

York Older People's
Assembly presents

York 50+ Festival

in association with THE PRESS

Saturday 24 September -
Sunday 2 October 2011



York 50+ Information Fair

Thursday 8 September
Guildhall Free admission

Auction of Promises 22 Sept.

Guildhall 01904 466687
www.yorkfoodfestival.com



FULL OF LIFE

For more information visit
www.yorkassembly.org.uk

supported by

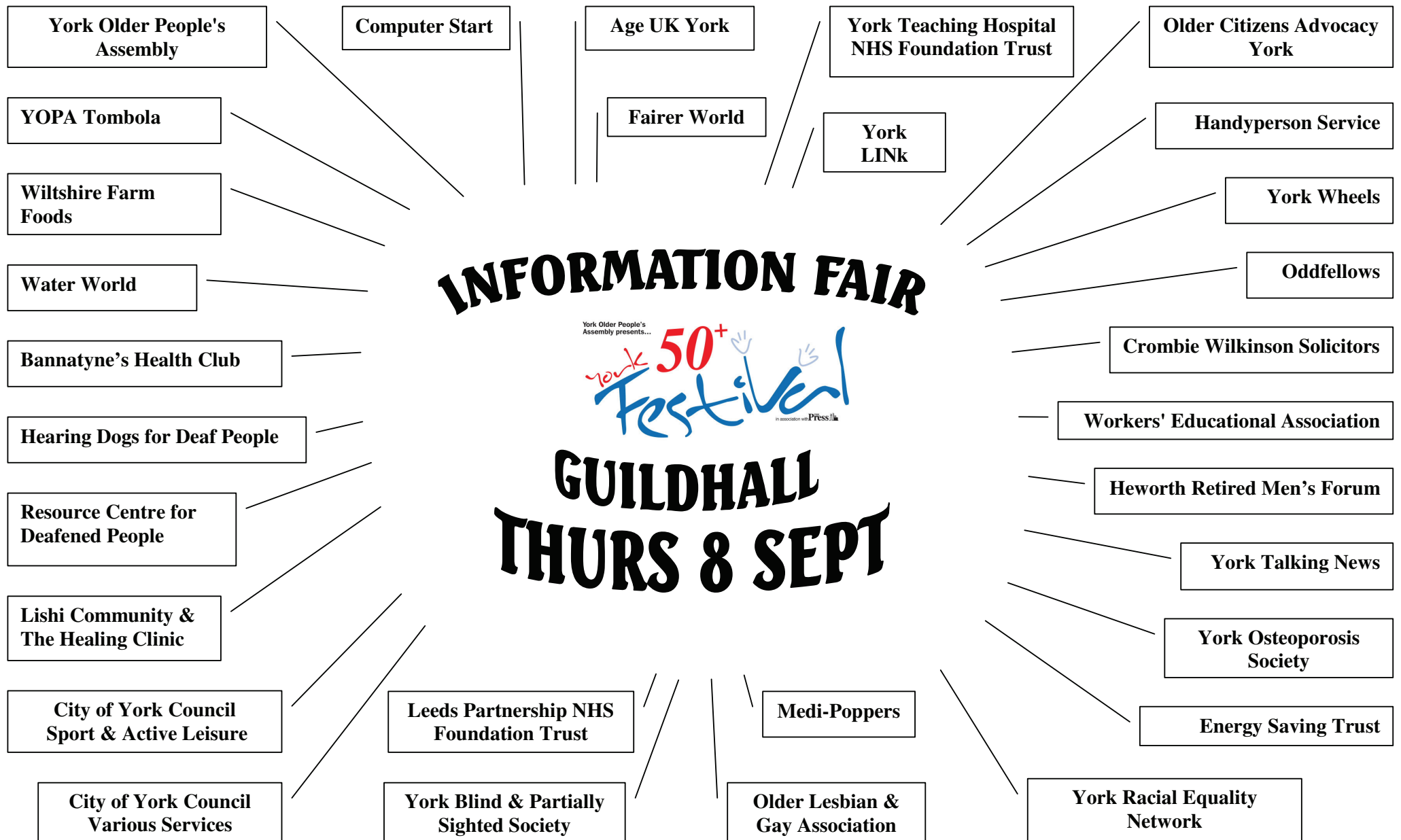


2 INFORMATION FAIR – FREE ADMISSION

GUILDHALL THURS 8 SEPT 10 AM – 4 PM 3

REFRESHMENTS

AVAILABLE



AGE UK YORK (formerly Age Concern York)

We provide a wide range of personal and practical support: giving information and advice, arranging respite care and friendly visitors, helping after a stay in hospital, as well as advising on holidays and other leisure activities.

BANNATYNE'S HEALTH CLUB

At Bannatyne's York our focus is your goal! Whether you want to drop a clothing size, get to the top of the stairs without puffing, or simply chill out and relax – our team are here to help.

CITY OF YORK COUNCIL

Our Warden Call/Telecare Service will be promoting its 24/7 services and we will also be taking the opportunity to consult with visitors to the fair on the future of the council's Elderly Persons' Homes.

CITY OF YORK COUNCIL – Sport & Active Leisure

We are here to help. Come and talk to us about activities and courses for those over 50 as well as what's available at pools and leisure centres. Try something different, make new friends and get fitter at the same time!

COMPUTER START

We offer one-to-one computer tuition in the comfort of your own home, for anyone up to the age of 100 and beyond! From computer set up to email and Skype set up plus everyday use call Anita on 07944 717019.

CROMBIE WILKINSON SOLICITORS

We are a specialist team of solicitors. Our services are especially relevant to the York 50+ audience – making a will, making a lasting power of attorney, tax planning matters, creating trusts and estate administration.

ENERGY SAVING TRUST

We provide free energy-saving advice and can link you up with grants/ discounts for insulating your home. We can also explain how you can earn a 2nd income from the feed-in-tariff, and get money off renewable heat systems.

FAIRER WORLD

A dedicated Fair Trade shop selling foods, crafts, cards and clothing, promoting sustainable living. Fair Trade enables producers in Africa, Asia and Latin America to improve their communities and have more control over their lives.

HANDYPERSON SERVICE

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

HEARING DOGS FOR DEAF PEOPLE

"Hearing dogs", many small rescue dogs, help profoundly deaf people to lead fulfilled lives, giving confidence to adults and children, acting as their constant companion. We fundraise and inform the community about deafness.

HEWORTH RETIRED MEN'S FORUM

A group of retired men from all over York who meet fortnightly on Tuesday mornings at Heworth Community Centre to hear interesting speakers on a wide variety of topics.

LEEDS PARTNERSHIP NHS FOUNDATION TRUST

We are a mental health and learning disabilities organisation providing services for the UK. We will be encouraging the public to become members of our trust to try and stamp out stigma and educate people about mental health.

LISHI COMMUNITY

An introduction to the Lishi system of exercise: Dao Yin Breathing exercises, Kai Men Chinese Yoga, and the Tai Chi form. These strengthen the lungs, boost energy and increase the range and fluidity of movement. The form improves balance and co-ordination whilst improving the focus of the mind.

MEDI-POPPERS

Come and try this new device for extracting pills from foil blister packs.

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 and information about volunteering.

ODDFELLOWS

A friendly society which provides social functions and a care service. Our motto is "Making Friends and Helping People."

OLGA (Older Lesbian, Gay, Bisexual and Transgender Association)

We offer socials in Scarborough, befriending and sign-posting services, and training in equality awareness especially in care homes and to health and social care providers. We listen and we speak out.

RESOURCE CENTRE FOR DEAFENED PEOPLE

RCDP, now 20 years old, helps hundreds of elderly people with varying levels of hearing loss to cope with many of the problems caused by deafness. We offer free up-to-date advice, information and practical help.

WATER WORLD

This attraction is a fun-day out for the entire family and offers a small pool just for swimming and a larger pool with a wave machine and lazy river. Water World also offers 3 slides of varying challenge and a toddler pool. Relax in our café or take advantage of our health and fitness itinerary for Over 50s.

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.

WORKERS' EDUCATION ASSOCIATION

The WEA provides learning to cover a wide range of interests. Do drop by our stand and pick up a copy of all our local courses.

YORK BLIND & PARTIALLY SIGHTED SOCIETY

We are a local registered charity providing information, practical help and support for visually impaired people. We offer an Equipment & Information Centre, volunteer visiting service, activities and eye clinic support service.

YORK LINK

The Local Involvement Network is a group of York people and organisations with the power to influence local decisions related to health and social care. We aim to improve these services with your help.

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

YREN provides independent, impartial information and mutual support to individuals who are experiencing racial harassment, victimisation, discrimination or isolation; as well as information and resources for individuals, organisations and the community on race equality issues.

YORK TALKING NEWS

We provide monthly news on a cassette or memory stick for visually impaired people. Each contains 45 minutes of local news plus 45 minutes of articles of general interest. There is no charge.

YORK TEACHING HOSPITAL NHS FOUNDATION TRUST

Become a member and have a say in shaping the future of health care in York. Come along and join up or simply collect an information leaflet.

YORK WHEELS

We provide door-to-door transport in the York area for people over 60 or with mobility problems. We run a volunteer car service and operate 2 minibuses that are wheelchair accessible.

AGE UK YORK

We are once again very keen to support the York Older People's Assembly in the amazing work that they are carrying out. Working together, we have been able to ensure that the services identified as essential for our older people continue to be provided through partnerships. These include the Signposting Service – FIRST CALL FIFTY PLUS – the Toenail Clipping service and the local Handyperson service. The Assembly has also been very involved in campaigns regarding health & social care, transport, pensions, and keeping local and regional services open and accessible. Members of the Assembly work alongside council officers and fellow representatives from the voluntary sector on the Equality Advisory Group to ensure all council policies and actions are fair for all. The Assembly has helped the Council to understand the need for plain English in all council communications, a more helpful debt recovery policy, accessible door-step recycling processes, full accessibility to the new Council HQ and equality training for taxi drivers.

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. For further information see <http://fulloflife/direct.gov.uk/events>



Foresters
Friendly Society

HERE TO HELP

The Foresters Friendly Society was founded in 1834 and has been here in York since 1837, offering

assistance to those of modest means. The funds are administered for the benefit of the members, who in addition raise and donate many thousands of pounds to charities each year. Your local branch Secretary is Enid Webster, telephone: 01904 413623.

[The Foresters Friendly Society is authorised and regulated by the Financial Services Authority. Membership benefits are not regulated by the FSA.]

York Common Good Trust

The trust is for the benefit of the city of York and the immediate neighbourhood.



BUSINESS SUPPORTERS

9

The **co-operative** funeralcare

**A complete funeral service following
your particular wishes
with dignity and professionalism.**

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an all inclusive funeral prepayment plan.
Please contact us for details:-**

**Cromwell Road
York YO1 6DU
01904 643936**

frlyork@coop.co.uk

**53 Gale Lane
Acomb
York YO24 3AD
01904 792893**

frlacomb@coop.co.uk

**8 Ryedale Court
Haxby
York YO32 3SA
01904 760086**

frlhaxby@coop.co.uk

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 ocay@btconnect.com
Office hours 10-4 Mon - Thurs; 10-2 Fri

Drop in or by appointment.
Home visits can be arranged.
www.oldercitizensadvocacyyork.co.uk

York's Mobile Computer Tutor

One-to-one tuition, any age up to 100 & beyond!



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made easy
at home

Email,
Google,
Skype
& more!

Computer
set-up



Computer Start

Contact: Anita Mobile: 07944 717019
Email: computerstart@hotmail.com
Website: www.computerstartyork.com

INGRAMS SOLICITORS

are proud participants of the 50+ Festival
for the 4th year running

Our friendly and dedicated team will advise you in the
following areas:

- ♦ Will writing
- ♦ Powers of Attorney—Enduring, Lasting and General
- ♦ Court of Protection
- ♦ A death in the family
- ♦ Family trusts

Free initial consultation and Free parking

*****SPECIAL OFFER*****

*IF YOU PRESENT us with this voucher or 50+ Festival programme AND
instruct us to prepare one Lasting Power of Attorney for you by the end of
November 2011, we will prepare the second one for you or your spouse/
partner at the same time FREE OF CHARGE.*

Contact us at:

York—01904 520600

10 Great North Way, York Business Park, Nether Poppleton, YO26 6RB

Email: enquiries@ingramssolicitors.co.uk

Web: www.ingramssolicitors.co.uk



We are delighted to support the
50+ Festival for the 7th year
Open 7 days a week

Available for all your complementary
health needs throughout the Festival
Drop-ins as usual: Tuesday and Friday pm

Club Chambers
Museum Street
York YO1 7DN
Tel: 01904 679868
info@thehealingclinic.co.uk
www.thehealingclinic.co.uk

Regain Your Natural Vitality

THE UNIVERSITY of York

Part-time adult evening & day classes
Centre for Lifelong Learning



Request a copy of our brochure

Call 01904 328473

E-mail lifelonglearning@york.ac.uk

Web www.york.ac.uk/lifelonglearning



Ferrari too expensive? Motorbike too
dangerous? Still got that old guitar in the loft?
Maybe you have always wanted to play..

Come and join us for
our

FREE

over 50's guitar workshops

Guitars available for use FREE of charge

Please call 01904 646901 for more details
& see Sundays in this programme

31-33 Fossgate, York



young at heart

Join Bannatyne's Health Club York
during September 2011 and you will
receive the following free gifts*:

- Free health checks
- Free starter pack
- £48 worth of VIP passes
- 50% off a Spa treatment
- Free personalised programmes

B

Bannatyne's Health Club
www.bannatyne.co.uk

York Business Park, Nether Poppleton, York

01904 606100

*Terms and conditions apply. Admin fee applies.

50+ FESTIVAL SHOW

FRI 16 **50+ FESTIVAL SHOW +** York Theatre
 Sept **BACKSTAGE TOUR & CREAM TEA** Royal,
 2–4.30 Enjoy a lively show featuring storyteller *St Leonard's Place,*
 pm Adrian Spendlow, the brilliant Steve York
 Cassidy, Jorvik Gilbert & Sullivan
 Company, poet Helen Burke and the *Cost: £8*
 Vintage Velvet Line Dancing Team.

Then come backstage to learn about the history and archaeology of this grade II listed building whilst hearing of the actors who have played here. Discover how a producing theatre works; from the planning and rehearsals through to the final curtain. You may even hear one or two ghost stories before your afternoon tea!

Book soon. Box Office: 01904 658162

YOPA fine food & fun FUNDRAISER!

YORK OLDER PEOPLE'S ASSEMBLY
 presents

AUCTION OF PROMISES

PLUS A **CANDLELIT DINNER** AS PART OF
 THE YORK FESTIVAL OF FOOD AND DRINK

THURSDAY 22 SEPT 2011

AN EVENING AT THE GUILDHALL WITH HARRY GRATION



Tickets £40 (15 tables of 10)

and Catalogue at

www.yorkfoodfestival.com (01904 466687)

IN AID OF THE WORK OF THE
 YORK OLDER PEOPLE'S ASSEMBLY

www.yorkassembly.org.uk

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 Web www.harrowells.co.uk

LOT	ITEM	DONOR	VALUE
1	Visit Hearing Dogs Centre	Hearing Dogs Vale of York Fundraising Branch	£20
2	"Breadcrumbs" story books	El Piano	£10 ea.
3	Porcelain Cheese Platter	Lakeland	£7
4	M&S Gift Card	M&S	£20
5	Betty's Afternoon Tea for 2	Dee Bush	£33
6	Femmes Fatales Gift Voucher	Femmes Fatales	£20
7	Guided History Walk for 4 plus coffee in the Shambles	Raymond Wynn	£20
8	Bar Convent Commemorative Plates (2)	Bar Convent	£20 ea.
9	Side of Salmon	Cross Fishmongers	£40
10	Lingerie Gift Voucher	Kathryn Rolfe	£30
11	Dean Court Hotel Afternoon Tea for 6 + Guided Tour	Dean Court Hotel & Mrs Brooks	£60
12	Egyptian Healing (1 hr)	Healing Clinic	£50
13	"Lovely Day" Gift Box	Lush	£21
14	Elizabeth Arden makeover for 2 + coffee & scones + goodie bag + 10% discount	Browns	£50
15	Studio Portrait + Framing	York Digital Image	£80
16	Meal for 2 at Melton's	Melton's—Michael Hjort	£50
17	Electricity Monitor	Sue Lister & Ann Murray	£25
18	Pair of Spectacles	Specsavers, Low Ousegate	£125
19	Aqua Preena foot treatment for 2	Aqua Preena	£20

LOT	ITEM	DONOR	VALUE
20	"Jungle Book" family ticket	Grand Opera House	£60
21	Hearing Aid Discount	Specsavers Low Ousegate	£250
22	Meal for Two	Spurriergate	£14
23	Laminator & Trimmer	Staples	£35
24	Swimming Lessons (12 weeks)	Energise/Yearsley Pool	£71
25	Embroidered Table Runner	Shared Earth	£30
26	"Nosferatu" paperweight	Creative Glass	£48
27	Quad Bike Challenge	Yorkshire Xtreme Adventures	£79
28	2 theatre tickets to any show	Theatre Royal	variable
29	Tartan Handbag & Purse	Ness	£75
30	Personal Poem	Pauline Kirk	priceless
31	Visit to any National Trust property for a family of 5	National Trust	variable
32	Hotter Shoe Voucher	Hotter Comfort Concept	£89
33	Modern Hair Styling	Beyond the Fringe	£20
34	York Brewery Tour for 4	York Brewery	£24
35	Richardson Sabatier 5-Piece Knife Block	Barnitts	£70
36	Family Day Out in York - Walls, Museum, Minster, Gray's Court, Fairfax House	Tony Martin	£90
37	Bottle of Gold Cuvee Champagne	Vomfass	£35

- WED 14 **YORK TEACHING HOSPITAL NHS FOUNDATION TRUST** *York Hospital, Wigginton Road*
 SEPT **OPEN EVENT AND AGM (5.30–7)**
 2.30 to 5.30 pm Come on a journey with our clinical and non-clinical teams to find out how we work together to deliver

high quality care to our patients. We will have interactive exhibits, exclusive behind-the-scenes tours including how we teach the doctors of the future, NHS careers and volunteer information, and much more... *Contact: Penny Goff 01904 725233*

- TUES **YORK AS A CITY OF SANCTUARY** *St Lawrence's Church Hall, Lawrence Street, York YO10 3BN*
 20 Sept A meeting to promote the initiative for York to be recognised as a City of Sanctuary – a place of safety and security for all our residents, from

children through to older people, as well as for newcomers to enable them to live with us in peace. There will be information/ideas to help people spread the message in their own community groups. The main speaker is Paul Wordsworth.

Contact: Charlie Bridge 01904 655116

- FRI 23 **CASTLE HOWARD AWAY DAY** *Castle Howard Obelisk (at the head of the drive) YO60 7DA*
 Sept Come and join this York Health Walk leading you on a leisurely walk around the surrounding areas of Castle Howard, finishing off with a cup of tea at the café.
 12.15 pm
Contact: Fiona Barker 01904 553440

- SAT **BRING A FRIEND FOR FREE!** *Yearsley Pool, Haley's Terrace, Haxby Road, York YO31 8SB*
 24 Sept Offers all 50+ customers the chance to exercise with a friend and encourages more people to get the enormous health benefits Yearsley Pool has to offer. To receive the discount, quote code (50+Festival) at the reception desk. *Cost: Friend Free*

Timetables are available at www.york.gov.uk/fit. Offer valid to anyone age 50+ going into any public swim or aquafit session. Proof of age may be required. For each free place there must be one paying customer. *Contact: Simon Luck 01904 552424*

- MON **WE ARE NOT DOORMATS – BUT WE MAKE THEM!** *Gray's Court Café Chapter House St. York YO1 7JH*
 26 Sept A selling exhibition of rag rugs using recycled materials. Ebor Ruggers is a York-based group of textile artists who combine traditional Yorkshire rug-making skills with original modern designs and materials. A riot of colour, our rugs – like us – are bright, interesting, well put together and long-lasting.
 MON 13 Oct *Free admission*
Contact: Jenny Barnes 01904 652222

10 am to 4 pm	CASTLE MILLS LOCK OPEN DAY An information day in co-operation with the River Foss Society. Enjoy cruising the River Foss and watching a demonstration of the Castle Mills Lock. Join a guided history walk along the River Foss from Monk Bridge to Castle Mills Lock at 2 pm. <i>Contact: Tony Martin 07588 236597</i>	<i>Castle Mills Lock, Tower St, York</i> <i>(St George's Field carpark)</i> <i>Donations</i>
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SUNDAY 25 SEPTEMBER 2011

10 am – 12 noon	INDOOR BOWLS TASTER SESSION Your chance to try a free introductory game of bowls. Our coaches will be on hand to give expert guidance and all equipment needed (bowls & shoes) will be available free of charge. Dress comfortably. <i>Contact: Andy Webster 01904 750230</i>	<i>New Earswick & District Indoor Bowls Club, Huntington Road, Huntington, York YO32 9PX</i> <i>Free</i>
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10 am to 4 pm	MODEL BOAT REGATTA York Model Boat Club A fun day for all the family. Radio controlled model boats of all kinds to watch, and the opportunity to steer one yourself. Talk to local experts at the exhibition – and join the club? <i>Contact: Stephen Agar 01904 424155</i>	<i>Rowntree Park, Terry Avenue, York</i> <i>Free</i>
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10 am &/OR 6.30 pm	AFFIRMING AGEING SERVICES In these two services we will be affirming the life process of ageing. The morning service is open to all ages and in the evening we will have a more reflective time together. <i>Contact: Parish Office 01904 709111</i>	<i>St Edward the Confessor Church, Tadcaster Road, Dringhouses, York</i> <i>Free</i>
11 am or 11.30 or 1 pm	YORK MEMORY WALK (Alheimers Society) A choice of 3 walks: 10 miles starting at 11 am; 6 miles starting at 11.30 am; and 1 mile starting at 1 pm. All walks meet at the Bustardthorpe Field on the	<i>Bustardthorpe Field, Knavesmire, YO23 1EX</i> <i>Free</i>

Knivesmire. The fun-filled day coincides with York Historical Vehicle Rally and will feature a Vintage theme with stalls, games and entertainment. *Contact: Michaela Crosthwaite 633599*

2 – 3.30 pm	POETRY MEDICINE Share some favourite poems which have inspired you, comforted you and enriched your life – with the opportunity to try out ways of expressing your own thoughts and experiences in poetry.	<i>Briar House, Museum Street, York YO1 7DN</i> <i>Cost: £10</i>
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An unforgettable afternoon. Refreshments and materials provided.
Contact: Sharon Emery 07817 408877

2 – 3 pm	GUITAR CLASS Ferrari too expensive? Motorbike too dangerous? Still got that old guitar in the loft? Or maybe you just always wanted to play? Join us in small groups to cover basic chords, learn a song and get playing. Book at: <i>MORMusic 01904 646901</i>	<i>MORMusic, 31–33 Fossgate, York</i> <i>Free</i>
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8.45 – **AGE UK 50+ SWIM** in partnership with the City of York Council. If you fancy an early morning swim to start your day whilst socialising with others, then this is the session for you!

Archbishop Holgate School, Hull Road, York YO10 5ZA
Cost: £1.70

All newcomers will get their first swim session free.

Contact: Catriona Sudlow 01904 553440

9 am to 4 pm **FREE LEGAL ADVICE—INGRAMS** Just phone to make an appointment about wills, powers of attorney, death in the family, nursing home fees, court of protection, inheritance tax, family trusts, or other legal questions. If you instruct us to prepare one Lasting Power of Attorney by the end of November 2011, we will prepare the second one for you or your spouse/partner free of charge.

Ingrams Solicitors, 10 Great North Way, York Business Park, York YO26 6RB
Free

Contact: Emily Smith 520600

9.45 am **50+ AEROBICS** A fine aerobic workout for the over 50s, followed by table tennis or badminton. Tea or coffee included.

Energise, Cornlands Road, Acomb, York
Cost: £3.70 with York Card
Contact: Reception 01904 552424

10 am **AQUAFIT** Aerobics in the water – uses the water resistance to improve cardio vascular fitness and muscle tone.

Energise, Cornlands Road, Acomb, York
Cost: £4.20 with York Card
Contact: Reception 01904 552424

10.30 – **Eng-AGE in TAI CHI** This is your opportunity to try something new and get Eng-AGED! Tai Chi is a gentle form of exercise that helps you improve your balance, stability and postural strength.

St Oswald's Church, Fulford Road, YO10 4HG
£3.50 (FREE for newcomers)
Contact: Catriona Sudlow 553440

11 am – **TAP DANCE CLASS** A class where you can come along and learn a new skill or rekindle an activity/passion from the past. Tap shoes not necessary. Two members of staff will be available in two studios to assist all abilities.

York Dance Works, 11 Redeness St, Layerthorpe, York YO31 7UU
Cost: £3 (£5 for 2 – bring a friend)
Contact: Susan Stead 07981 553465

12 noon – 1 pm **ADULT BALLET CLASS** Try something new or re-activate an earlier passion. Ballet shoes not necessary but do wear loose clothing. Ballet is a wonderful form of social exercise, keeping you supple and helping posture.

York Dance Works, 11 Redeness St, Layerthorpe, York YO31 7UU
Cost: £3 (£5 for 2 – bring a friend)

2 members of staff will be available in 2 studios to assist all abilities.
Contact: Susan Stead 07981 553465

7.30 pm **He He HeART OF LAUGHTER** Workshops are designed to teach the benefits of laughter and how to laugh to gain those benefits. Hypnotherapist Terry Anne delivers another laughter workshop for all ages. Come along, learn how to belly laugh and take home a laughter toy too!

Briar House, Club Chambers, Museum Street, York YO1 7DN
Cost: £12 (includes refreshments & take-home toy)
Contact: Terry Anne Scholes 750880

9 am to 6 pm	FREE SPINAL HEALTH CHECK This 15 minute appointment is for people who are unsure whether chiropractic treatment is right for them. It includes an informal chat about your symptoms, a simple back and posture	<i>Chiropractic Plus Clinic, 34A The Village, Haxby, YO32 3HT Free</i>
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examination and appropriate advice. There is no cost or obligation. Please book with: *Philip Brooker 01904 766966*

9 am to 4 pm	FREE LEGAL ADVICE—INGRAMS Just phone to make an appointment about wills, powers of attorney, death in the family, nursing home fees, court of protection, inheritance tax, family trusts, or other legal questions.	<i>Ingrams Solicitors, 10 Great North Way, York Business Park, York YO26 6RB Free</i>
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If you instruct us to prepare one Lasting Power of Attorney by the end of November 2011, we will prepare the second one for you or your spouse/partner free of charge. Contact: *Emily Smith 520600*

9.30 am	AQUAFIT Aerobics in the water – uses the water resistance to improve cardio vascular fitness and muscle tone. Contact: <i>Reception 01904 552424</i>	<i>Energise, Cornlands Road, Acomb, York Cost: £4.20 with York Card</i>
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10 am – 12 noon	CELEBRATING OUR LIVING AND DYING Hazel Rowntree is a counsellor specialising in relationships, pre-bereavement and bereavement. She is also a soul midwife – supporting	<i>Healing Clinic, Club Chambers, Museum Street Cost: £10</i>
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people facing the end of life. In this workshop we will be discussing bereavement, looking at attitudes to loss and considering how we can prepare for our own and someone else's dying.

Contact: *Hazel Rowntree 01904 679868*

10 am – 11 am	KEEP FIT Join our regular keep fitters for a “not too strenuous” workout to keep agile whatever your age. A friendly crowd – all welcome. Contact: <i>Andy Webster 01904 750230</i>	<i>New Earswick & District Indoor Bowls Club, Huntington Rd, Huntington, York YO32 9PX Free</i>
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10 am – 12 noon	LINE DANCING Line dancing helps keep the mind and body active whilst having fun. Welcome to this Black Velvet Dance class for improvers and intermediate dancers. Contact: <i>Ami Walker 07891 510646</i>	<i>Osballdwick Village Hall, 2-26 The Village, Osballdwick Cost: £3</i>
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10 am – 2 pm	OPEN DAY AT YORK BLIND & PARTIALLY SIGHTED SOCIETY Come along and discover for yourself how people who are experiencing sight problems can be supported to make the most of the sight they have,	<i>YBPSS, Holgate Villa, 22 Holgate Road, York YO24 4AB Free</i>
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maximising independence and making life easier. Find out more about the range of support and services we provide for the people of York. Contact: *Deborah Wheller 01904 636269*

10 am – 11 am	CONSERVATION OF THE GREAT EAST WINDOW OF THE MINSTER	<i>York Glaziers' Trust, 6 Deangate Free (donations welcome)</i>
2 pm – 3 pm	The York Glaziers' Trust is providing guided tours for visitors, allowing the opportunity to witness our conservation work at close quarters.	

Tours will take place in the Bedern Glaziers' Studio funded by the Heritage Lottery Fund. Tickets must be pre-booked:-
Contact *Amanda Thornton 01904 557228*

10.30 – **SHORT MAT BOWLS TASTER** *New Earswick & District Indoor Bowls Club, Huntington Road, Huntington, York YO32 9PX*
 11.30 am For those who are concerned that indoor bowls may be too heavy to handle, this is your chance to try a free introductory game of short mat bowls, using smaller, lighter bowls with less walking! Join our regular players. All equipment needed (bowls & shoes) will be available free of charge. Dress comfortably and please book.
Contact: Andy Webster 09104 750230

11 am to 3 pm **MONKS, FRIARS & HOSPITALS with June Jaques** *St Bede's Pastoral Centre, 21 Blossom St, YO24 1AQ*
 Medieval York was awash with Christian clergy of all kinds. This day will explore their contribution to the city and the effect of the Dissolution. *Cost: £8*

We will look at the history of the abbey of St Mary, the priory of Holy Trinity, various friaries and the great hospital of St Leonard. Come earlier for a coffee (refreshments included in the price); lunch can be bought at the Bar Convent or bring your own to eat at St Bede's. No one should feel excluded for financial reasons.

Contact: Carol or Diane 01904 464900

11.15 am **SUSTRANS CYCLE RIDE** *Millennium Bridge*
 Meet on the Millennium Bridge for an easy-paced cycle ride on cycle tracks and away from traffic. *Free*

We'll cycle across the Knavesmire and down the 'Solar System' cycle track to Naburn where we'll call in at the pub for refreshments. We should be back on the Millennium Bridge by 1.30-2 pm.

Contact: Lynne Clark 07748 977521

12.30 to 4.30 pm **ALEXANDER TECHNIQUE TASTER SESSIONS with Pam Mason** *Healing Clinic, Club Chambers, Museum Street, York*
 20 minute taster session of verbal and hands-on experience of the technique, giving you insight into how you habitually sit, stand and move and *Cost: £7*

how these habits can be changed to give greater ease and balance through increased awareness and direction.

Please book at: 01904 679868

12.45 OR 1.45 pm **GENTLE YOGA** *Energise, Cornlands Road, Acomb, York*
 Mind-body session to tone, relax and improve flexibility, balance and posture through a variety of positions that strengthen and stretch. *Cost: £4.20 with York Card*
Contact: Reception 01904 552424

2 – 3 pm **PILATES WITH LOUISE** *Rufforth Village Institute, Wetherby Road, Rufforth*
 50+ or 90+, male or female, fit or very unfit, Pilates is for everyone. It tones and strengthens muscles, improves posture and increases flexibility. It can also help with back pain and other injuries/illnesses. *Free*

To book your FREE first taster class, please call Louise on 07773 794301 or email louisebowden@fsmail.net

2 pm – 3.30 **SEQUENCE DANCING** *New Earswick & District Indoor Bowls Club, Huntington Rd, Huntington, York YO32 9PX*
 Join our regular dancers for a spin around the dance floor. New members always welcome. *Free*
Contact: Andy Webster 01904 750230

9 am to 4 pm	FREE LEGAL ADVICE—INGRAMS Just phone to make an appointment about wills, powers of attorney, death in the family, nursing home fees, court of protection, inheritance tax, family trusts, or other legal questions.	<i>Ingrams Solicitors, 10 Great North Way, York Business Park, York YO26 6RB</i> Free
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If you instruct us to prepare one Lasting Power of Attorney by the end of November 2011, we will prepare the second one for you or your spouse/partner free of charge.

Contact: Emily Smith 520600

10.30 am	HEALTH WALK AT OAKEN GROVE Join this regular Haxby walk which lasts about an hour and is a great opportunity to enjoy the outdoors and have a good chat with fellow walkers. Contact: Fiona Barker 553440	<i>Oaken Grove Community Centre, Haxby, YO32 3QW</i> Free
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11 am – 12.30	NORDIC WALKING TASTER If you are curious come and enjoy the delightful surroundings of Dunnington whilst learning the basics of Nordic Walking, followed by a cup of tea or coffee. Places limited, please contact Catriona Sudlow 01904 553440	<i>Dunnington Sports Club, Common Road, Dunnington, YO19 5NG</i> Free
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11 am – 1 pm	LINE DANCING Line dancing helps keep the mind and body active whilst having fun. Welcome to this Black Velvet Dance class for beginners and improvers – come early if you have never danced before and want to learn the basics. Contact: Ami Walker 07891 510646	<i>Acomb Methodist Church Hall, Front Street, Acomb YO24 3BX</i> Cost: £3
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1.10 pm	50+ AEROBICS A fine aerobic workout for the over 50s. Keep fit and stay active longer. Contact: Reception 01904 552424	<i>Energise, Cornlands Road</i> Cost: £4.20 with York Card
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1.20 to 3.20 pm	COMPUTER DROP-IN SERVICE This is an invitation for anyone to simply drop-in, both novices and the more advanced who wish to explore different types of computer software.	<i>Archbishop Holgate's Sixth Form, Hull Rd, York YO10 5ZA</i> Free
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Support will be provided if necessary from the Sixth Form students who are keen to share their time, expertise and facilities.

Contact: Steve Sandwell 01904 411341

1.30 to 3.30 pm	TEA DANCE! Dance away the afternoon to wonderful music. Have tea, home made cakes and sandwiches with friends...and make new friends. No need to dance, just come and enjoy the event. All welcome. Contact: Susan Stead 07981 553465	<i>York Dance Works, 11 Redeness St, Layerthorpe, York YO31 7UU</i> Cost: £3 (£5 for a couple/friends)
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2 pm	A VARIETY SHOW—SMILE & A SONG Full of country songs, music hall, ballads and lots more! Come and enjoy an	<i>York Guildhall</i> Free
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afternoon with good company in a beautiful building and your very own 50+ singers. Raffle and refreshments will be available.

Contact: Brenda Mackfall 01759 371900

2 pm	CLEMENTHORPE GUIDED WALK Come and explore this historic district which has records of a Roman house, a community of nuns, a shipyard and a factory making candied peel & seaside rock. Contact: Monica Nelson 01904 612581	<i>Meet at Victoria Bar, Nunnery Lane, York</i> Cost: 50p
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8.45 – **AGE UK 50+ SWIM** in partnership with the City of York Council. Archbishop Holgate School, Hull Road, York YO10 5ZA
If you fancy an early morning swim to start your day whilst socialising with others, then this is the session for you!
All newcomers will get their first swim session free. Cost: £1.70

Contact: Catriona Sudlow 01904 553440

9 am **FREE SPINAL HEALTH CHECK** to This 15 minute appointment is for people who are unsure whether chiropractic treatment is right for them. It includes an informal chat about your symptoms, a simple back and posture examination and appropriate advice. There is no cost or obligation.
Please book with: Philip Brooker 01904 766966

9.30 – **ZUMBA GOLD & TAI CHI** Heworth Without
10.15am Welcome to our latest Eng-AGE classes. Community Centre, Stray Road, York
& Enjoy dancing with a Latin twist and/or gently strengthen with Tai Chi.
10.30 –
11.30am Contact: Catriona Sudlow 01904 553440 Cost: £3.50 each

10 am – **TAI CHI FOR ALL** Burton Stone
11.30 An introduction to the Lishi system of exercise: Dao Yin breathing exercises, Kai Men Chinese yoga and the Tai Chi form. These strengthen the lungs, boost energy and increase the range and fluidity of movement. The form improves balance and co-ordination whilst improving the focus of the mind.
Contact: Iain Keegan 01904 701216

10 am **CONSERVATION OF THE GREAT EAST WINDOW OF THE MINSTER** York Glaziers' Trust,
11 am
2 pm The York Glaziers' Trust is providing 6 Deangate
3 pm guided tours for visitors, allowing the opportunity to witness our conservation work at close quarters. Free (donations welcome)

Tours will take place in the Bedern Glaziers' Studio funded by the Heritage Lottery Fund. Tickets must be pre-booked:-
Contact Amanda Thornton 01904 557228

TBC **CANON LEE SPECIALIST ARTS COLLEGE PRESENTS – CANON GLEE** Guardian Court &
We will be touring local care homes with our exciting new choir – Canon Fothergill
Glee. Expect modern takes on old Homes
songs, new music and classic covers Free
mixed in with the odd sing-along.
Contact: Peter Hill 01904 560000

1.15 pm **PIANO RECITAL by BILL SKIPWORTH** The Guildhall, St Helen's
You are invited to a lovely lunchtime Square, York
concert by the partially-sighted Free
Sheffield-based pianist, Bill Skipworth. (collection on the door)
Contact: Stine Blowers 01904 636269

2.15 – **HARTRIGG OAKS RETIREMENT** Hartrigg Oaks,
4.15 pm **VILLAGE STRAWBERRY TEA & TOUR** Haxby Road,
An invitation to visit Hartrigg Oaks, the New Earswick,
Joseph Rowntree Housing Trust's much- York YO32 4DS
acclaimed retirement village in York. Cost: £2

Enjoy a tour of the facilities followed by a strawberry tea. Places are restricted and must be pre-booked. Contact: Sue Clark 752219

2 pm **SONGS FROM THE 50s & 60s with SMILE & A SONG** *St Sampson's Centre for the Over 60s*
 Memories of our youth in song. Some lovely 50s and 60s songs with a lively group of people. Lots of colour and enthusiasm. Come along and sing the songs with us all!
Contact: Brenda Mackfall 01759 371900

7 pm **LOVE TO LEARN SELF HYPNOSIS** *Love to Eat, 52-54 Moor Lane, Dringhouses, YO24 2QY*
 This evening will introduce you to the safe and effective use of self-hypnosis. We will remove the mystique that surrounds the term "hypnosis" and enable you to discover your own natural ability to communicate with your subconscious. There will be an exercise to practice self-hypnosis and you will learn to relax, unwind, eliminate stress and take control. You will become more aware of yourself

and improved self esteem and confidence will help you to cope more easily with life's challenging situations. Refreshments included.
Contact: Terry Anne Scholes 01904 750880 [www.terryanne.com]

7.30 pm **POETRY READING** *Royal Oak, 18 Goodramgate (upstairs function room)*
Chris Considine lived many years in Swaledale. Her published volumes are: *Learning To Look* (Peterloo, 2003), *Quarll* (Peterloo, 2006), and *Behind The Lines* (Cinnamon, 2011). *Free*

She has won national attention in competitions. Andrew Stibbs, writing in *The North*, called her poems "heart-wrenching as well as eye-opening". Some are very funny.
Contact: Harry Chambers 01904 652726

10.30 am **WOODLAND WALK** *Cross Keys Inn, Common Road, Dunnington YO19 5NG*
 This is a walk of 6 – 7 miles showing the importance of trees to the environment. Within a couple of miles of Dunnington village we will see a nature reserve with recently planted trees, a small area of forested wetland and a large ancient woodland. Bring sturdy clothes and a packed lunch.
Contact: Derek Utley 01904 488552

10.30 – **FAIR TRADE PRODUCTS** *St Helen's Church, St Helen's Square (opposite Betty's)*
 4.30 pm **CHRISTMAS PREVIEW**
 Christmas cards, crafts and foods on sale and on display. Wide range of new season fairly-traded products, made and grown without exploitation. Handmade crafts from many traditions including Bolivian recycled glassware, South Indian baskets and

Hadeel goods from Palestine. Traidcraft and Created Christmas catalogues to take away. Refreshments available.
Contact: Charlie Bridge 01904 655116

10.30 – **SHORT MAT BOWLS TASTER** *New Earswick & District Indoor Bowls Club, Huntington Road, Huntington, York YO32 9PX*
 11.30 am For those who are concerned that indoor bowls may be too heavy to handle, this is your chance to try a free introductory game of short mat bowls, using smaller, lighter bowls with less walking! Join our regular players. All equipment needed (bowls & shoes) will be available free of charge. Dress comfortably and please book.
Contact: Andy Webster 01904 750230

10.30 am	A YOUTHFUL SONG Children from Dringhouses School are coming to sing a selection of songs, followed by coffee, a chat and homemade cakes. <i>Contact: Margaret Chambers 704500</i>	<i>Abbeyfield House, Regency Mews, York</i> <i>Cost: £1.50 for refreshments</i>
11.15 am	AQUAFIT Aerobics in the water – uses the water resistance to improve cardio vascular fitness and muscle tone. <i>Contact: Reception 01904 552424</i>	<i>Energise, Cornlands Road, Acomb</i> <i>Cost: £4.20 with York Card</i>
7 – 8 pm	BALLROOM DANCING Try something new or come along to improve your style. An enjoyable way to spend a Friday evening. Partners not necessary. <i>Contact: Susan Stead 07981 553465</i>	<i>York Dance Works, 11 Redeness St, Layerthorpe</i> <i>Cost: £3 (£5 couple/friends)</i>
7 – 9 pm	AN EVENING OF POETRY & PROSE Writing (or song) that celebrates the art of growing older! All welcome. 50+, any topic, your work or from a favourite author. Younger people: poetry or prose about mentors, parents, grandparents. <i>Contact: Rose Drew 01904 733767</i>	<i>St Martin's Church, Coney Street</i> <i>Donation for wine & cheese</i>
7.30 pm	COOKERY DEMONSTRATION – MAKE YOUR OWN OMELETTE Come and enjoy an omelette cookery demonstration. Then have fun making your own to eat with friends. Booking essential. <i>Contact: Rachel Parker 789380</i>	<i>Tea on the Green Café, Acomb, York YO26 5LL</i> <i>Cost: £5</i>

For inclusion in the programme, submit your name and 3 titles by Sept 20. Impromptu readers always welcome on the night.

Contact: Rose Drew 01904 733767

10 am – 1 pm	GARDENER'S DELIGHT Alexander Technique for Gardeners Has gardening lost its appeal, causing aches, pain or even injury? This popular course at beautiful Brunswick Nursery teaches Alexander techniques to maintain energy and avoid pain or injury so gardening really is a delight. Booking essential: <i>Mary Greene 414793</i>	<i>Brunswick Organic Nursery, Appleton Road, Bishopthorpe YO23 2RF</i> <i>Cost: £12 (includes tea/coffee)</i>
10.30 – 4.30 pm	FAIR TRADE PRODUCTS CHRISTMAS PREVIEW Christmas cards, crafts and foods on sale and on display. Wide range of new season fairly-traded products, made and grown without exploitation.	<i>St Helen's Church, St Helen's Square (opposite Betty's)</i> <i>Free admission</i>
Handmade crafts from many traditions including Bolivian recycled glassware, South Indian baskets and Hadeel goods from Palestine. Traidcraft and Created Christmas catalogues to take away. Refreshments available. <i>Contact: Charlie Bridge 655116</i>		
1.30 – 3 pm	MYTH-MAKING – A CREATIVE WRITING EVENT Another popular, creative and colourful event with Sharon Emery. We will explore the myths and stories which accompany us throughout our lives, with an opportunity to write and share some of our own!	<i>Briar House, Museum Street, York YO1 7DN</i> <i>Cost: £10</i>
Beginners and more experienced writers welcome. (All materials and refreshments provided.) <i>Contact: Sharon Emery 07817 408877</i>		

6.30 for 7 pm	WILDLY ALIVE – Adrian Spendlow A lively evening of entertainment with tales from Adrian's life and travels, our histories, our ghosts and our myths. Admission includes a free "Festival Cocktail" on arrival plus a "15% OFF" food voucher. Full menu available. <i>Places limited so please book at 01904 625082</i>	<i>Court Café-Bistro, Dean Court Hotel, Duncombe Place, York YO1 7EF</i> <i>Cost: £5</i>
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SUNDAY 2 OCTOBER 2011

11 am	'THAT MUSIC TAKES ME BACK!' A service about age, memory & music Music supports our memory and enjoyment of life, whilst both hymns and popular songs enrich our lives and	<i>Unitarian Chapel, StSaviourgate York Collection</i>
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prompt failing memories. Please bring yourself and any older friend, if you wish. This event is for all ages and abilities and the chapel is fully accessible. *Contact: Myrna Michell 01904 345670*

2 – 3 pm	GUITAR CLASS Ferrari too expensive? Motorbike too dangerous? Still got that old guitar in the loft? Or maybe you just always wanted to play? Join us in small groups to cover basic chords, learn a song and get playing. Book at: <i>MORmusic 01904 646901</i>	<i>MORmusic, 31–33 Fossgate, York</i> <i>Free</i>
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2.15 pm	YORK'S FAMOUS FABULOUS OVER 50s A new YorkWalk as part of the York 50+ Festival. The contribution of the over 50s to York's heritage and history – some fabulous, some rogues, but all famous! <i>Contact: Warwick Burton 01904 622303</i> <i>www.yorkwalk.co.uk</i>	<i>Museum Gardens Main Gate, Museum St.</i> <i>Cost: £5.50 (£5 Yorkcard)</i>
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Post-Festival News

EVERY SUNDAY AFTERNOON UNTIL
30 OCTOBER

2 – 3 pm	GUITAR CLASS with Lynne & John Ferrari too expensive? Motorbike too dangerous? Still got that old guitar in the loft? Or maybe you just always wanted to play? Join us in small groups to cover basic chords, learn a song and get playing. Book at: <i>MORmusic 01904 646901</i>	<i>MORmusic, 31–33 Fossgate, York</i> <i>Free</i>
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Late-Breaking News

TUESDAY 27 SEPTEMBER

10.30 – 12 noon	VOLUNTEERS' COFFEE MORNING You are welcome to come and chat to our volunteer advisors. We have over 350 organisations looking for volunteers so there is an opportunity for everyone! We can register anyone who is interested and help to identify the right opening for you. <i>Contact: Clare Shepherd 01904 621133</i>	<i>York CVS, Priory St Centre 15 Priory St, YO1 6ET</i> <i>Free</i>
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FRIDAY 30 SEPTEMBER

10 – 11 am & 11.30 – 12.30	MANAGING LONG TERM CARE COST How to avoid using all your capital to pay for care. Come along to our FREE event to find out what you need to know about arranging and paying for care, what action you can take, preserving/protecting assets, a legally valid Will and Lasting Power of Attorney. Places must be pre-booked. <i>Contact: Sarah Emmott 01904 624185</i> <i>Crombie Wilkinson Solicitors</i>	<i>The Hall, Bedern Hall, Bartle Garth, St Andrewgate YO1 7AL</i> <i>Free: includes complimentary refreshments</i>
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ENJOY !

The York Older People's Assembly would like to welcome you to the 7th 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