

York Older People's
Assembly presents

York 50+⁺ Festival

in association with **THE PRESS**

Saturday 26 September –
Sunday 4 October 2015



York 50+ Information Fair
Thursday 10 September
Guildhall & Spurriergate Centre
& York Explore Library
& St Sampsons !!!



FULL OF LIFE

For more information visit
www.yorkassembly.org.uk

supported by



YORK 50+ INFORMATION FAIR

FREE ADMISSION

GUILDHALL THURS 10 SEPT 10 AM-3 PM

REFRESHMENTS AVAILABLE

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60+ Housing Advice Service
 Action on Hearing Loss
 Advance Decisions Assistance
 Age UK York
 Chiropractic Plus
 Coaching York
 Co-Motion Project
 Crombie Wilkinson Solicitors

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CYC Sport & Active Leisure
 Dementia Forward
 Department of Work & Pensions
 Dignity in Dying/Compassion in Dying
 Harrowells Solicitors
 The Healing Clinic
 Healthwatch York
 New Earswick Indoor Bowls Club



TALKS / Q&A

11 am Crombie Wilkinson legal advice
 11.35 Ex-Service Community post Afghanistan
 12.10 Discover the healing power of Tuina
 12.45 Collective Legal Solutions
 1.20 OCAY – advocacy in time of need
 1.55 An insight into Islam

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Oddfellows
 Osteoporosis Society
 Riccall Care
 SSAFA North Yorkshire
 Stroke Association
 Touch Tuina Treatment Centre
 WEA
 Wiltshire Farm Foods

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York Blind & Partially Sighted Society
 York Housing Association
 York Münster Twinning Association
 York Older People's Assembly
 York Wheels
 Yorkshire Housing
 York Racial Equality Network

Don't forget to have a look round our other Information Fair venues

PAGE 7 SPURRIERGATE CENTRE

PAGE 8 ST SAMPSON'S & YORK EXPLORE LIBRARY

60+ HOUSING ADVICE SERVICE

Housing advice and information. This specialist service can help anyone – home owners, private and council tenants, older people, their friends and families. Moving on, staying put, specialist housing, staying safe and anything else. Please drop in for a chat.

ACTION ON HEARING LOSS

We help people living with deafness, tinnitus and hearing loss. We offer a wide range of information, services and resources to enable them to live the life they choose, removing the barriers in their way.

ADVANCE DECISIONS ASSISTANCE

Making sure that your choices at the end of life are legally recognised and that all key personnel are notified.

AGE UK YORK

We provide support and services for the older people of York. Services range from advice and information to specific support for carers, day clubs, home from hospital support and even looking after people's pets during a health emergency.

CHIROPRACTIC PLUS

Struggling with back or neck pain? Want top tips to keep your spine healthy and prevent problems? Need advice on exercises for good balance? Enjoy a FREE postural health check from our qualified chiropractors.

COACHING YORK

We are an association of professional coaches giving our time and expertise to share the benefits of coaching – helping people clarify their goals, fulfil their potential, and promote greater well-being and self-confidence.

CO-MOTION PROJECT – University of York

This research project has conducted interviews with York residents over 55 years of age going through major life changes affecting their mobility and wellbeing. We are now running workshops to help create policies/ tools to make these changes easier.

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 help with preparing a Will.

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CYC SPORT & ACTIVE LEISURE

Sport and Active Leisure provides opportunities for people of all ages across York to keep fit and healthy. Our Eng-AGE Programme provides a wide range of community sport and physical activity sessions and uses events such as the annual Eng-AGE 50+ Games to promote these.

DEMENTIA FORWARD

We are a 'local for local' charity providing support, information and advice for people living with dementia and their carers and families.

DEPARTMENT OF WORK & PENSIONS

Garry from DWP will be on hand to give you advice on benefits – Carer's Allowance, Personal Independence Payment, Attendance Allowance, Disability Living Allowance. The Carer's Allowance has a new digital service for claiming and reporting changes:- www.gov.uk/carers-allowance.

DIGNITY IN DYING AND COMPASSION IN DYING

Dignity in Dying is a national campaign to legalise assisted dying for terminally ill, mentally competent adults. Compassion in Dying is a charity specialising in providing information on end-of-life choices.

HARROWELLS SOLICITORS

We offer legal advice for individuals, families and businesses on a wide range of issues including wills, inheritance tax and probate, powers of attorney, property transactions, disputes and compensation claims including reclaiming care home fees.

THE HEALING CLINIC

We provide a wide range of complementary therapies at reasonable rates. We work as a team to provide you with a comprehensive perspective on your health. People attend to remedy ailments but also to keep well. Let us help you 'Regain and Maintain Your Natural Vitality!'

HEALTHWATCH YORK

We ensure York people have a say in how all local health and social care services are designed and delivered. We need to hear from you how these services are working for you – please come and have a chat!

NEW EARSWICK INDOOR BOWLS CLUB

We want to let you know about all the varied activities we offer to people of all ages – it's not only bowling! Enjoy the bar and restaurant too. Please have a chat about how you could participate on a drop in or regular basis.

ODDFELLOWS

Exhibition showing the many activities and benefits enjoyed by becoming a member of the Oddfellows. Drop by and talk to our Vale of York volunteers.

OSTEOPOROSIS SOCIETY

York Support Group will provide you with information and advice about the services available. 1 in 2 women and 1 in 5 men over the age of 50 suffer from this debilitating disease which causes many broken bones.

RICCALL CARE

Learn more about us and our domiciliary care. We also offer free drop in advice sessions for carers who may be looking after family members suffering with a wide range of conditions – dementia, immobility, Parkinson's, etc.

SSAFA NORTH YORKSHIRE

The Soldiers, Sailors & Airmen Families Association covering the North Yorkshire area provides lifelong support for our Forces and their families.

STROKE ASSOCIATION

We run a visiting service that provides support and practical information to stroke survivors and their families. It can help families prepare for the changes that can happen because of their stroke and help them cope both physically and emotionally.

TOUCH TUINA TREATMENT CENTRE

Free taster sessions available in Tuina / Chinese massage and reflexology. Donations to be given to Age UK York.

WEA

We provide a variety of courses for adult learners at various localities in 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

The frozen meals service for people who want to enjoy life. Order what you want. When you want. No contract. No commitment. No strings attached. Visit our stand to discover why thousands of customers choose Wiltshire Farm Foods or contact us on 01423 339666.

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YORK BLIND & PARTIALLY SIGHTED SOCIETY

Optimeyes Project – promotion of eye health, eye screening and awareness raising of services currently available for visually impaired people.

YORK HOUSING ASSOCIATION

YHA runs Auden House an extra care scheme providing care and support for people over 55 to live independently. Bretgate and Margaret Philipson Court are sheltered housing schemes with floating support for people over 55.

YORK MUNSTER TWINNING ASSOCIATION

Münster is one of York's twinned cities. We hold social events and help develop links with Münster in Germany. There is a thriving sister organisation in Münster through which regular visits are arranged.

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 WHEELS

We provide door-to-door transport for people who cannot access public transport. We also operate the Dial and Ride shopping service which is also door-to-door.

YORKSHIRE HOUSING – Home Improvement Agency

We assist customers to maintain independence in their own home through the York Handyperson Service for clients who qualify. We refer to other agencies for mobile wardens/telecare/benefits advice/Safer York Partnership and Yorkshire Housing's Handytec Service.

YREN

York Racial Equality Network provides race equality information to organisations and individuals, promotes and supports community cohesion, and provides impartial information and support to people who are experiencing racial harassment, victimisation, discrimination or isolation.



Spurriergate Centre 7
10 am - 3 pm
Coney Street
York YO1 9QR

SPURRIERGATE CENTRE INFORMATION FAIR

More friendly service providers with information, advice and practical help

AGE UK YORK

Keep Your Pet is run by Age UK York in collaboration with the RSPCA York Branch, providing practical support and care to pets of older people who are unable to look after their pets for a period.

FOREVER LIVING HEALTH PRODUCTS

Natural aloe vera and beehive based health and fitness products. Business opportunity to work alongside a global brand leader. Gold 'investors in people award' from the British Government.

IDAS – INDEPENDENT DOMESTIC ABUSE SERVICES

Our stand will give information regarding domestic abuse services available to victims in York and North Yorkshire. An experienced worker will be able to give immediate advice to professionals or the general public regarding support and safety and referral routes.

PEPUP HEALTH & FITNESS

Specialising in health and fitness for the Over 50s at a pace to suit you. Achieve your goals with a fully qualified exercise specialist, fitness and motivation coach, one-to-one, partner and small group personal fitness trainer with 25 years experience. Please talk to me in confidence.

YORK CARERS CENTRE

We support unpaid carers who live, or care for someone who lives, in York. We offer free advice and information, a Carers Emergency Card scheme, activities, regular newsletters and discounts at local businesses.

YORKSHIRE COUNTRYWOMEN'S ASSOCIATION

An organisation that provides ladies living in Yorkshire the opportunity of joining a local branch to enhance their skills, knowledge and social activities and at the same time make new friends.



ST SAMPSON'S CENTRE
CHURCH STREET
YORK YO1 8BE
10 AM – 3 PM

ST SAMPSON'S INFORMATION FAIR

BE INDEPENDENT Telecare Team

We offer emergency response, telecare and community loan equipment – please come and talk to us about how we can help you.

OCAY – OLDER CITIZEN'S ADVOCACY YORK

A free advocacy service for people over 50. We speak up for and support people to express their own views effectively, to make informed choices and achieve their goals.

SHOPMOBILITY YORK

Low cost hire of mobility equipment to anyone with a mobility problem, whether it is temporary or permanent.

YORK MIND

We support people recovering from mental ill health through courses, activity and support groups, counselling, befriending and our new mentoring service. Please see our website, ring 01904 643364 or chat to us.



YORK EXPLORE
INFORMATION FAIR
MUSEUM STREET YO1 7DS
10 AM – 3 PM

COLLECTIVE LEGAL SOLUTIONS

To provide bespoke advice on matters that affect later life and how to plan effectively for them, including tax, the issue of care fees and ensuring inheritance is protected.

ROCK CHOIR

A fun and friendly choir that meets weekly in school term times to learn and sing pop songs. You do not need to be a great singer – there are no auditions and no music to read.

YORK SCOTTISH COUNTRY DANCE CLUB

This is a not-for-profit club that encourages and promotes Scottish country dancing to people of all ages. The club dances on a Monday evening at English Martyrs Church Hall, Dalton Terrace, York YO24 4DA.

AGE UK YORK

Age UK York has once again supported the York 50+ Festival in the production of materials and programmes. Our organisation has been providing services for the older people of York and the surrounding area for 44 years and it seems very right for us to continue to support this exciting and innovative Festival.

This year has continued to be a challenge for voluntary organisations endeavouring to ensure that services can still be offered across the area. We have continued to work with our sister Age UKs in North Yorkshire and the City of York has proved to be an ardent supporter of older people and the voluntary organisations who serve them. We therefore continue to support this amazing FESTIVAL as it puts into practice the City's core principles which support and value everyone over 50 and foster community cohesion across the generations.

The Festival continues to leave a legacy and inspires our fellow citizens 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 – 2015
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 848589.



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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



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

Schools need governors

Schools need you.....

Volunteer vacancies exist across York for community-minded people who wish to make a real difference to our schools.

NO EXPERIENCE NECESSARY!

Just enthusiasm and commitment.

A comprehensive programme of training is offered.

Whether or not you are a parent, if you have a feel for what is important to the education of our children, we would like to talk to you.

For more information contact:

Debra Wilcock
Governor Support &
Development Service
C/O West Offices
Station Rise York
YO1 6GA

Tel: 01904 554210



www.york.gov.uk

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Quaker Quest

Stillness, Faith and Action

Explore the Quaker Way of Life and Worship

Monday 29th September Workshop 1 –

My Faith and my Life: A concern about Housing

Wednesday 30th September Workshop 2 –

My Faith and my Life: A concern about Sustainability

WHERE Quaker Meeting House, Friargate, York YO1 9RL

TIMING 7-9pm, preceded by a free light supper from 6pm

Speakers

Informal Discussion

Information

To find out more ring 07425 289334

Or just come along to either or both events

Harrowells

SOLICITORS

Advice you can trust

Helping you put in place sensible arrangements deal with a whole range of personal issues

- Creating Powers of Attorney
- Legal and practical arrangements for long term care
- Challenging assessments suggesting that care home fees need to be paid privately
- Making or changing your Will
- Other property, inheritance or tax planning issues

Offices in York city centre,
Clifton Moor | Haxby | Easingwold | Thirsk | Pocklington

Tel: 01904 558600
Email: advice@harrowells.co.uk
Web: www.harrowells.co.uk

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Talk to us any time you like, in your own way, and off the record - about whatever's getting to you.

08457 90 90 90* (UK)

* Calls will cost 2p per minute plus your telephone company's access charge.



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SAMARITANS



**TALKING
GOT ME
THROUGH**



SAMARITANS

YORK

**IF SOMETHING'S
TROUBLING YOU,
THEN GET IN TOUCH**

- We're here 24 hours a day, 365 days a year
- We help you talk things through
- We keep everything confidential

You don't have to be suicidal to get in touch

ALL STAR CAST DIRECT FROM THE WEST END

★★★★★
NORTON LETTERS DAILY MAIL

The Importance of Being Earnest
By Oscar Wilde

CHRISTINE KAVA NAGH
NIGEL HAVERS
SAM PHILLIPS
MARTIN JARVIS
ROSALIND AYLES

AND NIGEL ANTHONY
CARMEN du SAUTOY
DAVID SHAW-PARKER

Music and lyrics by SIMON GRETT
Booked by LUCY BAILEY
Design by WILLIAM H. DUDLEY

GRAND OPERA HOUSE YORK

The Grand Opera House York will be launching The Marquee Club in November, kicking off with The Importance of Being Earnest. Club details will be announced at a later date.

TUE 17- SAT 21 NOVEMBER

ATG TICKETS
atgticket.com/york
0871 871 3024
CALL TO GET IN ON YOUR FIVE SEAT COMPANY SEATING OFFER. *BY GIVEAWAY

YORK'S CHOCOLATE STORY

DISCOVER HOW CHOCOLATE MADE HISTORY



Exclusive 50+ Festival offer:
Free tea and coffee for guests of our guided tour.

Guests must be aged 50+.
Quote '50+ Festival' to claim the offer.

BUY YOUR TICKETS ONLINE NOW!
WWW.YORKSCHOCOLATESTORY.COM
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continuum
HERITAGE
attractions



OLDER CITIZENS ADVOCACY YORK OCAY

Do you feel like you have been treated unfairly?



Have you got difficult choices to make?



Need someone to speak up for you?

If you are a person over 50 living in York, OCAY can offer free confidential information & support.

52 Townend Street, York, YO31 7QG
01904 676200 info@ocay.org.uk
Office hours 10-3 Mon-Thurs; 10-2 Fri

Drop in or by appointment.
Home visits can be arranged.

www.oldercitizensadvocacyyork.org.uk

ENG-AGE 50+ GAMES !

These games showcase sporting opportunities available in York for anyone over 50. For a fourth 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 Megan Hale on 01904 551094 or megan.hale@york.gov.uk for further information or to book your place. All sessions are **free** unless stated otherwise. Comfortable clothing and suitable footwear are needed for all sessions.



www.york.gov.uk/engage



Just 30



@just30york

SAT 26	CARDIO TENNIS	<i>Heworth Tennis Club</i>
9.30-10.30 am	Fun drills and games to get your heart pumping. No previous tennis experience needed. Rackets Supplied.	<i>East Parade YO317YH</i>
SAT 26	INDOOR BOWLS	<i>York & District Indoor Bowls</i>
12-3 pm	Beginners coaching. All welcome.	<i>302 Thanet Rd. YO24 2NW</i>
SUN 27	BEGINNERS BOWLS	<i>New Earswick Indoor Bowls</i>
10 am-12; + am & pm Sun 4 Oct	Friendly introductory sessions. Delicious Sunday lunch available in the restaurant from 11.30 am to 2.30 pm.	<i>Huntington Rd. Huntington YO32 9PX</i>
SUN 27	TENNIS - CLUB PLAY	<i>Heworth Tennis Club</i>
1-4 pm	Session open to all. Mix with current members and play some friendly tennis.	<i>East Parade YO31 7YH</i>
MON 28	CLIMBING	<i>Energise</i>
10 am-12	Try your hand at 'the wall'. A one hour introductory session. Learn the basics of heading for the top!	<i>Cornlands Road YO24 3DX</i>

ENG-AGE 50+ GAMES

15

MON 28	WALKING FOOTBALL (Eng-AGE)	<i>Burnholme Community Hall Bad Bargain Lane YO31 0GW</i>
10 am-11	A slower paced version of the beautiful game ideal for those not ready to hang up their boots.	
MON 28	50+ MULTI ACTIVITY (Eng-AGE)	<i>York Railway Institute 22 Queen Street YO24 1YA</i>
10 am-12	50 minutes of aerobics/circuits, followed by 50 minutes of badminton or table tennis.	
MON 28	TRY GOLF	<i>Forest Park Golf Club Stockton on the Forest YO32 9UF</i>
11 am-12	No equipment necessary as clubs and balls will be provided. Please wear comfortable shoes and phone 01904 400425 to book a place.	
MON 28	RUN YORK	<i>Meet at the Marriott Hotel Tadcaster Road YO24 1QQ</i>
6.30 pm	A running group for beginners and improvers - open to all ages. Distance is adapted to suit the abilities of group members.	
MON 28	BOXING	<i>York Boxing Club Enterprise Centre 5 The Maltings YO1 9TT</i>
7-8.30pm	Learn how to box with fitness and technique classes taught by fully qualified coaches.	
MON 28	WEIGHTLIFTING	<i>Jack Raine Fdn. Enterprise Centre 5 The Maltings Walmgate YO1 9TT</i>
7-8.30pm	A great old-school workout with a modern approach and knowledge. Some machinery is used but the aim is to get you into great shape.	
MON 28	YOGA	<i>Clements Hall Nunthorpe Road YO23 1BW (£4 for 50+ newcomers)</i>
7.30-9pm	Classes involve stretching, releasing, toning, balance and relaxation. The aim is to bring body and mind into harmony and improve health.	

TUES 29 RUSTY RACKETS COACHING	<i>Heworth Tennis Club</i>
9.15-10.15 am	Beginners group coaching for those returning to tennis or those wanting to try something new! Rackets supplied.
	<i>East Parade YO31 7YH</i>
TUES 29 RUSTY RACKETS (Eng-AGE)	<i>York Railway Institute</i>
10-11 am	Free session for new players who are welcome to try our 50+ open sessions.
	<i>22 Queen Street YO24 1YA</i>
TUES 29 YORK HEALTH WALKS	<i>Cross Keys Pub</i>
10.30 am	Join us for one of our friendly walks of 90 minutes through the village and surrounding countryside.
	<i>Common Road Dunnington YO19 5NG</i>
TUES 29 YORK HEALTH WALKS	<i>York Explore Library</i>
11 am	Join us for a walk of 60 minutes through the fascinating city of York – there's always something new!
	<i>Museum Street YO1 7DS</i>
TUES 29 YOGA	<i>St Clements Church Vestry</i>
5.45 - 6.45 pm	Classes involve stretching, releasing, toning, balance and relaxation. The aim is to bring body and mind into harmony and improve health.
	<i>Nunthorpe Road YO23 1BW (£4 for new 50+)</i>
TUES 29 CARDIO TENNIS	<i>Heworth Tennis Club</i>
7-8 pm	Fun drills and games to get your heart pumping. No previous tennis experience needed! Followed by general club play. Rackets supplied.
	<i>East Parade YO317YH</i>
TUES 29 KICKBOXING	<i>Jack Raine Fdn.</i>
7-8.30 pm	Taught by Oriental Sports Association teachers and suitable for complete beginners, the classes offer a combination of new skills while becoming fitter.
	<i>Enterprise Centre 5 The Maltings Walmgate YO1 9TT</i>

TUES 29 7.30-8.30 pm	INTRODUCTION TO KUNG FU Taught by the Oriental Sports Association at a gentle pace with low impact on the body.	<i>Jack Raine Fdn. Enterprise Centre 5 The Maltings Walmgate YO1 9TT</i>
WED 30 10-10.45 am 11-11.45 am	CHAIR-BASED EXERCISE An Eng-AGE programme to help improve mobility and strength. Limited spaces available so please book with Megan: 01904 551094.	<i>Oaken Grove Community Centre, Reid Park Haxby YO32 3QW</i>
WED 30 12-3 pm	INDOOR BOWLS Beginners coaching session. Come and join us!	<i>York & District Indoor Bowls 302 Thanet Rd. YO24 2NW</i>
WED 30 1.50-2.50 pm	PILATES (Eng-AGE) The focus is on building core strength, posture and flexibility. Limited spaces available so please book with Megan: 01904 551094.	<i>York Railway Institute 22 Queen Street YO24 1YA</i>
WED 30 7-8 pm	TENNIS – GROUP COACHING Free to 50+ players. Rackets provided.	<i>Heworth Tennis Club, East Parade YO317YH</i>
THURS 1 10.30-11.30 am	TAI CHI Perfect if you are over 50 as it is a low impact exercise which helps you improve your stability, posture and balance. It helps you relax both the mind and body.	<i>Heworth Without Community Centre</i>
THURS 1 11.30-12.30	SEATED TAI CHI A series of 32 movements that exercise the whole body from a seated position.	<i>Applecroft Road YO31 0HG</i>

THURS 1 YOGA		<i>St Clements Church Vestry Nunthorpe Road YO23 1BW (£4 for new 50+)</i>
5.45-6.45 pm	Classes involve stretching, releasing, toning, balance and relaxation. The aim is to bring body and mind into harmony and improve health.	
THURS 1 RUN YORK		<i>Meet at Millennium Bridge</i>
7 pm	A running group for beginners and improvers - open to all ages. Distance is adapted to suit the abilities of group members.	
FRI 2 FENCING		<i>Burnholme Community Hub Bad Bargain Lane YO31 0GW</i>
10-11 am	Why not try fencing - it will keep both your body and brain active!	
FRI 2 TENNIS - OPEN PLAY		<i>Heworth Tennis Club, East Parade YO317YH</i>
1 pm onwards	An open session for any ability - you are welcome to join us.	
FRI 2 NORDIC WALKING		<i>Rowntree Park Reading Café Richardson Street YO23 1JU</i>
1.30-2.30 pm	An enhancement of ordinary walking and well worth experiencing. £4 per person; receive discount off training course when attending this session.	
SAT 3 CYCLING SATURDAYS		<i>Rowntree Park Reading Café Richardson Street YO23 1JU</i>
10 am -1 pm	Bring your bike to Rowntree Park and meet over a cake and a cuppa in the table tennis area of the café.	
SAT 3 OPEN SWIM		<i>New Earswick Swimming Pool Hawthorn Tce. YO32 4AQ</i>
2.15-3.15 pm	with New Earswick Swimming Club. £1 per person over 50. Limited space. To book phone 07989 757406 or email acc_cm@hotmail.com.	

SUN 4 OPEN SWIM *New Earswick Swimming Pool*
 9.15- 10.15 am with New Earswick Swimming Club. *Hawthorn Tce.*
 £1 per person over 50. Limited space. *YO32 4AQ*
 To book phone 07989 757406 or
 2.15-3.15 email acc_cm@hotmail.com.

SUN 4 INDOOR BOWLS *York & District Indoor Bowls*
 10 am - 3 pm Beginners coaching session. A pleasant way to spend a Sunday. *302 Thanet Rd.*
YO24 2NW

NEW SPORT & LEISURE OPPORTUNITIES

Offer valid **‘COME FLY WITH ME’** *York Gliding Centre Ltd.*
 Come and experience gliding in a motor glider at York Gliding Centre. *Rufforth*
26 Sept - 4 Discounted rate usually £90, now £45 *York*
October for 50 and over. To book contact *YO23 3NA*
 York Gliding Centre on 01904 738694
 and quote 50+ Games for discount.

Are you looking for a new activity to enjoy?
 Do you miss competitive sport?
 Do you want to make new friends whilst taking up a new hobby?
 Do you want to find somewhere different to relax and enjoy a drink, perhaps with a quiz or game of bingo?

Whatever your reason, we'll be glad to welcome you along to our club.
AND you can have your first game FREE if you pre-book and bring this advert!

YORK 50+ Festival - Sunday 27th September
 2 free sessions 10am - noon & noon - 2pm
Sunday Lunch noon - 2.30pm
BOWLS 4 FREE - 4 week bowling course starts Friday 3rd Oct.
 Pay £5 and if you join we'll deduct it from your membership.
 We will provide the woods and shoes until you are sure you want to take up the game so it's not going to cost you the earth to try it out.
 Bowling Membership £42.
 (adults) £10 (18-21) £5 (u18's).
 Social membership £10 - and your first 2 drinks* are on us (*limited products).
Ring 01904 750230 to book either (or both!) of these events.



8 RINK BOWLING GREEN, BAR, RESTAURANT & FUNCTION FACILITIES

Huntington Road, Huntington, York, YO32 9PX
www.newearswickbc.co.uk

DEMENTIA-FRIENDLY CLUBS
 to enable your partner, friends, family, colleagues, team-mates to participate for longer.

Want to make your club **Dementia Aware ???**
 call Nettie or Jill on **01904 692 473**
 for more information and to arrange a training session.

20 FREE OFFERS AT YEARSLEY POOL

Offer valid **IT'S NEVER TOO LATE! – FREE** Yearsley Pool
26 Sept – 1-1 ADULT SWIMMING LESSON Hayley's Tce.
10 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 can help with **Cost: FREE**
a free introduction to adult swimming
lessons led by our qualified
experienced instructors.

Book your free one-to-one lesson today! *Contact: 01904 552424*
Quote York 50+ Festival when booking (available to age 50+ only)

Offer valid **FREE SWIMMING** Yearsley Pool
26 Sept – AT YEARSLEY POOL Hayley's Tce.
10 October Be part of York's proud swimming Haxby Road
heritage and swim in York's YO31 8SB
Edwardian 50 yard pool. Despite
its age many customers still think
it's "**simply the best**".

TUESDAYS Swim for All
11 – 4

THURSDAYS Swim for All
2.30 - 5.55

*For pool details visit
www.yearsleypool.co.uk
or call 01904 552424*

Quote
50+ Festival
offer at
reception for
free entry
(available to
age 50+ only)

FREE AQUAFIT AT YEARSLEY POOL

Aquafit is one of the great ways to keep fit - try one of these
great sessions, led by our great instructors.

MONDAY 28 DEEP WATER AQUAFIT Quote
8.05-8.50 pm 50+ Festival
TUESDAY 29 AQUAFIT offer for free
2-2.45 pm entry
SUNDAY 4 AQUAFIT (available to
5.35-6.20 pm age 50+ only)

EVENTS DURING FESTIVAL WEEK 21

SAT 26 Sept -	THE READING CAFÉ: 10% off your total bill to anyone showing their 50+ Festival programme. This is a fantastic location for all the family. Superb food and wonderful coffee.	<i>Rowntree Park Lodge Richardson Street YO23 1JU</i>
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Chat with friends or grab a good book for a quiet read...

Contact: Mel Merry 01904 551489

MON 28 Sept -	NEW FAIR TRADE PRODUCTS from Traidcraft, the UK's leading fair trade company, including Christmas cards, soapstone bookends from Kenya, embroidered purses and cards	<i>Fairer World Fair Trade Shop 84 Gillygate YO31 7EQ</i>
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from Bangladesh, silver necklace and earring sets from Peru.

Christmas cake tasters, food samples, catalogues to take away - no charge. Products on sale. Orders taken. Contact: 01904 655116

MON 28 Sept -	HEALTH, SPINE, POSTURE CHECK Struggling with aches and pains? Your complimentary 25 minute appointment is the perfect opportunity to have an assessment and chat about any concerns. You can also get advice on preventing future problems. Call 01904 620620 to book.	<i>Live Well Chiropractic 24 Gillygate YO31 7EQ</i>
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FRI 2 Oct 9am-6pm		<i>Cost: FREE</i>
TUES 29 Sept -	OUTSIDERS by Emteaz Hussain Pilot Theatre's new production, directed by Fraser Corfield, explores what it means to be different in a compelling re-imagining of Camus' novel, <i>L'Etranger</i> . It is a collaboration with the Australian Theatre for Young People and supported by the Creative Europe Programme of the EU. Box Office: 01904 623568	<i>Black Box Theatre Dept. of Theatre, Film & Television Baird Lane University of York Heslington East YO10 5GB</i>

7.30 pm

*Cost: £10/£8
students & under 25s*

10 am	UNLOCK YOUR CAMERA POWER	<i>Acomb Explore</i>
- 12 noon	Ever taken 20 photos and still not had one good enough to print? Make the most of your camera phone or camera by coming	<i>Library Front Street YO24 3BZ Cost: FREE</i>

to this session with professional photographer Jay Varner. Get tips and tricks to take the perfect photo. Bring your own device.

Booking essential. *Contact: Katie Atkinson 01904 552652*

10 am	CRUISE ON THE OUSE	<i>Marygate</i>
- 2 pm	Enjoy a leisurely cruise on the Moonriver from the Marygate Landing to the new Scarborough Bridge and back (about 45 minutes).	<i>Landing Marygate YO30 7BH Cost: FREE</i>

Enjoy the river view while awaiting our return from the round trip. *Contact: Tony Martin 07428 064863*

10 am	TOUCH TUINA TREATMENT	<i>Touch Tuina</i>
- 4 pm	CENTRE OPEN DAY This will include tasters in Tuina massage and reflexology, talks about this type of Chinese massage, refreshments and more! Meet the	<i>Centre 11 St Saviour's Place, YO1 7PJ Cost: FREE</i>

Tuina Team and find out how Tuina can help alleviate pain, increase mobility, reduce inflammation and improve health and wellbeing. Discover the healing power of Tuina! Donations invited to support Age UK York. *Contact: Touch Tuina Team 07535 646400*

10.30 am	STEP BACK IN TIME	<i>All Saints North St.</i>
	A guided tour of York's finest mediaeval church - see the world famous stained glass, visit the	<i>North Street YO1 6JD Cost: £2</i>

archaeological excavations and see some of the recent "finds". The church is accessible but the "dig" involves 2 steps.

Contact: Dr Robert Richards 01904 728122

11 am	ART & MEDITATION	<i>Kyra Women's Project, Central Methodist Church</i>
- 1 pm	In this workshop we aim to provide a calm supportive environment where individuals can relax and work creatively in a group setting. Participants can tap into their innate creativity and explore the art materials we provide in a playful way.	<i>St Saviourgate YO1 8NQ Cost: £5-£10 sliding scale</i>

Booking essential. Contact: *Christina Wade 01904 630426*

2 pm	WOMEN'S WISDOM CIRCLE	<i>Kyra Women's Project, Central Methodist Church</i>
- 4.30 pm	Many women compromise themselves over time to 'fit in' and 'belong' in families, jobs, relationships, etc. This exciting and unique 50+ event hosted by Lynette Robinson, Life Coach, author and inspirational facilitator, will explore how we begin to take off the mask in one or more areas of our lives.	<i>St Saviourgate YO1 8NQ Cost: £5-£10 sliding scale</i>

What steps can we take to rediscover our True Self and reconnect to our 'authentic aliveness'? Contact: Lynette Robinson 07962 227252

2 - 5 pm	TREATMENT TASTERS	<i>The Zentist</i>
	Irene Forsyth from York Reiki Plus will be offering the following taster sessions to enhance your wellbeing: Chakra Balancing & intuitive insights, and Reiki	<i>76 Gillygate YO31 7EQ Cost: £5 for 15 minutes</i>

& Access Bars. *30-minute Australian Bush Flower Readings are available for £15 with an optional tailor-made essence to take home. Booking advisable. Contact: *Irene Forsyth 07941 697047*

7.30 pm	DON WALLS EVENING OF POETRY	<i>Unitarian Chapel</i>
	An evening of poetry written and performed by the popular and much loved York poet, Don Walls.	<i>St Saviourgate YO1 8NQ</i>
	Contact: <i>Claire Lee 07930 275889</i>	<i>Cost: £5/3</i>

- 11 am **CARING FOR YORK'S GREENWAYS** *Meet at*
 A gentle bike ride out to Naburn to *Your Bike Shed*
 explore the volunteering opportunities *Cycle Café*
 on this fascinating section of the *148 Micklegate*
 National Cycle Network, followed by *YO1 6JX*
 lunch at Naburn Marina (optional - *Cost: FREE*

not free). Wheelchair users or other non-cyclists welcome to join us at Naburn for a shorter trip along the Greenway. *Ken Groom 07941 972106*

- 12-1 pm **HOW TO BUY & SELL ON E-BAY** *York Explore*
 Find out how to get the most from *Library Square*
 E-bay - sell to make the most money *Museum Street*
 and buy with the best price! *YO1 7DS*
Contact: Andy Stanton 07789 927707 *Cost: FREE*
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- 6.30 pm **HE RESTORETH MY SOUL** *St Edward's*
 A one hour service of well-known *Church*
 hymns, readings and reflections *Tadcaster Road*
 celebrating wellbeing, wholeness and *Dringhouses*
 hope. All welcome. Some parking. *YO24 1QG*
 No. 4 and Coastliner buses. *Cost: FREE*
Contact: Gill Stamp 01904 709111
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MONDAY 28 SEPTEMBER 2015

- 9.30 - **STRESS MANAGEMENT TASTER** *Kyra Women's*
 12.30 Half-hour taster sessions by *Project, Central*
 appointment. Come and relax in a *Methodist*
 quiet calming space. Using relaxation, *Church*
 breathing techniques and mindfulness, *St Saviourgate*
 you can learn to change habitual *YO1 8NQ*
 patterns so that you naturally become
 more relaxed in response to stress. Feel *Cost: FREE*
 calmer, more alert and in tune with the *(donations*
 sense of wellbeing that is inherent in us all. *welcome)*
Contact: Christina Wade 01904 630426
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10 am - **KYRA WOMEN'S PROJECT** *Kyra Women's Project, Central Methodist Church*
 4 pm Come and participate in a range of uplifting, social activities including - *St Saviourgate YO1 8NQ*

Singing (11-12 noon; 2-3 pm) *St Saviourgate*
Poetry Reading (12 / 3 pm) *YO1 8NQ*

Making Sense of Happiness,
 a workshop on the senses (10.30-11.30 am) *Cost: FREE (donations welcome)*

Refreshments available. *Cost: FREE (donations welcome)*

Please book in advance. *Contact: Kyra Women's Project 01904 632332*

10 - 11 am **HEALTH WALK** *Acomb Explore Library*
 Walking can make you happy and keep you healthy. Join like-minded people for an easy-going walk in Acomb and come back to the library for a cuppa. *Front Street YO24 3BZ*

No booking necessary. *Cost: FREE*
Contact: Katie Atkinson 01904 552652

10 am - **FREE POSTURAL HEALTH CHECK**
 12 noon Dealing with aches and pains? Want tips to keep your spine healthy and prevent problems? Need advice on exercises to maintain good balance? Book your 15 minute check with our qualified chiropractors. *Contact: Anna Wilson or Louisa Marples 01904 766966* *Chiropractic Plus Haxby 34a The Village Haxby YO32 3HT*

AND/OR **FREE CAR POSTURE CHECK**
 Struggling with aches and pains? Can't get comfy in your car seat? Get a free car set-up check from our qualified chiropractors. Learn how to set up your car seat comfortably. *Cost: FREE*
Please book on 01904 766966

10 am - 12 noon	CRAFT GROUP A weekly meeting for all who are interested in producing hand-made items. Come along and share your interest with like-minded people, working on your own projects or as a group trying new ideas. Coffee and cake available for £1. <i>Contact: Amanda Askew 01904 552672</i>	<i>Copmanthorpe Library Main Street Copmanthorpe YO23 3SU Cost: 20p</i>
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10 am - 1 pm	NHS CHOICES A look at using the NHS “choices” website for health advice, information and support: www.nhs.uk . <i>Contact: Bev 01904 552660</i>	<i>Haxby Explore Library Station Road Haxby YO32 3LT Cost: FREE</i>
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10.30 am - 12.30	THE POWER WITHIN Maggie Carrington, Medium & Intuitive Psychic, will give an hour-long talk, followed by a question & answer session. The talk will look at how our spiritual self and our soul journey connects with our psychic and spiritual development. <i>Contact: Maggie 01904 622706</i>	<i>The Zentist 76 Gillygate YO31 7EQ Cost: FREE (donations for charity welcome)</i>
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2.15 - 3.30 pm	MINDFULNESS MEDITATION FOR HEALTH & WELLBEING Life is stressful at times and meditation can help to gain focus and clarity. This workshop is suitable for beginners and improvers. Relieve stress, improve health and function more effectively. Early booking recommended as places are limited. <i>Please book directly with Christina 01904 630426</i>	<i>The Zentist 76 Gillygate YO31 7EQ Cost: FREE (donations welcome)</i>
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2-3 pm **CLOUD STORAGE FOR THE OVER 50s** *Clifton Explore Library*
 Come along and discover the world of Dropbox, Google Drive and iCloud with this free introduction to storing your documents, photos and media using cloud storage. *Booking essential: 01904 552662* *Rawcliffe Lane Clifton YO30 5FJ*
Cost: FREE

2-4 pm **MONDAY CLUB: free taster** *Poppleton Rd Memorial Hall*
 Weekly social meeting for senior citizens during school term time. Bingo, a cuppa, occasional visiting speakers and an annual outing. *Contact: Fran 07896 253214* *Oak Street Holgate YO26 4SE*

2-4 pm **HAPPY SURFING: Alexander** *York Clinic for Integrated Healthcare*
 OR **Technique for computer working**
 6-8 pm When working at your computer, does tension creep in, causing aching joints, sore shoulders and poor posture? This enjoyable course, run by Mary Greene, will enable you to work with easy posture. *Cost: £12.50*
296 Tadcaster Rd YO24 1ET

Learn to release tension in your neck, back, shoulders, arms and legs. Relaxing and Rejuvenating! *Booking essential: 01904 709688*

2.30 pm **THEA JACOB & THE SONGSTERS** *Haxby & Wigginton Methodist Church*
 Entertainment for the Monday Fellowship in our church. This group visited us for the festival last year and it was a wonderful afternoon so do come and join us! *Wigginton YO32 2JJ*
Contact: Ann Quick 01904 762286 *Cost: collection*

3-4 pm **QUIZ, CAKE AND CUPPA** *Acomb Explore Library*
 Come for a bit of fun and laughs with like-minded people for our quiz, a nice cup of tea or coffee and a piece of delicious cake. Informal and relaxed. *Front Street YO24 3BZ*
Contact: Katie Atkinson 01904 552652 *Cost: £2*

7-9 pm Free light supper from 6 pm	STILLNESS, FAITH & ACTION Explore the Quaker way of life and worship. An informal presentation and discussion on promoting spiritual wellbeing through exploring how quiet faith leads individuals into action. Workshop 1: Quakers & Housing. <i>Enq: 01904 624065 (booking not essential)</i>	<i>Quaker Meeting House Friargate YO1 9RL</i> <i>Cost: FREE</i>
7-9 pm	CHANGING PERSPECTIVES ON PAIN If you have experience of long-term pain, this workshop is for you. Exploring the mind-body connection, it offers a different perspective on pain and pain release. The workshop includes practical tapping exercises to help you reduce pain and feel more comfortable. <i>Reserve your place with Jenny Gilmore 07749 706127 or Debbie Pogson 07949 174359</i>	<i>York Natural Health 36 York Road Acomb YO24 4LZ</i> <i>Cost: Acomb Food Bank donations c. £5 value</i>
7.30 - 10 pm	SCOTTISH COUNTRY DANCING Come along to an evening of fun and dance. You will have the opportunity to meet our members, dance with us and enjoy a cup of tea at the interval. By the end of the night you will wonder why you didn't try it sooner! <i>Contact: Angie Francksen 07793 367296</i>	<i>English Martyrs Church Hall Dalton Terrace YO24 4DA</i> <i>1st session FREE</i>
7.30 pm	THE CLEVEREST THIEF Alzheimer's not only steals from you, she steals the very thing you need, to remember what has been stolen. This one-woman show is about the journey of a professional woman into Alzheimer's Disease and the effect on her family. <i>Contact: Libby Wattis 07986 354532</i>	<i>Quaker Meeting House Friargate YO1 9RL</i> <i>Cost: pay what you choose</i>

10-11 am **OVER 50s SOCIAL NETWORKING** *Tang Hall*
 Ever fancied finding out what Twitter, *Explore Library*
 Facebook and Instagram are all about? *Fifth Avenue*
 Join us for a free introduction to the *Tang Hall*
 exciting world of social networking. *YO31 OPR*
Booking essential: 01904 552655 *Cost: FREE*

10 am - **SAFE MOBILITY FOR ALL** *Garden Room*
 1 pm **Co-Motion Research Workshop** *York Explore*
 Have you given up driving, made *Library*
 changes to how far or when you drive, *Museum Street*
 or are you considering making driving *YO1 7DS*
 changes? Drawing on your experience *Cost: FREE*
 we want to help develop advice to
 support other older drivers and their
 friends / families when exploring the
 available options. Booking essential.

Contact: Sophie Gibson 01904 321486 or sign up at the 50+ Information Fair. Attendees will receive a shopping voucher.

10.30 - **WHAT IS METATRONIC HEALING?** *The Zentist*
 11 am Join Nan for a free 30-minute talk to *76 Gillygate*
 give an understanding of how *YO31 7EQ*
 Metatronic Healing works and how it
 could help you to become more *Cost: FREE*
 balanced and re-energised.
 Booking for talk & treatments essential.
Contact: The Zentist 01904 622706

METATRONIC HEALING TASTER TREATMENTS: 11.30-5pm

It is an energy healing system from Archangel Metatron. It can be used to balance and re-energise the body and it can also be used for the release of issues, repeating family patterns and karma.

Sessions include a £5 voucher off a future treatment.

Cost: £10 for 30 minutes

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- 10.30 am- **OVER 50s COFFEE MORNING** *Strensall Library*
 12 noon We are holding our over 50s coffee *19 The Village*
 morning again because we just love *Strensall*
 bringing people together and providing *YO32 5XS*
 a safe, welcoming environment in
 which to meet new people. *Cost: £2 for cake*
Contact: Sarah Bennett 01904 552677 *& a hot drink*
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- 1 - 3 pm **ECO-CRAFTERS CLUB** *York*
 Sample our weekly club for crafts and *Environment*
 natter. Bring your own craft project or *Centre*
 join in a group activity such as felting or *Rawdon Avenue*
 making sock monkeys. Learn new skills *YO10 3ST*
 and share your own with the group.
 The club has 3 sewing machines and *Cost: £1.50 per*
 other materials. Please book ahead. *session; annual*
Contact: Ivana Jakubkova 01904 411821 *membership £15*
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- 1.15 - **THINKING AHEAD MEETING** *City Mills*
 3 pm A group for carers who would like *Skeldergate*
 advice and peer support to make *YO1 6DB*
 plans for the future when they are
 no longer able to fulfil their caring role. *Cost: FREE*
- Many who attend care for their adult son or daughter who have a learning disability, others have different caring roles. This session's topic is "Legal Advice".
Contact: Helen Mayor 01904 715490 at the Carers Centre
-
- 1.30 pm **SINGING EXTRAVAGANZA** *Poppleton*
 Neighbours and relatives are invited to *Road Primary*
 share an afternoon's entertainment by *School*
 our school singing groups. Tea/coffee *YO26 4UP*
 and cake provided. Welcome!
Contact: Debbie Glover 01904 553388 *Cost: FREE*
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2 - 3 pm **CIRCLE DANCE FOR FUN & FITNESS** *St Olave's Church Hall Marygate Lane YO30 7BJ*
 Find your feet in a friendly group! Free taster. Beginners welcome. Dancing in a circle - no partner needed. Traditional and modern circle dances from around the world with great music and wonderful rhythms.
Contact: Niccy Cordner 07845 115777 *Cost: FREE*

2 - 4 pm **CROQUET TASTER** *Acomb Explore Library Front Street Acomb YO24 3BZ*
 A drop-in croquet session run by York Croquet Club. Come and try out this fun and social activity for free. It could be your new sport!
Contact: Katie Atkinson 01904 552651 *Cost: FREE*

2 - 4 pm **FREE POSTURAL HEALTH CHECK** *Chiropractic Plus Pocklington 12 Regent Street Pocklington YO42 2QL*
 Dealing with aches and pains? Want tips to keep your spine healthy and prevent problems? Need advice on exercises to maintain good balance?

Book your 20 minute check with our qualified chiropractors.

Contact: Anna Wilson 01759 303289

Cost: FREE

AND/OR FREE CAR POSTURE CHECK

Struggling with aches and pains? Can't get comfy in your car seat? Get a free car set-up check from our qualified chiropractors. Learn how to set up your car seat comfortably. *Please book on 01759 303289*

4 - 5 pm **TABLET 'TRY BEFORE YOU BUY'** *Acomb Explore Library Front Street Acomb YO24 3BZ*
 Are you confused by the huge variety of tablets for sale in the shops? Come to our session where you can use our selection of tablets to see which is the best one for you. No booking necessary.
Contact: Katie Atkinson 01904 552652 *Cost: FREE*

7.30 pm **GLASS FUSING WORKSHOP** *1 Norfolk Street*
 (2 hrs approx.) The workshop will include decorating glass with various methods including copper foil, copper wire, glitter and frit. *York YO23 1JY*
Cost: £20

You will make about 7 pieces including a coaster, light catcher and small items. They will then be placed in the kiln and fused overnight. Numbers limited to 8. All materials included. Note: 5 steps into house. *Contact: Naomi Whittaker 01904 629927*

7.30 - **MRS TOBIT TELLS ALL** *St Paul's Church*
 8.30 pm Classic quest to claim the treasure, *Holgate Road*
 defeat the monster, marry the girl, *YO24 4BF*
 and achieve health and happiness for
 all, aided by a mysterious companion. *Cost: £5*

One-woman show, adapted from the Book of Tobit, told chiefly by the two mothers-in-law, the ups & downs of life in exile, interspersed with catchy new songs. Fresh from the Edinburgh Fringe. *Contact: F. Mary Callan 07596 714382 (Blazing Grannies)*

8 - 9 pm **T'AI CHI** *Poppleton Road*
 Regular practice of T'ai Chi will *Memorial Hall*
 improve mental relaxation and the *Oak Street*
 ability to concentrate. T'ai Chi has *YO26 4SE*
 been shown to improve body
 awareness and coordination and *Cost: FREE*

strengthen the immune system, thereby improving general health and wellbeing. *Contact; Fran Haggerty 07896 253214*

8 - 9.30 **ROCK CHOIR** *Yearsley Grove*
 pm The choir sings pop songs for fun with *Primary School*
 no auditions and no need to read *Yearsley Grove*
 music. Join us for a free taster at one *Huntington Road*
 of our rehearsals. Men & women welcome. *YO31 9BX*
 Please register at www.rockchoir.com.
Contact: Steve Brown 01252 714276 Cost: FREE

8 pm **HELP US - HELP YOU - HELP YOUR COMMUNITY** *Wolfe Room
Black Swan Inn
Peasholme Green
YO1 7PR*

Most people aged 50 or more have experience and skills that can be used outside the workplace. Do you want to 'give something back' to your community? *Cost: FREE*

Come and see us. We can offer avenues to volunteering that will keep you active and help you to help your community.

Contact: Ian Pybus 01904 400117 (Minster Lions Club of York)

WEDNESDAY 30 SEPTEMBER 2015

10-11 am **WINDOWS 10 FOR THE OVER 50s** *Acomb Explore
Library
Front Street
YO24 3BZ*

Microsoft's latest operating system, Windows 10, is released this year. Prepare yourself for all the essential changes with this free and informative introduction. Booking essential. *Cost: FREE*

Contact the Library: 01904 552651

10-11.30 am **ROCK CHOIR** *York Railway
Institute
New Lane
Acomb
YO24 4NX*

The choir sings pop songs for fun with no auditions and no need to read music. Join us for a free taster at one of our rehearsals. Men & women welcome. Please register at www.rockchoir.com. *Cost: FREE*

Contact: Steve Brown 01252 714276

10.30-12 noon **T'AI CHI** *Poppleton Rd.
Memorial Hall
Oak Street
YO26 4SE*

Regular practice of T'ai Chi will improve mental relaxation and the ability to concentrate. T'ai Chi improves body awareness and coordination and strengthens the immune system. *Cost: FREE*

Contact; Fran Haggerty 07896 253214

11 am- **FREE POSTURAL HEALTH CHECK** *Chiropractic Plus*
 1 pm Dealing with aches and pains? Want tips *Pocklington*
 to keep your spine healthy and prevent *12 Regent Street*
 problems? Need advice on exercises to *Pocklington*
 maintain good balance? *YO42 2QL*

Book your 20 minute check with our qualified chiropractors.

Contact: Anna Wilson 01759 303289

Cost: FREE

AND/ FREE CAR POSTURE CHECK

OR Struggling with aches and pains? Can't get comfy in your car seat? Get a free car set-up check from our qualified chiropractors. Learn how to set up your car seat comfortably. *Please book on 01759 303289*

10.30am **REFLEXOLOGY TASTER** *The Zentist*
 - Treat your feet to a reflexology taster *76 Gillygate*
 1.30pm with Chandu! Reflexology works on *YO31 7EQ*
 specific reflex points on the feet. This improves circulation and lymph flow, cleanses the body of impurities and revitalises energy which will encourage the body to naturally restore its own healthy balance. Booking essential.
Contact: Chandu Solanki 07955 524136

Cost: £10 for 30 minutes

12 **VOLUNTEER LOCK KEEPER?** *Castle Mills Lock*
 noon A chance to familiarise yourself with the *York —*
 lock (from the Ouse to the Foss) and an *beside The*
 opportunity to become a member of the *Mason's Arms*
 Lock Keeping Team. The lock is near *off Fishergate*
 St George's Field car park and the Inland *Waterways Association* team will be on hand to demonstrate the lock and provide initial instruction.
Contact: Tony Martin 07428 064863

Cost: FREE

1-3 pm **UNCUT CORDS - new book launch** *Clements Hall*
 Caring Expressions invite you to the *Nunthorpe Road*
 launch of *Uncut Cords; caring for our sons* *YO23 1BW*
and daughters with learning disabilities. *Cost: FREE*

The writers, mothers of people with learning, behavioural and physical disabilities, will read short extracts from this positive, realistic and hopeful book, offering insight into the minefield of their caring responsibilities. *Contact: Pauline Rogers 01904 764150*

1-3.30 pm **PRESENT TO THE PRESENCE OF GOD** *St Bede's*
 Marion Hoyland will give an introduction *Pastoral Centre*
 to Mindfulness and its relationship to *21 Blossom St.*
 prayer. Mindfulness is about focusing our *YO24 1AQ*
 attention on the present moment both *Cost: £6*
 through the practice of meditation and in

taking mindful moments in our everyday lives. This afternoon will provide a mixture of teaching, practice and time for personal reflection and prayer. Room accessible by stair lift.

Contact: Diane Granger or Carol Reeves 01904 464900

1.30 - **CARERS DROP IN** *Tesco's*
 3.30pm For unpaid carers who care for a family *Community*
 member or friend. This is an opportunity *Room at*
 to talk to our Carer Support Workers and *Askham Bar*
 also to chat with other carers. Tea/coffee *Cost: FREE*
 & biscuits will be provided. Our Substance

Misuse Carer Co-ordinator and Adult Carer Support Worker will be there to meet you. *Contact: Helen Mayor 01904 715490*

2-4 pm **YORKSHIRE FILM ARCHIVE Drop In** *York Explore*
 Bring memories back to life with clips of *Library*
 local footage from the archive's extensive *Museum Street*
 collection. The selection of short films will *YO1 7DS*
 be repeated so stay as long as you like and *Cost: FREE*
 take a break in the café to share stories. *Contact: Yorkshire Film Archive 01904 876550*

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- 2.30 - **YORK EXPLORES E-LIBRARY** York Explore
 3.30pm Have some hands-on time with a variety Museum Street
 of tablet devices and try before you buy. YO1 7DS
Contact: Andy Stanton 07789 927707 Cost: FREE
-
- 2.30- **FREE TO BE ME showcase** Denham Room
 4.30pm How can we make all care homes more Priory St. Centre
 LGBT friendly? Lesbian, gay, bisexual and 15 Priory Street
 transgender older people are too often YO1 6ET
 invisible to care staff. They dare not
 “come out” - the prejudice experienced in Cost: £3
 earlier years has silenced them. We or by donation
 welcome managers, care staff, family, towards the
 carers and supporters to join us in helping work of the
 to end the isolation of silence. York LGBT Forum
Free to be Me is available for booking.
Contact: Sue Lister 01904 488870
-
- 2.30 **THE CLEVEREST THIEF** Quaker
 pm Alzheimer’s not only steals from you, she Meeting House
 steals the very thing you need, to Friargate
 remember what has been stolen. This one- YO1 9RL
 woman show is about the journey of a
 professional woman into Alzheimer’s Cost: pay what
 Disease and the effect on her family. you choose
Contact: Libby Wattis 07986 354532
-
- 5.30 - **FRENCH CHOIR Open Evening** Ouse Lea
 7 pm Join us for a fun session of singing in Community
 French. There is no need to be able to Room 43A
 speak fluent French, it is just an (off Shipton Rd)
 opportunity for you to use whatever YO30 6SA
 French you may have in a fun, relaxed
 and friendly atmosphere. Please call the Cost: FREE
 Alliance Française if you intend to come as
 space can be limited: 01904 656827
-

7-9 pm **STILLNESS, FAITH & ACTION** *Quaker*
 Free **Explore the Quaker way of life and** *Meeting House*
 light **worship.** An informal presentation and *Friargate*
 supper discussion on promoting spiritual *YO1 9RL*
 from wellbeing through exploring how quiet
 6 pm faith leads individuals into action. *Cost: FREE*
Workshop 2: Quakers & Sustainability
Enq: 01904 624065 (booking not essential)

7 pm **YORKSHIRE FILM ARCHIVE SCREENING** *York Explore*
 Yorkshire Film Archive and Explore York *Library*
 Libraries and Archives present a special *Museum Street*
 screening of Memory Bank films *YO1 7DS*
 alongside local highlights from the
 archive collection, bringing past events *Cost: £6/£5*
 and experiences back to life. *with YorkCard*

Enjoy reliving shared memories of childhood, home and working life as captured on film throughout the decades. *Tickets available from all York Explore Libraries or phone 01904 552800*

THURSDAY 1 OCTOBER 2015

10-11 **SUPPORT YOUNG PEOPLE** *International*
 am **making a difference at home & abroad** *Service*
 Want to help young people to be a positive *5 Rougier St.*
 force for change? Can you help give young *(2nd Floor)*
 people the opportunity of a lifetime? Your *YO1 6HZ*
 honest and non-judgemental approach will help
 us select young volunteers to fight poverty *Cost: FREE*

and promote human rights overseas, and to become active in their own communities. Come along and find out more about the work of International Service and how you can support us as a volunteer selector. *Contact: Stella McKenna 01904 647799*

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- 10 - **TAI CHI FOR ALL** *Burton Stone*
 11.30 am Chinese exercise suitable for all ages. *Community*
 The class includes breathing exercises *Centre*
 to strengthen the lungs, “Kai Men” *Evelyn Crescent*
 Chinese yoga to develop strength and *YO31 6DR*
 suppleness, and Tai Chi to improve
 balance, coordination and mental focus. *Cost: FREE*
Contact: Iain Keegan 01904 701216
-
- 10 am - **FREE POSTURAL HEALTH CHECK**
 12 noon Dealing with aches and pains? Want
 tips to keep your spine healthy and
 & prevent problems? Need advice on
 exercises to maintain good balance?
 3-4 pm Book your 15 minute check with our *Chiropractic Plus*
 qualified chiropractors. *Contact: Anna Haxby*
Wilson or Louisa Marples 01904 766966 *34a The Village*
Haxby
 AND/OR **FREE CAR POSTURE CHECK** *YO32 3HT*
 Struggling with aches and pains? Can't
 get comfy in your car seat? Get a free
 car set-up check from our qualified
 chiropractors. Learn how to set up
 your car seat comfortably. *Cost: FREE*
Please book on 01904 766966
-
- 10.30 - **T'AI CHI** *Heworth Without*
 11.30 am Regular practice of T'ai Chi will *Community Centre*
 improve mental relaxation and the *Applecroft Road*
 ability to concentrate. T'ai Chi *YO31 0HG*
 improves body awareness and
 coordination and strengthens the *Cost: FREE*
 immune system.
Contact; Fran Haggerty 07896 253214
- 11.45- **T'AI CHI**
 12.30 A seated class for anyone with disability or mobility issues.
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10.30 - **DROP-IN BOOK GROUP** *Acomb Explore Library*
 12 noon A one-off book-group-style discussion *Front Street*
 morning. Discussing a short story or *Acomb*
 poem. No need to prepare or read any *YO24 3BZ*
 material beforehand. Just come along
 and enjoy! If you enjoy it, why not join
 our book groups or even set up your own! *Cost: FREE*
Contact: Katie Atkinson 01904 552651

11 am - **MASSAGE, AROMATHERAPY &** *The Zentist*
 1 pm **REFLEXOLOGY WORKSHOP** *76 Gillygate*
 An interactive workshop to show how *YO31 7EQ*
 you can heal, revitalise and restore the
 body through reflexology. Self-care
 techniques for your wellbeing through *Cost: FREE*
 improving your home with aromatherapy, *(donations accepted)*

and using lymphatic drainage techniques that help recovery after operations. *Contact: Sarah Warren 07918 528933*

1 - 3 pm **CREAM TEA, TOUR &** *Wandesford*
MUSICAL INTERLUDE *House*
 An invitation to visit an 18th century *37 Bootham*
 almshouse, 5 minutes walk from York *YO30 7BT*
 Minster. Tour the beautiful gardens,
 lounge and chapel. *Cost: donation*

Cream tea will be served in the lounge. Wandesford House was opened in 1743, is a Grade II listed building and is owned and run by Mary Wandesford's Charity. *Contact: Maxine Waller 07737 816894*

1 - 4 pm **YOUR SPACE: Kyra Women's Project** *Central Methodist*
 A warm invitation for you. Meet other *Church*
 women in a relaxing safe place. Share *St Saviourgate*
 conversation, company and cake! Drop- *YO1 8NQ*
 in session available to all women young *Cost: FREE*
 and old (and anywhere in between!). *(donations welcome)*
Contact: Yvonne Copley 01904 632332

2 pm	TAP DANCING A fun way to keep fit! A class suitable for people of all abilities. Tap shoes are not required; well-fitting shoes with hard soles are adequate. Val is an ex-professional dancer with tales to tell of life on the stage. <i>Contact: Enid Nunns 01904 791187</i>	<i>Poppleton Rd. Memorial Hall Oak St. YO26 4SE Cost: 1st class FREE (£3 normally)</i>
<hr/>		
2 - 3 pm	FAMILY TREE DROP IN Ever wanted to research your family tree but not known quite where to start? Come along to our free drop-in session where our experts will show you where to begin and how to find those long-lost family members! <i>Contact: Katie 01904 552652</i>	<i>Acomb Explore Library Front Street Acomb YO24 3BZ Cost: FREE</i>
<hr/>		
2 - 3 pm	HEALTH INFORMATION ONLINE Find out how you can benefit from using the NHS online with this free and informative introduction. Booking essential. <i>Contact: 01904 552828</i>	<i>York Explore Library Museum Street YO1 7DS Cost: FREE</i>
<hr/>		
2 - 4 pm	PATCHWORK & QUILTING with Meg Have you ever admired hand-crafted patchwork quilts? Meg will demonstrate patchwork and quilting techniques and there will be a chance to have a go. Materials provided. <i>Contact: Mary Marlowe 01904 552629</i>	<i>New Earswick Library Hawthorn Tce. YO31 4BY Cost: FREE</i>
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2 - 5 pm	KNIT & NATTER A small welcoming group meets regularly. No need to book, just drop in. Bring any kind of needlework and enjoy a cheery chat and a cuppa/biscuits. <i>Contact: Pauline Buchanan 07746 636088</i>	<i>Clements Hall Nunthorpe Rd. YO23 1BW Cost: £1.50</i>

2.30 - 3.30 pm	50+ TABLETS & E-READERS TASTER Come along to our informal drop-in session and try out an exciting variety of tablets and e-readers. Whether you are baffled by tablets or you are just keen to learn some more about the latest apps you can be sure to find something exciting online! <i>Contact: Julia Sanders 01904 552655</i>	<i>Tang Hall Explore Library Fifth Avenue Tang Hall YO31 OPR Cost: FREE</i>
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2.30 - 7 pm	HEALTH & WELLBEING EVENT Drop in and enjoy our pamper/wellbeing tasters. Beauty and body products available to buy. Refreshments available for a small charge. <i>Contact: Lorraine 01904 552662</i>	<i>Clifton Explore Library Rawcliffe Lane YO30 5SJ Cost: FREE</i>
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3 pm	MARZIPAN & ICING Christmas Cake decoration Watch a demonstration on how to marzipan, fondant ice and decorate a Christmas cake, and enjoy a slice and a cuppa with friends. <i>Contact: Rachel Parker 01904 789380</i>	<i>Tea on the Green 37 The Green Acomb YO26 5PT Cost: £5.50</i>
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3.30 - 4.30 pm	DROP-IN TABLET TASTER Have some hands-on time with a variety of tablet devices and try before you buy. <i>Contact: Andy Stanton 07789 927707</i>	<i>York Explore Museum St. YO1 7DS Cost: FREE</i>
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6 - 9 pm	GARDENING DELIGHT Alexander Technique for Gardeners Has gardening lost its appeal? Does digging do your back in, and barrowing give you a pain in the neck? If so this popular course will teach you to use muscles and joints correctly in many gardening activities.	<i>Brunswick Nursery Appleton Rd. Bishophthorpe YO23 2RF Cost: £15 inc. tea/coffee</i>

Maintain energy as you work and relax after. Booking essential.
Contact: Mary Greene 01904 414793

9 am - **FEEL EASY & LIGHT WHEN YOU MOVE** *York Clinic for*
 2 pm Have an enjoyable one-to-one taster of *Integrated*
 the world renowned Alexander Technique. *Healthcare*
 Find out how to improve your posture, *296 Tadcaster Rd*
 relieve muscle and joint pain, and move *YO24 1ET*
 with ease and lightness. Informative and
 relaxing! *Booking essential: Mary Greene* *Cost: £10 for*
01904 709688 *30 minutes*

10 am **GLASS FUSING WORKSHOP** *1 Norfolk St.*
 (2 hrs The workshop will include decorating glass *York*
 approx.) with various methods including copper *YO23 1JY*
 foil, copper wire, glitter and frit. You will
 make about 7 pieces including a coaster, *Cost: £20*
 light catcher and small items. They will
 then be placed in the kiln and fused
 overnight. Numbers limited to 8. All
 materials included. 5 steps into the house.
Contact: Naomi Whittaker 01904 629927

10 am - **FREE POSTURAL HEALTH CHECK** *Chiropractic Plus*
 12 noon Dealing with aches and pains? Want tips to *Driffield*
 keep your spine healthy and prevent *24 Exchange St*
 problems? Need advice on exercises to *Driffield*
 maintain good balance? Book your 20 *YO25 6LJ*
 minute check with our qualified chiropractors.
Contact: Louisa Marples 01377 252071 *Cost: FREE*

AND/OR FREE CAR POSTURE CHECK
 Struggling with aches and pains? Can't get comfy in your
 car seat? Get a free car set-up check from our qualified
 chiropractors. Learn how to set up your car seat
 comfortably. *Please book on 01377 252071 (not accessible)*

10 am - 1 pm	CO-OPERATION Co-Motion Research Workshop One of the challenges in making York work well for older and disabled people is to make sure that by meeting the needs of one group, another group is not disadvantaged. This workshop will discuss	<i>Huntingdon Room Kings Manor Exhibition Sq. YO1 7EP Cost: FREE</i>
<p>some of the more difficult issues (around behaviours and attitudes) and see how different groups can work together to agree solutions and sometimes possible compromises. Booking essential. <i>Contact: Sophie Gibson 01904 321486 or sign up at the 50+ Information Fair. Attendees will receive a shopping voucher.</i></p>		
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11 am - 12.30 pm	AN INTRODUCTION TO ANCESTRY Come for an introduction to using the web programme "Ancestry" and find out how to start your search for your family tree. <i>Contact: Andy Stanton 07789 927707</i>	<i>York Explore Library Museum St. YO1 7DS Cost: FREE</i>
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1 pm - 6 pm	ALEXANDER TECHNIQUE Practising this technique will enable you to have more flow and balance in movement and at rest. In this introductory session you will learn to have greater awareness and more ease in everyday activities through recognition of and release of tensions. <i>Booking essential: Pam Mason 01904 414640</i>	<i>2 West Moor Lane Heslington YO10 5ER Cost: £10 for 30 minutes</i>
<hr/>		
2 - 3 pm	TWITTER ADVICE AND TIPS Free drop-in session for those wanting to find out more about Twitter and social networking. Great for businesses or individuals wanting guidance. No booking necessary. <i>Contact: 01904 552652</i>	<i>Acomb Explore Library Front Street Acomb YO24 3BZ Cost: FREE</i>

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- 2 - 4 pm **HISTORY UNDER OUR FEET** *Meet outside York Explore Library Square Museum St. YO1 7DS*
 In the busy centre of York we can come across little pieces of land which have been kept clear of buildings. In some cases these are historical locations where relics from Roman, Anglian and Viking sites have been discovered. Guided walk. No booking needed. *Cost: £1*
Contact: Monica Nelson 01904 612581
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- 2.30 - **AGEING WITHOUT CHILDREN** *Garden Room*
 4.30 pm 1 in 5 people over 50 have no children and by 2030 2 million people over 65 will be without adult children. AWOC was set up to consider the implications, consult with older people about their hopes and fears, and to present research findings. How will it affect you? Do we need to form local support groups? Do we need a strategy? Presentation followed by group discussions. *Kirsty Woodard 01784 241060*
Cost: £5
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- 7 pm **WHAT IS IT LIKE TO BE A PALESTINIAN?** *Clements Hall*
 doors Join us for an evening of film and poetry, exploring the violent military occupation under which Palestinians live See how they resist in order to keep their Palestinian identity alive. *David Pegg 01904 630751*
 open *Cost: FREE (donations welcome)*
Nunthorpe Rd. YO23 1BW
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- 7.30 - 9 pm **TILLING by Six Lips Theatre** *Quad South Hall*
 7 - 9 pm A sensitively developed two-hander exploring a mother/daughter relationship, each confiding their dreams, hopes and ambitions at the age of 29. The play explores the duties and responsibilities that come with each role in an ageing society. Sponsored by the Centre for Global Education and York St John University. *Cost: donate what you choose*
Contact: Rosina Gilboy 01904 876839
York St. John University Lord Mayor's Walk YO31 7EX
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9 am - **CLOTHES SWAP** *Acomb Explore Library*
 2 pm Freshen up your own and your children's or grandchildren's wardrobe with our clothes swap. Bring items that no longer fit, or you no longer wear, and simply swap them with something from our large selection! *Front Street Acomb YO24 3BZ*
Contact: 01904 552652 *Entry: £2*

AND **BIG BOOK SALE** *Entry: FREE*
 Come and grab a bargain at our BIG book sale. Huge selection of books to cater for everyone's taste. Special offer - fill a bag for only £5! *Contact: 01904 552652*

10 am - **HOW TO PLAY AND HAVE FUN** *Acomb Quaker Meeting House*
 3 pm Feel too 'stiff' and awkward to play with your own grandchildren? Forgotten how to have fun? There are many proven health and relationship benefits from being able to play and laugh. *The Green Acomb YO26 5LR*
Cost: £25

This workshop increases wellbeing through exploring our ability to play and finding out what has prevented this. Please book with me.
Contact: Christine Bailey 01904 625320

10.30 - **FRENCH TASTER SESSIONS** *Alliance Française*
 12.30 For complete beginners. *61 Bootham YO30 7BT*
OR
 1.30 - For post beginners. *Cost: £10*
 3.30 pm

Basic French for the holidays including phrases, role-plays, listening and a bit about cultural differences and similarities. Please note that we are on the 2nd floor and there is no lift. Booking is essential
Contact: Alliance Française 01904 656827 or 07758 455727

11 am - **WALKING ROUND THE CURIOSITIES** *York Explore Museum St. YO1 7DS*
 12 noon **OF YORK** Join us as we explore some lesser known landmarks and curiosities of York. *Contact: Joanne Shanks 01904 552828* *Cost: FREE*

10.30 -	GENTLE YOGA	York Yoga Studio 112 Acomb Rd YO24 4EY
12 noon	A very gentle yoga class incorporating props and some Qi Gong techniques to relax the mind and improve general health. Followed by light refreshments. <i>Contact: Laurie Prime 01904 785704</i>	<i>Cost: £6</i>
12.30 -	WALK & TALK - ISLAM IN YORK	<i>Meet (and return to) the Bull Lane Mosque Bull Lane, York YO10 3EN</i>
3.30 pm	An opportunity to experience normal mosque life, taking in the madrasah, the midday prayer, followed by a two-mile walk & talk with at least two imams and other members of York's Muslim community, returning to Bull Lane for refreshments and to discuss progress on the new building. <i>Cost: bring a £3 donation of dry or tinned food for the Trussell Trust</i> <i>Contact: Sheikh Abid Salik 01904 413123 (from mid September)</i>	
12.30 -	EBOR RUGGERS	Dunnington Reading Rooms Church Street Dunnington YO19 5PW
4 pm	Drop in to our regular gathering where we work on our projects and exchange news and views with our fellow ruggers. Enjoy the exhibition of members' work. <i>Contact: Elizabeth Pert 07790 373794</i>	<i>Cost: FREE</i>
2 - 4 pm	RIVER FOSS HISTORY WALK	<i>Meet at the Monk Bar</i>
	A guided history walk along the River Foss from the Ice Age to the present day with John Oxley, City of York Archaeologist. <i>Contact: Tony Martin 07428 064863</i>	<i>Cost: FREE</i>
2 - 3.30 pm	GRANDFATHER GOES TO TIBET 1905	Quaker Mtg House Friargate YO1 9RL
	The fascinating journey of a remarkable man through remote and inhospitable areas of the Himalayas. Tibetan goods will be on sale to raise funds for Tibetan refugee projects. <i>Contact: Rowena Field 01904 656504</i>	<i>Cost: donations welcome</i>

2 - 4 pm **AN AFTERNOON ON THE PRAIRIES** York Explore
 Launch of Rita Jerram's *Grandma's Prairie Library*
Journals, with music and readings. Rita's Museum Street
 Canadian grandmother's stories give a YO1 7DS
 wonderful insight into the pioneer life of a
 remarkable woman. Cost: FREE
 Contact: Pauline Kirk 01904 706535

2 - 4 pm **ADVANCE DECISIONS (Living Wills)** Garden Room
 An Advance Decision allows you to make York Explore
 choices about your medical treatment in Library
 advance of a time when you don't have Museum Street
 the capacity to do so - e.g. when you are YO1 7DS
 unconscious, in a coma, or have dementia.
 We will explain how Advance Decisions Cost: £3
 work and how you can make one.

Contact: Celia Kitinger or Sue Wilkinson, ADA, 01757 289453

2 - 4.30 **DJEMBEBASH DRUM** The Chapel
 pm Performance and participation African York Cemetery
 drumming. Listen - Dance - Join in! All ages Cemetery Rd.
 welcome. Bring & Share Feast. There will York
 be a chance to have a go at drumming.

Please bring food and non-alcoholic drinks for all to share.

Contact: Mo Burrows 01759 380431

Cost: FREE

SUNDAY 4 OCTOBER 2015

2 - 3.30 **GREEN BITES** Briar House
 pm Come and meet some of your local Green Resources
 councillors and team for some tea, cakes Club Chambers
 and an informal chat in a relaxed Museum St.
 environment. Share your views on any YO1 7DN
 issue from transport to housing, local
 amenities, social care or fracking! Contact: Cost: FREE
 Rhydian Beynon-Davies 07727 009319 (donations
 welcome)

ENJOY !

The York Older People's Assembly would like to welcome you and your friends to the 11th 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 731120.

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 761240

yorkassembly@btconnect.com

York 50+ Festival

***York Older People's Assembly
The Garth, White Rose Avenue,
New Earswick, York YO32 4TZ***

www.yorkassembly.org.uk