

YORK 50+ FESTIVAL
Thursday 5 October 2017

YOGA - St. Clement's Church Vestry with Anna Semlyen



1



2



3



4



5



6



7

SEATED T'AI CHI – Heworth Without Community Centre with Fran Haggerty



1



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6

HEALTH WALK – from Art Gallery



1



2



3



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7



8

ROWING TASTER SESSION - York City Rowing Club



1



2



3



4



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6



7



8



9

Photos by Catherine Sotheran

Rowing 3, 4, 6, 7, 8 + 9 by Hilary Howe