of York Organic Gardeners Association. James of Fort Orange Bakery will teach you how to preserve the produce as jams, chutneys, etc. Come to one or both sessions and contact us for more events. Booking essential. *Contact: Ivana 01904 411821*
Cost: £2.50 per session

2 – 4 pm **TACKLING FACEBOOK** *Haxby Explore Library, Station Road, YO32 3LT*
Find out how to use Facebook with confidence.
Cost: FREE
Contact: Julia Sanders 01904 552658

2 – 8 pm **ALEXANDER TECHNIQUE TASTER SESSIONS WITH MARY GREENE** *York Clinic for Complementary Medicine, 296 Tadcaster Road, YO24 1ET*
Find out how the Alexander Technique can help you change poor postural habits that cause strain and discomfort. The Technique helps to release excess tension so you move with less effort. Restores poise, co-ordination and balance of mind and body. All ages welcome.
Cost: £8 for 25 min taster
Contact: 01904 709688 to book.

- 2.30 – **THREATS TO THE NHS – what you can do to help!** A talk and discussion about the main changes to the NHS under the Health & Social Care Act 2012. How the NHS has been undermined – privatisation by stealth – as seen through the eyes of a nurse for over 40 years who is now a staunch member of the Defend Our NHS (York) Group.

The Seahorse Hotel, 4 Fawcett St, YO10 4AH
 Cost: FREE

To book, contact Gwen Vardigans 07528 683058

- 2.30 – **ANCIENT CULTURE/MODERN WORLD**
 4.30 pm **The challenges facing Tibet in the 21st Century.** Personal reflections by Rowena & Adrian Lovett recently returned from Tibet. An illustrated talk and discussion about the current situation in Tibet including religion, everyday life, education and the huge impact of rapid change on an ancient way of life.

Friends Meeting House, Friargate, YO1 9RL
 Cost: By donation

A wide range of Tibetan handicrafts will be on sale.
 Contact: Rowena Field 01904 656504

- 6.30 pm **YORK AINSTY ROTARY CLUB**
 Rotary is one of the largest service organisations in the world. Why not join us for one of our weekly meetings? We work with the local community and support charities including Yorkshire Air Ambulance and Yorkshire Cancer Research. We meet on Mondays and you are also welcome to visit us on Monday 23 Sept (topic: York Food Bank).

Mercure Fairfield Manor Hotel, Shipton Rd, York YO30 1XW

For further information phone 01904 489624.

Cost: FREE

- 7.30 **TAI CHI**
 – 8.30 pm Learn the graceful flowing movements of this ancient art, providing a soft and gentle yet subtly powerful exercise.

Contact: Fran Haggerty 07896 253214

All Saints Church Hall, The Green, Poppleton
 Cost: FREE

- 7.30 – **LAUGHTER WORKSHOP**
 9 pm Laughter workshops are designed to teach the benefits of laughter and how to laugh to gain those benefits. Hypnotherapist Terry Anne teaches her now infamous belly laugh. Come along for a laugh – you will be glad you did.

Contact: Terry Anne Scholes 01904 750880

Briar House, Club Chambers, Museum St, YO1 7DN
 Cost: £15

- 7.30 – **TAP AWAY TENSION**
 9 pm **with EFT practitioner Debbie Pogson**
 Learn this fast, free and effective technique, which is literally always at your fingertips, to help you reduce stress and tension. Please call to reserve your place:
 Debbie Pogson 07949 174359
 Please note the venue for this event is upstairs.

Cost: non-perishable food donations for Gateway Food Bank – suggested value approximately £5

- 7.30 – **MODERN SEQUENCE DANCING**
 10 pm People who have ballroom and Latin skills will be able to transfer these skills to modern sequence dancing. Join us each Monday for an enjoyable and sociable evening of dance.

Contact: Susan or Robert Taylor 01904 768469

Cost: £4

10 – 11 am **INTRODUCTION TO SELF HYPNOSIS** *Wigginton, York YO32 2BQ*
 Discover your own natural ability to communicate with your subconscious through self hypnosis. This session will remove the mystique that surrounds the term “hypnosis” and teach you how to

Cost: £10

relax, unwind, eliminate stress and manage your life well. By learning the techniques you will become more self aware, improve self esteem and confidence and be able to cope more easily with life’s everyday challenges. *Book with Terry Anne Scholes 01904 750880*

10 am– 2 pm **USUI REIKI LEVEL 1 ATTUNEMENT & TRAINING** *The Healing Clinic, Club Chambers, Museum St. YO1 7DT*
 This will provide you with a useful tool for self healing both short and long term. Reiki can be used to relieve the symptoms of chronic illnesses such as anxiety,

insomnia, back pain and arthritis, and it often produces long-term beneficial changes. A reiki self-treatment feels wonderful and promotes a sense of relaxation and well being. At the end of the 4 hour course, each student will receive a Level I Usui Shiki Reiki Ryoho manual. Advance booking advised. *Contact: Adina Misca or Iain Keegan 07909 247733 or 07852 881937*

Cost: £30 (70% off the original price of £100)

10.30 – 12noon **DUNNINGTON HEALTH WALK** *Meet at the Cross Keys Pub, 3 Common Rd. Dunnington, YO19 5NG*
 Enjoy a short sociable walk in the countryside around Dunnington. Join a regular group of walkers for 1.5 hrs of healthy strolling, chatting and observing and remember to wear suitable clothing. *Contact: Derek Utley 01904 488552*
Cost: FREE

10.30 am **A TOUR OF ALL SAINTS NORTH STREET** *All Saints North Street York YO1 6JD*
 Visit York’s finest medieval church with world-famous stained glass windows. Learn about the medieval visions which predicted Henry V’s death, recent archaeology, medieval floor tiles and....much more. *Cost: £1*
Contact: Dr Robert Richards 01904 728122

2 – 3 pm **TWEETS AT ACOMB LIBRARY** *Acomb Explore, Front Street*
 Everything you wanted to know about Twitter but were afraid to ask! Come along and find out how to tweet with gusto. *Cost: FREE*
Contact: Julia Sanders 01904 552658

2–3.30 pm **OVER THE RAINBOW – BUT NOT OVER THE HILL!** *Brigantes Bar & Brasserie, 114 Micklegate, York YO1 6JX*
 Just because we’re older lesbian, gay, bi and trans folk, doesn’t mean that we’re washed up. No! We’re active, creative people and we have rights as well as responsibilities. Come and join our fun and lively workshop to share stories and discuss some key issues. *Cost: FREE*
Contact: York LGBT Forum 01904 488870

2 – 4 pm **SILVER SUPREME** *York Blind & Partially Sighted Society Holgate Villa, 22 Holgate Rd YO24 4AB*
 Silver themed Open afternoon organised by the OPTiC Project to celebrate International Day of Older People. Come and enjoy afternoon tea with a silver surprise gift for the first 50 guests. A silver themed tombola. Cake and craft stall. Meet new friends or just enjoy the atmosphere with background music and displays of shared memories. *Cost: FREE (donations welcome)*
Contact: Tracy Wilson 01904 731124

6 for **MOVE ON, MOVE UP** *Holiday Inn,*
 6.30 – A workshop for women in business *Tadcaster Road,*
 9.30 pm presented by Lynn Gregory. Join us to *York YO24 1QF*
 experience how to create a solid base
 for an amazing business. Learn the 5
 Foundations for Success. On with your
 'uniform', new notebook, new
 opportunities, new term!
Contact: Judy Illing 01904 236107

7 – 9.15 **THREATS TO PEACE TODAY** *Bootham School*
 pm **A talk by Professor Paul Rogers** *Hall,*
 This is the first of a series of free public *York YO30 7BU*
 lectures on peace topics. Parking
 available on site – vehicle entrance via *Cost: FREE*
 Portland Street off Gillygate.
Contact: Joyce Pickard 01904 621179

7.30 – 9 **BELL RINGERS IN ACTION** *St Helen's Church*
 pm Who are the bell ringers and how do ***Escrick***
 they do it? You are invited to visit a *(off A19)*
 typical practice session and find out
 how church bells are bringing pleasure *Cost: FREE*
 to ringers and hearers alike.
Contact: Bob Redwood 01904 778179

WEDNESDAY 2 OCTOBER 2013

10 – 11.30 **TABLETS – TRY BEFORE YOU BUY** *York Explore,*
 am Come along and try out our various *Brierley Room,*
 tablets if you want to have a go using *Library Square,*
 an iPad or a Kindle. *York YO1 7DS*
Contact: Julia Sanders 01904 552658
Cost: FREE

10 – 11 **GUIDED VISUALISATION FOR** *York Yoga*
 am **RELAXATION & POSITIVE LIVING** *Studios, 112*
 Experience guided visualisation to aid *Acomb Road,*
 a positive life. By changing the inner *YO24 4EY*
 attitude of one's mind, one can change
 the outer aspects of life. *Cost: £10*

Come along and enjoy an hour's peace and calm in a safe comfortable environment and make new friends too.

Contact: Terry Anne Scholes 01904 750880

10 am – **YORK MINSTER SHOW & TELL** *York Minster*
 12.45 Come on a guided tour of York *and*
 Minster, followed by refreshments *Old Palace*
 and a unique "Show and Tell"

object handling and story-sharing session with the Learning and Historic Collections Team at the Old Palace. Pre-booking is essential as only 20 places are available. Normal admission charges apply – free entry for York residents. Small charge for refreshments (funds to Christian Aid). Please note that the Old Palace is not fully accessible so please highlight any mobility issues before booking your place.

Contact the York Minster Box Office: 08449 390015

10 – 6 pm **TUINA (CHINESE) REFLEXOLOGY:** *Touch Tuina*
special offer for new clients *Treatment*
 Relax, refresh and repair with the *Centre, 11 St*
 ancient art of Chinese reflexology and *Saviour's Place,*
 foot massage. A good tonic for general *York YO1 6LJ*

health, to reduce stress and eliminate toxins. Come and talk to us about treatment for sprains, strains and plantar fasciitis.

Book with the Centre 07535 646400

Cost: £15 for 30 minutes (£15 off) or £25 for 1 hour (£20 off)

-
- 11 – 12 noon **TAI CHI** Learn the graceful flowing movements of this ancient art, providing a soft and gentle yet subtly powerful exercise. *Contact: Fran Haggerty 07896 253214*
- Poppleton Rd. Memorial Hall Oak Street, Holgate, York Cost: FREE*
-
- 1.30 – 3 pm **TAI CHI** Learn the graceful flowing movements of this ancient art, providing a soft and gentle yet subtly powerful exercise. *Contact: Fran Haggerty 07896 253214*
- Poppleton Football Pavilion, Millfield Lane, Nether Poppleton YO26 6NY Cost: FREE*
-
- 2 – 4 pm **VOLUNTEERING IS GOOD FOR YOUR HEALTH!** An informal drop-in session for people to find out more about volunteering in York – opportunities to help others, be more active and improve our community! From grow-your-own gardening to becoming a Trustee, there is something for everyone... *Contact: Claire Shepherd 01904 621133*
- York Volunteer Centre, Priory Street Centre, 15 Priory St. York YO1 6ET Cost: FREE*
-
- 2.30 – 4 pm **ALEXANDER TECHNIQUE BACK CARE FOR PARENTS, GRANDPARENTS, CARERS** **OR** The Alexander Technique can enable parents, grandparents and carers to look after their bodies as they lift, carry, bathe and feed babies and young children.
- Clinic on the Green, 120 Clifton Green, YO30 6BQ Cost: £12*

These sessions will simulate everyday scenarios as babies/children cannot be accommodated. Booking essential. *For more information and to book contact the Clinic on 01904 673050*

-
- 3 pm **DISCOVER THE SECRET OF COFFEE MAKING** Espresso, cappuccino, latte, americano, cafetiere coffee making. A coffee making demonstration using our espresso machine and cafetieres.
- Tea on the Green, 37 The Green, Acomb, YO26 5LL Cost: FREE*

Not as tricky as you may think but lots of practice is needed to perfect the art. Why not start now and join our free demonstration – and buy a coffee and cake after?

Contact: John and Rachel Parker 01904 789380

- 7 – 8.30 pm **FRENCH CHOIR (Alliance Francaise de York)** Join us for a fun session of singing in French. There is no need to be able to speak fluent French, it is just an opportunity for you to use the little French you have in a fun, relaxed and friendly atmosphere.
- Alliance Francaise, Ouse Lea, Community Room 43A (off Shipton Road), York YO30 6SA Cost: FREE*

Please call as space can be limited: 01904 656827

- 7.30 – 9 pm **THE COVENANT & SUCCESSION A York Interfaith Group meeting** Daryoush Masloum will give a brief introduction followed by a discussion to explore some elements of the line of leadership since the inception of
- Clementhorpe Room Priory St Centre, 15 Priory Street, York YO1 6ET Cost: FREE*

any faith/religion or their branches, and the Covenant to follow that successorship, as well as other original and subsequent covenants that create cohesion and unity among the followers and are considered as the sign of faithfulness.

Contact: David Wilkes 01904 622811

- 7.30 – **BELL RINGERS IN ACTION** *St Olave's Church,*
 9 pm You are invited to visit a typical practice session and find out how church bells are bringing pleasure to ringers and hearers alike. *Marygate, York YO30 7BZ*
Contact: Bob Redwood 01904 778179 Cost: FREE

AND St Mary's Church, Tadcaster (off Kirkgate) LS24 9BL

- 8 – 10 **MODERN SEQUENCE DANCING** *Huntington Working Men's Club, 1 North Moor Road, YO32 9QS*
 pm People who have ballroom and Latin skills will be able to transfer these skills to modern sequence dancing. Join us each week for an enjoyable & sociable evening of dance. *Contact: the Taylors 01904 768469 Cost: 2.50*

THURSDAY 3 OCTOBER 2013

- 10 – 12 **TABLE TENNIS** *Dunnington Sports Club, Common Rd, Dunnington, YO19 5NG*
 noon We meet weekly and you are invited to join us for social table tennis for beginners and improving players. *Contact: Ron Willits 01904 489046 Cost: FREE*

- 10 – 12 **TABLETS AND E-READERS** *Tang Hall Library Learning Centre, 5th Avenue, Tang Hall, York YO31 OPR*
 noon Would you like to have a go at using an iPad or a Kindle? Come along and try our various tablets and electronic books. Find out how to download books from the library catalogue. *Contact: Julia Sanders 01904 552658 Cost: FREE*

- 10.30 – **LISHI TAI CHI** *Briar House, Club Chambers, Museum Street, York YO1 7DT*
 11.30 am Gentle exercise for health and relaxation. Breathing exercises to boost your energy, kai men yoga for strength and suppleness, tai chi for balance and coordination. Calming and energising. *Contact: Iain Keegan 07852 881937 Cost: FREE*

- 10.30 – **TAI CHI** *Heworth Without Community Centre, Applecroft Road, Heworth, YO31 0HG*
 11.30 Learn the graceful flowing movements of this ancient art, providing a soft and gentle yet subtly powerful exercise.
OR
 11.45 – A seated class for those with disabilities
 12.30 or mobility problems. *Cost: FREE*
Contact: Fran Haggerty 07896 253214

- 2–3.30 **YORK POSTAL VETERANS** *English Martyrs Church Hall, Dalton Terrace, York YO24 4DA*
 pm Our monthly social meeting is held on the first Thursday of each month. It is a chance to meet up with friends old and new, play a few games of Bingo, join in the raffle and enjoy tea or coffee & biscuits and occasional outings. *Cost: £1*
Contact: John Richardson 01904 423863

- 2.30 **PLEASURE IN POETRY** *Abbeyfield House, Regency Mews, Dringhouses, York YO24 1LL*
 pm Various poems, some well known and some not so, beautifully read by The York Poetry Group, followed by coffee/tea and cakes...raffle...and lots of chat. Visitors welcome. *Cost: covered by the raffle*
Contact: Margaret Chambers 01904 704500

- 2.30 – **GREENSPEAK CAFÉ / DROP IN** *Central Methodist Church, St Saviourgate, York YO1 8NQ*
 4.30 pm Dip into a choice of mini-discussions on issues affecting older people now and younger people in the future – 'future people'. All welcome! *Cost: £1*

- 2.45-3.15 a) Sustainable Food b) Affordable Energy c) Green Pensions
 3.30-4.30 a) Health & Social Care b) Transport c) Housing
 A 5 minute introduction followed by questions and discussion. Refreshments included. *Contact: Green Party Office 01904 636239*

2 – 5.15 pm **YORK 50+ FESTIVAL SHOW, BACKSTAGE TOUR & CREAM TEA** *Theatre Royal, St Leonard's Place, York YO1 7HD*
 Come on a backstage tour of this historic theatre and all will be revealed! Enjoy a cream tea followed by a lively show hosted by local storyteller Adrian Spendlow. *Cost: £8 (book via Theatre Royal 01904 623568)*

He will be joined by harpist, Sarah Dean, the exciting Vintage Velvet Line Dancers, evocative Egyptian Dance from Mazazik, the delightful humour of Canadi-Ann and “We Are Theatre’s Girls’ Night Out” by a jaunty duo. *Contact: Adrian on 01904 789950*

2 – 4 pm **E-READER SESSION** *Haxby Explore Library, Station Road, YO32 3LT*
 Find out how to download ebooks from the library catalogue. *Contact: Julia Sanders 01904 552658*
Cost: FREE

7.30 – 9 pm **BELL RINGERS IN ACTION** *St Andrew's Church, Church Lane, Bishopthorpe, York YO23 2QG*
 Who are the bell ringers and how do they do it? You are invited to visit a typical practice session and find out how church bells are bringing pleasure to ringers and hearers alike. *Contact: Bob Redwood 01904 778179*
Cost: FREE

7.15 for 7.45 start **“THE TIME THAT REMAINS”** *Clements Hall, Nunthorpe Road, York YO23 1BW*
 An extraordinary film based on the family memories of the Director, Elia Suleiman, living in Palestine from 1948 through to the present time. “Elia has the political rigour of Edward Said and the comic genius of Buster Keaton.” *Cost: FREE (collection for the York PSC)*

The film lasts approximately 105 minutes and there will be a 25 minute interval for refreshments. Nunnery Lane is the most convenient car park. *Contact: David Pegg 01904 630751*

10 am – 3 pm **STEPPING STONES TO SELF-CONFIDENCE FOR WOMEN** *Friends Meeting House, Friargate, York YO1 9RL*
 An opportunity for women to learn and share together some useful skills and strategies for building self-confidence, communicating more assertively, dealing with stress and *Cost: FREE (donations welcome)*

creating healthy relationships. An experiential, educational workshop (not a therapy group). Limited places to ensure a safe learning experience – pre-booking essential.

Contact: Christine Bailey 01904 652706 (York Women's Counselling)

10 am – 3 pm **OPEN DAY & HANGING BASKET MAKING at the Poppleton Community Railway Nursery** *Poppleton Community Railway Nursery, Station Road, Upper Poppleton York YO26 6QA*
 An opportunity to create your own hanging basket under expert guidance. Come and see the new garden area and narrow gauge railway at Britain's last surviving railway nursery, now run *Cost: FREE entry*

by volunteers and still supplying plants to several Yorkshire stations. Basket booking needed: 01904 797623 PCRN.Info@yahoo.co.uk (May cost up to £15 depending on the size of basket chosen).

10 am – 3.30 pm **EUROPE—A CHOCOLATE SOLDIER?** *Priory St. Centre, 15 Priory St, YORK YO1 6ET*
 The EU received the 2012 Nobel Peace Prize – but is it, and wider Europe, really a chocolate soldier with chocolates in his ammo-pouch, not bullets? Join expert speakers from *Cost: FREE (booking recommended)*

Amnesty International's Europe team on “extraordinary rendition”, the struggle for conscientious objection in Turkey, the European arms-trade and the EU's use of cocoa for human rights. *Contact: Barbara 01904 416728*

10.30 – **A TASTE OF FRENCH** *Alliance*
 12.30 A 2-hour session for complete/post- *Francaise,*
OR beginners will be repeated twice today. *61 Bootham,*
 Basic French for the holidays, phrases, *York YO30 7BT*
 1.30 – role-plays, listening and a bit about *(2nd floor-no lift)*
 3.30 pm cultural differences and similarities.
Booking essential (3 minimum): 656827 Cost: £10

11 – 12 **WALK ROUND THE SNICKLEWAYS** *York Explore,*
 noon Then browse through the display in the *Brierley Room,*
 Brierley Room and discuss what you *Library Square,*
 have seen on the guided walk. *York YO1 7DS*
Contact: Julia Sanders 01904 552658 Cost: FREE

11 am – **ST LEONARD'S HOSPICE OPEN DAY** *St Leonard's*
 3 pm A unique opportunity for everyone to *Hospice, 185*
 come along, bring friends and family and *Tadcaster Road*
 meet staff and volunteers from all *YO24 1GL*
 departments. Learn about the different *Cost: FREE*
 services available and your chance to see
 our exciting new redevelopment plans

which will not only enhance patient services but will help continue
 our care for future generations. The Stables Coffee Shop will be
 open all day. Welcome! *Contact: Theresa Barrett: 01904 777777*

11.30 – **CHRISTMAS RAGS TO RICHES** *Reading Rooms*
 3.30 pm Create baubles, beads, wreaths, garlands *Church Street*
 and Christmas Trees with the Ebor Ruggers. *Dunnington*
 Our Christmas-themed workshops will *YO19 5PW*
 show you how to recycle your unwanted
 jumpers, coats and fabrics to create these *Cost: FREE*

stunning items. Also an exhibition of rugs, wall hangings, cushions
 and bags – some for sale. *Contact: Anne Bush 01904 612401*

2 – 4 pm **DRU YOGA WORKSHOP** *York Yoga*
 Learn the basics and start to develop *Studio, 112*
 strength and flexibility, relieve stress and *Acomb Road*
 help achieve positive health and well being. *YO24 4EY*
 The softness and fluidity of the style and *Cost: £10*

the increase in energy levels makes it suitable for all physical
 conditions and ages. *Contact: Laurie Prime 01904 785704*

SUNDAY 6 OCTOBER 2013

10.30 am **HEALTHY BACKS FOR GARDENING DELIGHT** *Brunswick*
 – Are weeds a pain in the neck? Does digging *Organic*
 1.30 pm do your back in? On this popular course *Nursery,*
 Mary Greene will teach you how to garden *Appleton Rd,*
 without straining muscles and joints. Using *Bishophorpe*
 Alexander Technique principles you'll learn *Cost: £15*

to be co-ordinated and energised as you weed, dig and barrow.
 Book early to avoid disappointment: *Mary Greene 01904 414793*

10.30 – **TAP AWAY TENSION WITH EFT** *York Natural*
 12 noon Learn this fast, amazing and effective *Health,*
 technique to help you reduce stress and *36 York Rd,*
 tension and increase your level of calm. *Acomb,*
Book with Jenny Gilmore 07749 706127 YO24 4LZ

Cost: non-perishable food donations for the Gateway Food Bank –
suggested value approximately £5

2.30 – **THE HIDDEN STORIES OF YORK** *C4C,*
 4.30 pm A workshop involving 'playback theatre' *York St John*
 run by Next Door But One and the Centre *University,*
 for Global Education. Audience interaction *Lord Mayor's*
 through story sharing and discussion around *Walk, York*
 what people treasure about York and why. *YO31 7EX*
Bookings: 01904 876838 / r.gilboy@yorks.ac.uk Cost: FREE

Sponsored by Joseph Rowntree Foundation & Two Ridings Community

ENJOY !

The York Older People's Assembly would like to welcome you and your friends to the 9th York 50+ Festival. We hope you will enjoy taking part in these events and will look forward to next year's Festival.

FOR A TAPED SUMMARY OF THE PROGRAMME PHONE 01904 636269.

Please check with the contact people before attending an event as details may have changed after this programme was printed.

Remember, these events are organised by individuals and organisations who want to share their activities and see the potential for this in the Festival. The door is open. If you would like to see something else included in the Festival, don't miss the chance to make it happen next year!

We welcome your feedback

01904 634661

yorkassembly@btconnect.com

York 50+ Festival

York Older People's Assembly

Holgate Villa, 22 Holgate Road,

YORK YO24 4AB

www.yorkassembly.org.uk