

York Older People's
Assembly presents

York 50+⁺ Festival

in association with THE PRESS

Saturday 29 September -
Sunday 7 October 2012



York 50+ Information Fair
Thursday 13 September
Guildhall Free admission
YKSoul Charity Event Fri 5 Oct.
Post Office Club, 7.30 pm - 1 am
www.yksoul.com



FULL OF LIFE

For more information visit
www.yorkassembly.org.uk

supported by



York
Harrowells



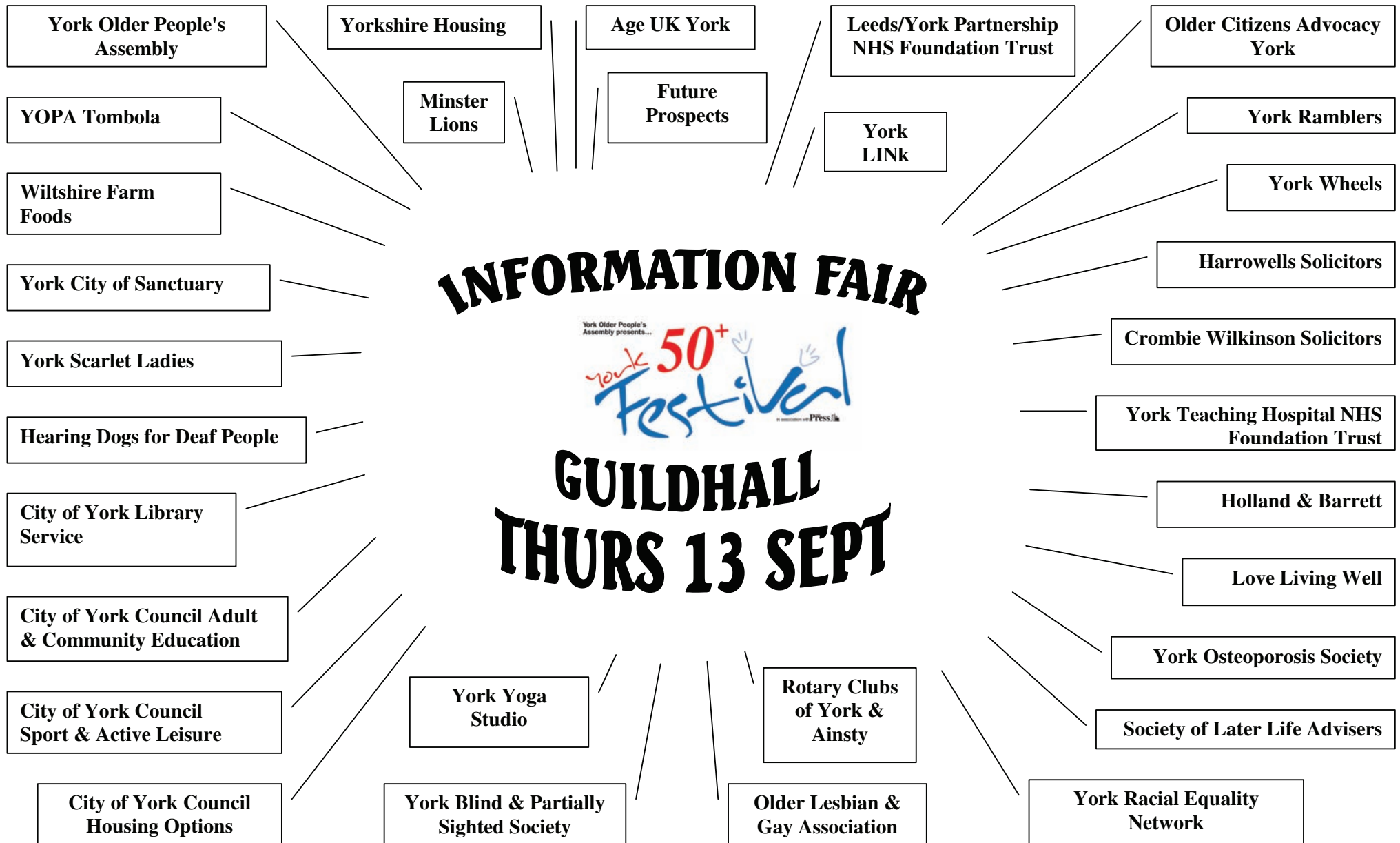
Foresters
Friendly Society

2 INFORMATION FAIR – FREE ADMISSION

GUILDHALL THUR 13 SEPT 10 AM – 4 PM 3

REFRESHMENTS

AVAILABLE



AGE UK 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, advising on holidays and other leisure activities.

CITY OF YORK COUNCIL – Adult & Community Education

Whether you want to “Get Fruity” (grow soft fruits), try something completely different like rag-rugging, festive pork pie making or zumba gold, get to grips with your computer, take part in our “Now and Then” project or find out what else is on offer...just come and talk to us!

CITY OF YORK COUNCIL – Housing Options

Housing – it affects everybody, and everybody needs it. City of York Council Housing Options is working hard to ensure that everybody has access to the information they want and need, in the way that they want it.

CITY OF YORK COUNCIL – Libraries

York libraries provide access to books, computers, courses, reading groups, events and more. Adult and Community Education teams offer a wide range of programmes across York, from furniture to photography and ceramics to salsa.

CITY OF YORK COUNCIL – Sport & Active Leisure

Come and talk to us about sport and physical activity opportunities for the over 50s in York, whether at community venues or in our leisure facilities. Find new, fun ways to keep fit and healthy!

CROMBIE WILKINSON SOLICITORS LLP

Our highly experienced team is here to listen and help on a wide range of legal services: moving house, elderly client services, family and children’s matters, family mediation, personal injury, wills/trusts/LPAs, and probate.

FUTURE PROSPECTS

Future Prospects is York’s free learning and employment advice service. We offer daily drop-in advice and guidance sessions at 24 Swinagate, 1pm – 4pm. Short courses and workshops are regularly available to help people build confidence and prepare for work.

HARROWELLS

We offer practical, considered and expert advice on a wide range of issues including Lasting Powers of Attorney, inheritance planning, legal arrangements for care and challenging care fee assessments. Visit www.harrowells.co.uk, call 01904 558600, or chat on the day.

HEARING DOGS FOR DEAF PEOPLE**Vale of York Fundraising Branch**

Celebrating 30 years of helping profoundly deaf people to lead fulfilled lives, our dogs give confidence to adults and children, acting as their constant companion. We fundraise and inform the community about deafness. Please come and meet our friends.

HOLLAND & BARRETT

Suppliers of health food and nutritional supplements. Education and advice about all kinds of ailments and health matters. Sign up for our rewards for life to receive money off coupons and receive extra savings.

LEEDS & YORK PARTNERSHIP NHS FOUNDATION TRUST

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

LOVE LIVING WELL – Angela Shepherd

I am a wellness coach and consultant for Neal’s Yard Organic Remedies. Come and see me to try some lovely organic products, pick up some healthy lifestyle tips or book a Neal’s Yard party!

MINSTER LIONS Message in a Bottle

This is a voluntary scheme for anyone living at home who might be reassured to know that essential information would be readily available to the Emergency Services should they suffer an accident or sudden illness. The scheme ensures that vital information is available, not only to identify you, but to advise of relevant illnesses, medication and contact addresses. When time is saved, lives are saved...

OCA Y

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 OCA Y and forthcoming fundraising events, plus opportunities and information about volunteering.

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.

ROTARY CLUBS OF YORK & AINSTY

Rotary is the world's largest service organisation. Members meet regularly to support local, national and international projects and to enjoy fellowship. Social events are many and varied. Further information on membership can be found at www.yorkrotary.co.uk and www.rcya.org.uk.

SOCIETY OF LATER LIFE ADVISERS

Provision of specialist, accredited, independent financial advice to people in later life.

WILTSHIRE FARM FOODS

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

YORK 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 services.

YORK CITY OF SANCTUARY

We seek to encourage a culture of welcome, acceptance and support to all who come to the City seeking sanctuary, security and freedom.

YORK LINK

The Local Involvement Network is an independent group of individuals and organisations with the power to examine and improve health and social services. It gives everyone in York the opportunity to influence these services. Membership is free so do come and join us.

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 RAMBLERS

We have a full programme of walks from 5 miles to 10 miles. Public transport is planned for those who prefer not to use cars. Our aim is to encourage greater access to the countryside.

YORK SCARLET LADIES

We are the York Chapter of the International Red Hat Society, for women of 50+. We get together for social events, fun and entertainment. We wear purple with red hats and the aim is to enjoy ourselves! Please come and have a chat.

YORK TEACHING HOSPITAL NHS FOUNDATION TRUST

We are one of the top 40 performing hospitals in the country. As a Foundation Trust we have a responsibility to the community to ensure that residents have their say about the delivery of healthcare in the York area. At the Information Fair you will have the opportunity to sign up as a member which provides the chance to shape the future of health care in York.

YORK WHEELS

We provide door-to-door community transport for people over the age of 60 who have a mobility problem. We also have a wheelchair accessible minibus available for trips.

YORK YOGA STUDIO

We offer yoga classes for mature students who appreciate the gentle yet effective exercise. Regular yoga increases suppleness, strength and stamina, improves concentration and promotes relaxation. We also offer fitness classes especially for the over 50s. Find your ideal exercise and enjoy the friendly society of a regular class.

YORKSHIRE HOUSING – Handyperson Service

We assist with small repairs and other tasks to enable you to live safely and comfortably in your own home. Clients in receipt of income-based benefits pay for materials and the handyperson will do the job free of charge.

AGE UK YORK

Age UK York has once again supported the York 50+ Festival in the production of materials and programmes. Our organisation is one of the longest serving charities in York, and it seems very right for us to support one of the more recent initiatives in the support and recognition of older people.

This is a particularly exciting year with some remarkable events having already taken place. The Jubilee Year has enabled many older people to look back over the last 60 years and mark the occasion with celebrations and activities. I was hugely proud to be selected to carry the Olympic Torch in Scarborough and on the day many of my fellow “torch bearers” were also “older people”. I am sure that this Olympic year will encourage many people to think about enjoying sport and having a more active life and of course this is also York’s 800th birthday year – also marking a very special occasion for people of all ages to engage in many pursuits and activities. So our 8th York 50+ Festival fits very well with this remarkable 2012 and once again will encourage older people to join in and try new activities and will also demonstrate that just being an older person does not stop us from having fun, achieving targets and making changes in our lives.

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://campaigns.dwp.gov.uk/campaigns/olderpeoplesday/>

**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.



Harrowells
SOLICITORS

Advice you can trust

See the programme timetable for details of our presentations and 'drop in' sessions

Helping you put in place sensible arrangements to 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

Tel: 01904 558600

Web: www.harrowells.co.uk

Harrowells LLP is authorised and regulated by the Solicitors Regulation Authority and the Financial Services Authority

At Harrowells Solicitors we have a straight-forward view. A thriving city is important to the long-term success of our firm and so we are always keen to support initiatives, like the York 50+ Festival, that help make the city an enjoyable and fulfilling place to live.

Our contribution is to help individuals and families put in place sensible arrangements to deal with a whole range of important personal issues—including those concerning relationships, property and care—so that they can make the most of their lives and of what York can offer.

York Homecare



York Homecare is a local domiciliary care provider offering high quality, flexible care services to clients in York to enable them to remain independent in their own home and active within their communities.

For a consultation please call
T: 01904 795551
or email us on
yorkhomecare@rosevilleholdings.co.uk

York's Mobile Computer Tutor

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



Learning 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

EXHIBITION



City Scene 28 Sept - 14 Oct
www.representing-ageing.com



QualitySolicitors Burn & Company

We are holding a free presentation at our Nether Poppleton offices.

Benefits of Powers of Attorney

Wed 3rd October 2012, 10am

Feel free to attend or call us to book a Free Initial Meeting with a lawyer at the time that suits you.

01904 655442

qualitysolicitors.com/burnco

Offices in Nether Poppleton and Easingwold



crombie wilkinson solicitors

Leading Experts in Law



We Are Proud To Be Supporting YORK 50+ FESTIVAL 2012

We are offering FREE 20 minute question and answer sessions on financial and legal advice for people going into or already in a care home



If you or a family member are in or are going into a care home you will already realise how complex the care system is. To support the York 50+ festival we are providing free 20 minute financial and legal surgery sessions for you to come along to ask questions and get clear, easy to understand advice from specialists who understand the system. Come along and meet our team, they will be more than happy to answer your questions.

Free refreshments will be available while you wait.

Sharon Richardson of Crombie Wilkinson Solicitors is a member of SFE Nick Sanderson of Mint Wealth Management is a member of SOLLA

To pre-book your free 20 minute question and answer session please contact :
Sarah Emmott on 01904 624185
or email s.emmott@crombielwilkinson.co.uk

Venue: Quaker Meeting House, Friargate, York, YO1 9RL
Dates: Monday 1st October 9.30am – 1pm
and Saturday 6th October 9.30am – 1pm

North Region Membership team is proud to support this event.



The co-operative membership

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

PRE-FESTIVAL EVENTS
12, 14 & 22 SEPTEMBER 2012

WED 12 YORK HOSPITAL OPEN DAY	<i>York Hospital,</i>
Sept This event provides an opportunity to visit	<i>Wigginton</i>
2.30 – the York Hospital where wards and	<i>Road,</i>
5.30pm departments will showcase their work so	<i>YO32 8HE</i>
that you can learn more about what takes	
place in the hospital on a daily basis.	<i>Cost: FREE</i>

There will be departmental tours and presentations. The Trust AGM will commence at 5 pm. *Contact: Janet Mountain 01904 725254*

50+ FESTIVAL SHOW

FRI 14 50+ FESTIVAL SHOW +	<i>York Theatre</i>
Sept BACKSTAGE TOUR & CREAM TEA	<i>Royal,</i>
2–4.30 pm Enjoy a live show featuring storyteller	<i>St Leonard's Place,</i>
Adrian Spendlow, Vintage Velvet Line	<i>York YO1 7HD</i>
Dancing Team, Tim Pheby singer/ songwriter and YELO from York St John.	<i>Cost: £8</i>

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 623568 or www.yorktheatreroyal.co.uk*

SAT 22 YORK ROTARY DRAGON BOAT	<i>River Ouse,</i>
Sept CHALLENGE	<i>York</i>
10 am – The day's racing will take place on the	
4 pm River Ouse between Scarborough Bridge	<i>Cost: FREE</i>
and Lendal Bridge. Complementing the	<i>(programme/</i>
racing, a Gala Day atmosphere is planned	<i>raffle ticket</i>
with stalls and a variety of activities on the	<i>available £1)</i>
North Bank. Be part of the crowd of	
spectators cheering on the teams!	
<i>Contact: www.yorkrotary.co.uk</i>	

PRE-FESTIVAL EVENTS
23 & 25 SEPTEMBER 2012

SUN 23 MODEL BOAT REGATTA	<i>Rowntree</i>
10 am – A fun day for all the family. Radio-	<i>Park,</i>
4 pm controlled model boats of all kinds to	<i>Terry Avenue,</i>
watch and the opportunity to steer one	<i>York</i>
yourself. Talk to local experts at the	
exhibition – and join the club?	<i>Cost: FREE</i>
<i>Contact: Ray Thompson 01904 702480</i>	

SUN 23 YORK FLAGSHIP MEMORY WALK	<i>Knavesmire</i>
10 am (Alzheimer's Society) We are offering a	
register choice of 2 walks, both starting at 11 am: a	<i>Cost: FREE</i>
fully accessible one mile, and a six mile walk	<i>(donations</i>
taking in the sights of York's historic city.	<i>welcome!)</i>

A fun-filled day for everyone. Come to the car park on Racecourse Road behind the Knavesmire buildings and follow the signs.
Contact: Julie Lee 01904 633599

TUES 25 LEEDS & YORK PARTNERSHIP	<i>Harewood</i>
Sept NHS FOUNDATION TRUST	<i>House,</i>
11 am – ANNUAL MEMBERS' DAY	<i>Pavilion</i>
4 pm This annual event brings together members	
from across the region to review our work	<i>Cost: FREE to</i>
in mental health over the past year.	<i>Members!</i>

The day will include a celebrity guest speaker, the formal AGM, workshops, a presentation by the Real People Theatre and an opportunity for audience discussion. Bookings for this event will take place from mid-August and you are always welcome to become a member of the Leeds & York Partnership (membership is free). As a member you can have your say about our services, receive our quarterly members' magazine, elect representatives to the Council of Governors and stand for election yourself. We need your input and look forward to welcoming many new York members. *Communications Team: 0113 3055982 or www.leedsandyorkpft.nhs.uk*

**PRE-FESTIVAL EVENT
THURS 27 SEPT 2012**

6.30 – 8.45 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. For a guaranteed slot, submit your name by Sept 20 but impromptu readers always welcome on the night. 6.30 for 6.45 start. <i>Contact: Rose Drew 01904 733767</i>	<i>All Saints Pavement, High Ousegate, YO1 8RZ</i> <i>Cost: donation for wine & cheese (£2 suggested)</i>
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**EVENTS DURING THE FESTIVAL
MON1– FRI 5 OCT 2012**

1–5 Oct 9 am – 6 pm weekdays	FREE SPINAL HEALTH CHECK Do you suffer with back pain? Struggling to do what you used to do easily? Concerned about your posture? Why not learn about your spine, find out how straight you really are and receive top tips on how to stay active? Call to book your spinal check up with a qualified chiropractor. <i>Contact: Chiropractic Plus 01904 766966</i>	<i>Chiropractic Plus, 34A The Village Haxby, YO32 3HT</i> <i>Cost: FREE</i>
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1–5 Oct 10 am – 5 pm weekdays	TUI NA MASSAGE / REFLEXOLOGY Experience the benefits of Tui Na massage. Tui Na works on specific problems and also maintains your health by increasing your energy and	<i>Touch Tui Na Treatment Centre, 11 Saint Saviours Place, York YO1 7PJ</i>
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blood circulation. It can relieve joint pain, increase mobility, improve gait and balance, prevent injury and much more. Or try Tui Na reflexology, an invigorating foot massage. Booking essential!
Cost: 15 min FREE taster; or £10 for 30 mins (usually £30)
Contact: Deborah Lucas 07535 646400

ENG-AGE 50+ GAMES !

This event has been created to showcase examples of the myriad sporting opportunities we have here in the City of York for the Over 50s. The CYC Sport and Active Leisure team has partnered with voluntary sports clubs who will be opening their doors to welcome everyone for **free** coaching or taster sessions. Unless otherwise stated, please contact Catriona Sudlow on 01904 553377 or at catriona.sudlow@york.gov.uk for further information or to book your place.

SUN 30 OPEN DAY! 10 – 12 & 12–2 pm	For bowls, boccia, special olympics, and much more, you will always find a welcome at the New Earswick Indoor Bowls Club. <i>Contact: 01904 750230</i>	<i>New Earswick Indoor Bowls Club, Huntington Road, YO32 9PX</i>
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MON 1 BEGINNERS TAP SESSION 10 – 11 am	Now is your chance to have a go! <i>Contact: 07981 553465</i>	<i>York Dance Works, Layerthorpe, YO31 7UU</i>
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MON 1 FREE TENNIS COACHING 10 – 12 noon	Please book, then just pick up a racquet and play! <i>Contact: Andy Crockett 07926 172939</i>	<i>Wigginton Tennis Club, Mill Lane, YO32 2PY</i>
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MON 1 YORK YOGA STUDIO 3 – 4.15 pm	Free taster session of Gentle Iyengar Yoga which is perfect for the Over 50s, those recovering from illness or beginners to yoga! Booking essential. <i>Contact: 01904 785704</i>	<i>York Yoga Studio, 112 Acomb Road, YO24 4EY</i>
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MON 1 HAXBY KARATE CLUB 7 – 9 pm	Free training session on self-defence. You will not be asked to do anything outside your comfort zone! <i>Contact: Ian 01904 769850</i> <i>Or info@karate.co.uk</i>	<i>Wigginton Recreation Hall, The Village, Wigginton, YO32 2LU</i>
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TUES 2 RUSTY RACKETS with Eng-AGE	<i>York Railway Institute, Queen Street, YO24 1AD</i>
10 – 11 am A fun introductory session to badminton. No booking necessary!	
TUES 2 INTRODUCTION TO RACKETBALL	<i>York Squash & Racketball Club, Clifton Park, Shipton Road, YO30 5RE</i>
10 – 12 noon Equipment supplied – try it out – it's fun! Numbers limited so please book: 01904 553377	
TUES 2 GOLF – OPEN COACHING	<i>Heworth Golf Club, Muncaster House, Muncastergate, YO31 9JY</i>
1 – 2 pm & 2.30-3.30 A time for beginners and for players wanting to develop their skills. Numbers limited so please book: 553377	
TUES 2 TENNIS INTRODUCTION	<i>Heworth Tennis Club, next to 90 East Parade, YO31 7YH</i>
7 – 8 pm A fun way to get fit and learn to play tennis. Numbers limited so please book: 01904 553377	
TUES 2 VOLLEYBALL	<i>Energise, Cornlands Road, YO24 3DX</i>
8.15-10.15 pm An open Volleyball Club session, free to new participants. Please register your interest by email to yorkvolleyball@btinternet.com or contact Catriona on 01904 553377	
WED 3 RUSTY RACKETS with Eng-AGE	<i>Rowntree Park Tennis Courts</i>
10.30-11.30 am A fun, introductory session of tennis for the Over 50s. Equipment provided.	
WED 3 TENNIS OPEN DAY	<i>New Earswick Tennis Club, Hawthorn Terrace, YO32 4AQ</i>
2 pm onwards Come and meet the New Earswick Tennis Club folk and have some fun. Contact: Nicky at georgiou40@hotmail.co.uk	

WED 3 TEA DANCE	<i>York Dance Works, 11 Redeness Street, Layerthorpe, YO31 7UU</i>
1 – 3 pm Come and trip the light fantastic toe, bring your friends, enjoy refreshments and meet new people. Contact: Susan 07981 553465	
WED 3 ATHLETICS	<i>City of York Athletics Club, Huntington Stadium, Kathryn Avenue, Monks Cross, YO32 9XX</i>
7 – 8 pm You're never too old to have a go – to try the sprint, middle distance throwing and long jump.	
THUR 4 TENNIS COACHING	<i>Heworth Tennis Club, next to 90 East Parade, YO31 7YH</i>
10 – 11 am Beginners coaching plus refreshments. Numbers limited so please book: 01904 553377	
THUR 4 INDOOR BOWLS COACHING	<i>York & District Indoor Bowls Club, 302 Thanet Road, YO24 4NW</i>
2.30-4.30 pm Beginners coaching for those who would like to give it a whirl. Please call 01904 704180 to book.	
THUR 4 AIKIDO	<i>Two Rivers Aikido, York RI, Queen St, YO24 1AD</i>
7.30-9.30 pm A free coaching session during the senior section of our club night.	
FRI 5 INDOOR BOWLS COACHING	<i>York & District Indoor Bowls Club, 302 Thanet Road, YO24 4NW</i>
6.30-8.30 pm Beginners coaching for those who would like to give it a whirl. Please call 01904 704180 to book.	
FRI 5 FREE TENNIS COACHING	<i>Wigginton Tennis Club, Mill Lane, YO32 2PY</i>
7 – 9 pm Please book, then just pick up a racquet and play! Contact: Andy Crockett 07926 172939	

SAT 6 INDOOR BOWLS COACHING York & District
10 – 12 Beginners coaching for those who Indoor Bowls Club,
noon would like to give it a whirl. Please 302 Thanet Road,
call 01904 704180 to book. YO24 4NW

SAT 6 OCTOPUSH Yearsley Pool,
4-4.45 pm Free taster session of underwater Haley's Terrace,
hockey with York Octopush. See Haxby Road,
www.yorkoctopush.com for more YO31 8SB
information.

YORK 50+ FESTIVAL

29 September – 7 October 2012

SATURDAY 29 SEPTEMBER 2012

10 am to 4 pm **CASTLE MILLS LOCK OPEN DAY** Castle Mills
An annual event organised by the Inland Lock, Tower St,
Waterways Association for the York 50+ York
Festival. From 10 am there will be free (St George's
boat cruises along the River Foss. From Field carpark)
2-4 pm John Oxley (CYC Archaeologist) will be leading a history walk from Monk Bridge to the Castle along the River Foss. Cost: Free
Contact: Tony Martin 07588 236597 (donation for cruises welcome)

2 – 4 pm **LET YOUR HAIR DOWN AND SING!** Unitarian
Were you told at school that you were a Chapel,
'growler' and you should stand at the St Saviourgate,
back...and mime?! Well, they were York YO1 8NQ
wrong! So come and sing with spirit, Cost: £2
hope and pride. There will be no including
individual singing or testing. Led by refreshments
Myrna Michell, musician, and minister with York Unitarians: 07931 775329

2.30 – 4 pm **CHILDREN OF THE HOLY LAND – Stolen Children, Stolen Lives (film)** Quaker Meeting
House, Friargate
For everyone concerned about the fate of children in Palestine. Discussion and refreshments including home-baked cakes will follow the film. Cost: Free
(donations welcome)
Contact: Margy Vernon 01904 489162

2.30 – 4.30 pm **MUSIC & MUFFINS** St Hilda's Church
Hall,
Join Live Music Now musicians Tang Hall Lane,
Three Jazz for an afternoon of jazz York YO10 3SD
standards, swing and easy listening Cost: £5
followed by tea and cake.

With an emphasis on audience participation, this performance won't just provide an afternoon of entertaining music, but will also encourage singing, dancing and will include a group composition!
Contact: Lucy Galliard 01653 668551

6.30 for 7 pm **WILDLY ALIVE – STORY SUPPER** Dean Court Hotel,
Duncombe Place,
Join Adrian Spendlow in the café (by York Minster)
bistro-bar for a lively evening of York YO1 7EF
storytelling and supper. There is 15% off all food orders on the night. Cost: £5
Bookings: 01904 625082 or come along on the night. (plus your supper)

7.30 pm **A LIFE IN MUSIC** Bedern Hall,
Enjoy an entertaining evening of songs Bartlegarth,
and stories from childhood to St Andrewgate,
'grandparentdom' presented by Thea YO1 7AL
Jacob with Myrna Michell and David Cost: £5
Hammond. In aid of the British Lung Foundation (www.blf.org.uk).
Contact: Thea Jacob 01904 634390

5.35 –	SUNDAY AQUAFIT	<i>Yearsley Pool,</i>
6.20 pm	This is a low impact exercise class held in shallow water. While the pool water supports your body, the fitness class will help you improve overall fitness, improve muscle tone and help slim your body.	<i>Haley's Terrace, Haxby Road, York YO31 8SB Cost: Free taster</i>

*Classes run at the same time every week. No booking necessary but quote **50+ Festival 2012** on entry for your free session.*

Contact: Yearsley Pool 01904 552424

6.30 pm	CLASSICAL MUSIC with Christian Forshaw	<i>St Edward the Confessor, Tadcaster Road, Dringhouses, YO24 1QJ</i>
	Christian will talk about and share recent developments with his music and play/sing some of his recent songs. He plays with Sanctuary, is a saxophonist and organist, and has been featured on Classic FM.	<i>Cost: £5 on the door</i>
	<i>Contact: Revd Martin Baldock 706120</i>	

MONDAY 1 OCTOBER 2012

9.30 am	FINANCIAL & LEGAL ADVICE	<i>Quaker Meeting House, Friargate, York YO1 9RL</i>
– 1 pm	If you or a family member are in or are going into a care home, you will already realise how complex the care system is. We are providing free 20 minute sessions for you to ask questions and get clear, easy to understand advice from specialists	<i>Cost: Free including refreshments</i>

who understand the financial options available including funding and benefits and the legal aspects. Legal advice provided by Crombie Wilkinson Solicitors and financial advice provided by Mint Wealth Management. To pre-book contact Sarah Emmott 01904 624185

9.45 –	50+ AEROBICS + BADMINTON or TABLE TENNIS	<i>Energise, Cornlands Road, York YO24 3DX</i>
10.40 am	An aerobics session in the studio, followed by a relaxing cup of tea or coffee, then a choice of badminton or table tennis in the sports hall.	<i>Cost: Free for "Be Active" members</i>
	<i>Contact: Energise 552424</i>	

10 am	HISTORICAL WALK – highlighting St Helen's Square	<i>Meet in Library Square, Museum Street</i>
	This easygoing walk takes us in the footsteps of St Helen, mother of Emperor Constantine. We see 18th-century elegance in the Assembly Rooms, find the site of the only English poachers' prison, see how	<i>Cost: 50p</i>

Betty's was saved from War requisitioning...and more. No need to book – just come along. *Leader: Monica Nelson 01904 612581*

1 – 3 pm	GET TO KNOW YOUR DIGITAL CAMERA	<i>Future Prospects, 24 Swinegate, York YO1 8AZ</i>
	A two hour informal session to help gain a basic insight into using a digital camera, saving photographs in a folder on a computer, accessing them again and uploading photographs to friends and family using email & social media.	<i>Cost: Free</i>
	Booking essential as times may change. <i>Contact: Diane Reasbeck 01904 634748</i>	

2.30 –	YOUNG AT HEART SWIM	<i>Energise, Cornlands Road, York YO24 3DX</i>
3.25 pm	Come along to a refreshing swim. This session happens every Monday and is specifically for our over 50 customers.	<i>Cost: Free for "Be Active" members</i>
	<i>Contact: Energise 01904 552424</i>	

3 – 7 pm **ALEXANDER TECHNIQUE for Health and Poise** York Clinic for Integrated Healthcare, 296 Tadcaster Rd, York YO24 1ET
 Enjoy a 25 minute taster session of this world renowned technique. Learn how your posture can be improved, how joint and muscle pain can be relieved and stresses of everyday life can be managed. Please pre-book your session.
 Contact: Mary Greene 01904 709688
 Cost: £8 for 25 mins

7.30 – 8.30 pm **THE GENTLE ART OF TAI CHI** All Saints Church Hall, The Green, Poppleton, York YO26 6DF
 Enrich your life by improving stress management techniques to calm the mind and body, improve flexibility, balance and coordination, and give relief from high blood pressure, insomnia, fatigue and back pain.
 Contact: Fran Haggerty 07896 253214
 Cost: Free (with Festival programme)

8.05 – 8.50 pm **MONDAY AQUAFIT** Yearsley Pool, Haley's Terrace, Haxby Road, York YO31 8SB
 This is a low impact exercise class held in shallow water. While the pool water supports your body, the fitness class will help improve overall fitness, improve muscle tone and help slim your body.
 Cost: Free taster

Classes run at the same time every week. No booking necessary but quote **50+ Festival 2012** on entry for your free session.

Contact: Yearsley Pool 01904 552424

9 am – 9 pm **AFFORDABLE ACUPUNCTURE** Gateway to Health, 10A Nunmill Street, Southbank, York
 Acupuncture can help many conditions, both temporary and chronic, including pain relief and stress, using specific points on meridians well-known in Chinese and Western medicine. This is your chance to try a treatment and find out the benefits for yourself.
 Cost: £20 per treatment (normally £35)

Contact: Alex Lochhead 01904 789055 or 07747 080895 to book

10 am – 4 pm **FREE LEGAL ADVICE with Burn & Co** Quality Solicitors Burn & Company, Rowntree House, Market Place, Easingwold, York YO61 3AG
 If you would like to discuss any issues regarding wills, powers of attorney, trusts, inheritance tax or probate, please contact us to arrange a free confidential meeting with a lawyer. By appointment only.
 Cost: Free

Contact: Audrey Langford or Vivienne Cattley 01904 655442

10 – 11 am **KEEP FIT TASTER** New Earswick & District Indoor Bowls Club, Huntington Rd.
 Join our regular keep fitters for a “not too strenuous” workout to keep agile whatever your age – and Eng-AGE!
 Contact: Reception 01904 750230
 Cost: Free taster

10.30 – 11.30 am **SHORT MAT BOWLS TASTER** New Earswick & District Indoor Bowls Club, York YO32 9PX
 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
 Cost: Free taster

walking!! Join our regular players. All equipment needed, bowls & shoes, will be available free of charge. Dress comfortably & Eng-AGE!
 Contact: Reception 01904 750230

10.30 am	HEALTH WALK Welcome to a 3 mile walk along local footpaths, lasting 1.5 to 2 hours. Stout footwear recommended.	Meet at the Cross Keys Pub, 3 Common Rd, Dunnington, YO19 5NG
<i>Contact: Nigel Emery 01904 489545 Cost: Free</i>		
11 am – 3.30 pm	WHITE MONKS & BLACK CANONS IN YORKSHIRE A day with June Jaques considering the great wool abbeys established by the Cistercians (Fountains, Rievaulx and many more now famous ruins) and the priories of the Augustinians,	St Bede's Pastoral Centre, 21 Blossom Street, York YO24 1AQ Cost: £8
eg Bolton and Bridlington, which ran churches and hospitals. We shall consider their ways of life and achievements and meet some famous characters. <i>Contact: St Bede's 01904 464900</i>		
12.30 – 4.30 pm	ALEXANDER TECHNIQUE A 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 how these habits can be changed to give greater ease and balance.	Healing Clinic, Club Chambers, Museum Street, York YO1 7DN Cost: £7
<i>Please book with Pam Mason at the Healing Clinic: 679868</i>		
2 – 3.30 pm	SEQUENCE DANCING Join our regular dancers for a spin around the dance floor. New members always welcome to Eng-AGE!	New Earswick & District Indoor Bowls Club, York YO32 9PX Cost: Free taster

1.45 – 2.40 pm	GENTLE YOGA Mind-body class to tone, relax and improve flexibility, balance and posture through a variety of positions that strengthen and stretch.	Energise, Cornlands Road, York YO24 3DX Cost: Free for "Be Active" members <i>Contact: Energise 552424</i>
2 pm	COUNTRY MUSIC CONCERT Brenda, Val & the Country Men A group of dedicated singers and musicians will be playing music that they love – cheerful "country" tunes to sing along with. So join Smile & a Song and let's make this the best 50+ ever !!	St Sampson's Centre for the Over 60s, Church Street, York YO1 8BE Cost: Free <i>Contact: Brenda Mackfall 01759 371900</i>
2 pm and 3 pm	HARROWELLS' PRESENTATIONS "Challenging assessments that say care fees need to be paid privately."	Harrowells Solicitors, 1 St Saviourgate, York YO1 8ZQ
2–4 pm	10 minute one-to-one information sessions on issues relating to care, lasting powers of attorney and wills.	Cost: Free <i>Please book as spaces are limited: 01904 558600</i>
2 – 3.30 pm	EFT-MAGIC AT YOUR FINGERTIPS What is EFT Tapping? Join this fun interactive workshop to find out. Learn why you should "try it on everything" from pain to procrastination. Take away tapping techniques you can use anywhere to reduce tension and help you feel calm and relaxed! Booking is essential due to size of venue. <i>Contact: Debbie 07949 174359</i>	York Natural Health Centre, 36 York Road, Acomb, York YO24 4LZ (please note venue is upstairs) Cost: £10

4 – 5 pm **HYPNOSIS & DEEP RELAXATION** *York Natural Health Centre, 36 York Road, Acomb, York YO24 4LZ*
 Come along to this presentation to find out more about hypnosis. Experience a lovely deep relaxation to discover just how relaxed you can be. Leave feeling calmer and more relaxed than you've felt for a long time! Booking is essential due to size of venue. *Contact: Debbie 07949 174359* *Cost: £5*
(please note venue is upstairs)

7.30 – 8.30 pm **THE GENTLE ART OF TAI CHI** *Poppleton Road Memorial Hall, Oak Street, York YO26 4SE*
 Enrich your life by improving stress management techniques to calm the mind and body, improve flexibility, balance and coordination, and give relief from high blood pressure, insomnia, fatigue and back pain. *Cost: Free (with Festival programme)*
Contact: Fran Haggerty 07896 253214

7.30 – 9 pm **IRAN-PROBLEMS & POSSIBILITIES** *Bootham School Hall, 49-57 Bootham, York YO30 7BU*
 The first of a series "Talking of Peace" being organised by the Quakers. Haleh Afshar OBE, Professor of Politics at the University of York, is a prominent Muslim feminist with a background of land reform and development in Iran, where she grew up, and later equal opportunities in Britain. She has been a journalist in both countries and is now a Life Peer in the House of Lords. *Cost: Free*
Contact: Joyce Pickard 01904 621179

8 am – noon **AFFORDABLE ACUPUNCTURE** *York Natural Health, 36 York Road, Acomb, YO24 4LZ*
 Acupuncture can help many conditions, both temporary and chronic, including pain relief and stress, using specific points on meridians well-known in Chinese and Western medicine. This is your chance to try a treatment and find out the benefits for yourself. *Cost: £20 per treatment (normally £35)*

Contact: Alex Lochhead 01904 789055 or 07747 080895 to book

9.30am – 4.30pm **COMPUTERS ARE FUN!** *Acomb Explore Library Learning Centre, Front St, Acomb, York YO24 3BZ*
 Find out more about using a computer, discover how email and the internet can open up your world and learn how to save photos from a digital camera. It's not scary – come along, have a go. Some sessions need booking. *Cost: Free*

For more information contact any library or call 01904 552630

10 am **COFFEE MORNING with Burn & Co** *Quality Solicitors Burn & Company, 1 Ebor House, London Ebor Business Park, Millfield Lane, Nether Poppleton, York YO26 6QY*
 Quality Solicitors Burn & Company would like to welcome you to our offices in Nether Poppleton for a presentation about the benefits of Powers of Attorney in a relaxing environment over tea and coffee. No appointment necessary, simply come along. Individual consultations could be arranged afterwards to suit your needs. *Cost: Free*

Contact: Audrey Langord or Vivienne Cattley 01904 655442

- 10 – **COFFEE MORNING for unpaid carers** *Spurriergate*
 11.30 am York Carers Centre have a regular *Centre (Coney*
 coffee morning for carers on the first *Street) York*
 Wednesday of each month. This is an *YO1 9QR*
 opportunity for carers to drop in for a *Cost: Free*
 break, a chat and to meet other carers.

We would love to see you. *Contact: Sarah Charlton 01904 715490*

- 10 am – **YORK MINSTER SHOW & TELL** *York Minster*
 12.45 pm Come on a guided tour of York
 Minster, with coffee and cake from the *Cost: Free entry*
 Minster Community Café, followed by *for York*
 a unique “Show & Tell” object handling *residents only*
 session with the Historic Collections
 Team at the Old Palace.

Normal admission charges apply and there will be a small charge for refreshments (funds go to Christian Aid). Pre-booking essential. Only 12 places available. *Contact Minster Box Office 08449 390015*

- 10 am – **NO HANDS* MASSAGE TASTER** *York Natural*
 5 pm Discover how this “Gentle Giant” of *Health, 36 York*
 massage can really benefit you! Clients’ *Road, Acomb,*
 feedback varies from feeling mentally *YO24 4LZ*
 calmer, walking taller, looser shoulders *Cost: £20*

or more energetic. Your session time includes a consultation. Available on Wednesdays throughout October. Pre-booking required. *Contact: Joanne Bull 07799 145548*

- 11 – 12 **THE GENTLE ART OF TAI CHI** *Poppleton Road*
 Enrich your life by improving stress *Memorial Hall,*
 management techniques to calm the *Oak Street,*
 mind and body and give relief from *York YO26 4SE*
 high blood pressure, insomnia,
 fatigue and back pain. *Cost: Free*
Contact: Fran Haggerty 07896 253214

- 11.10 – **WEDNESDAY GENTLE AQUAFIT** *Yearsley Pool,*
 11.55 am This is a low impact exercise class *Haley’s Terrace,*
 held in shallow water. While the *Haxby Road,*
 pool water supports your body, the *York YO31 8SB*
 fitness class will help you improve
 overall fitness, improve muscle tone *Cost: Free*
 and help slim your body. For those *taster*
 returning to exercise for their health.

Classes run at the same time every week. No booking necessary but quote 50+ Festival 2012 on entry for your free session. Contact: Yearsley Pool 01904 552424

- 12 – 1 pm **CRYSTAL WORKSHOP & CRYSTAL** *Briar House*
MEDITATION *Resources, The*
 Come and learn about crystals and how *Healing Clinic,*
 they can help restore balance to mind, *Club Chambers,*
 body and soul. Learn how crystals can *Museum Street,*
 help enhance your everyday life! Whether *York YO1 7DN*
 you are new to crystals or you’ve
 encountered their benefits before, come *Cost: £2*
 and join in with a crystal meditation.
Contact: Lindsey Cowen 07545 448912

- 2 – 3 pm **THE GENTLE ART OF TAI CHI** *Poppleton*
 Enrich your life by improving stress *Road Football*
 management techniques to calm the *Pavilion,*
 mind and body, improve flexibility, *Millfield Lane,*
 balance and coordination, and give *Nether*
 relief from high blood pressure, *Poppleton,*
 insomnia, fatigue and back pain. *YO26 6NY*
Contact: Fran Haggerty 07896 253214 *Cost: Free*

- 2.15 – **STRAWBERRY TEA & TOUR** *Hartrigg Oaks,*
 4.15 pm An invitation to visit Hartrigg Oaks, the *Haxby Road,*
 Joseph Rowntree Housing Trust's much- *New Earswick,*
 acclaimed retirement village in York. *YO32 4DS*
 Enjoy a tour of the facilities followed by
 a strawberry tea. *Cost: £5*

Places are limited so please book. *Contact: Sue Clark 01904 752219*

- 7.25 pm **A VISIT TO ST WILFRID'S** *St Wilfrid's,*
 You are welcome to join this tour *Duncombe Pl,*
 organised by York Interfaith. Canon *11 High*
 Michael Ryan will show guests round *Petergate,*
 and talk about the special features of the *YO1 7EN*
 church building and of the Catholic faith.
Contact: Joyce Pickard 01904 621179 *Cost: Free*

THURSDAY 4 OCTOBER 2012

- 10 am – **FREE LEGAL ADVICE with Burn & Co** *Quality Solicitors*
 4 pm If you would like to discuss any issues *Burn & Company,*
 regarding wills, powers of attorney, *Rowntree House,*
 trusts, inheritance tax or probate, *Market Place,*
 please contact us to arrange a free *Easingwold, York*
 confidential meeting with a lawyer. *YO61 3AG*
 By appointment only. *Cost: Free*

Contact: Audrey Langford or Vivienne Cattley 01904 655442

- 10 – 11.30 **TAI CHI FOR ALL** *Burton Stone*
 am A mixture of breathing exercises, *Community Centre,*
 Kai Men Chinese Yoga and Tai Chi to *Evelyn Crescent,*
 develop strength, balance and *York YO30 6DR*
 suppleness. *Cost: £4*

Contact: Iain Keegan 0785 288 1937 (Lishi International)

- 10 am – **NO HANDS* MASSAGE TASTER** *Millers Yard,*
 5 pm Discover how this "Gentle Giant" of *Gillygate, York*
 massage can really benefit you! *YO31 7EB*
 Clients' feedback varies from feeling
 mentally calmer, walking taller, with *Cost: £20*
 looser shoulders or more energetic.

Your session time includes a consultation. Available on Thursdays throughout October. Pre-booking required: *Joanne 07799 145548*

- 10.30 – **THE GENTLE ART OF TAI CHI** *Heworth Without*
 11.30 am Enrich your life by improving stress *Community Centre,*
 management techniques to calm the *Applecroft Road,*
 mind and body, improve flexibility, *Ashley Park,*
 balance and coordination, and give *Heworth, YO31*
 relief from high blood pressure, *Cost: Free*
 insomnia, fatigue and back pain. *(with Festival*
Contact: Fran Haggerty 07896 253214 *programme)*

- 12 noon **NATURAL HEALTH – HERBAL** *Briar House*
 – 1 pm **MEDICINE & NUTRITIONAL** *Resources,*
SUPPORT IN LATER YEARS *Club Chambers,*
 A talk and informal Q&A session. *Museum Street,*
 Many ailments, from minor to the *York YO1 7DN*
 most chronic, can benefit eg high *Cost: £3 (or conc)*
 blood pressure, circulatory disorders, *Booking essential*

arthritis, digestive health, the threat of age-related cancers and the side-effects of prescribed medication. Private consultations available after the talk at a 20% reduced rate. *Contact: Ailsa Marsh 07761 694674*

- 2 – **ZUMBA GOLD** *Energise,*
 2.55 pm The Latin Dance fitness party for the *Cornlands Road,*
 over 50s! *York YO24 3DX*
Contact: Energise 552424 *Cost: Free for "Be*
Active" members

- 2 pm **HARROWELLS' PRESENTATIONS** *Harrowells*
and "Challenging assessments that say care fees *Solicitors,*
 3 pm need to be paid privately." *1 St Saviourgate,*
York YO1 8ZQ
- 2-4 pm 10 minute one-to-one information sessions
 on issues relating to care, lasting powers *Cost: Free*
 of attorney and wills.

Please book as spaces are limited: 01904 558600

- SOME INSIGHTS, HEALING AND WISDOM FROM TIBET** *Quaker Meeting House,*
 2 – 3 Short talk about Tibet and the work of the *Friargate,*
 pm Tibet Support Group York, plus an *York YO1 9RL*
 opportunity to have a Tibetan Head
 Massage, view our exhibition and stall of *Cost: donation*
 Tibetan goods.
- 3 – 4 DVD of the Dalai Lama's talk "Real
 pm Change Happens in the Heart" given in
 Manchester this June.
- 4 – 5 Repeat of the activities between 2-3 pm.
 pm *Contact: Rowena Field 01904 656504*

- 2.30 **TEA & TUNES** *Abbeyfield*
 pm *House, Regency*
Mews, York
 Abbeyfield provides a peaceful friendly *YO24 1LL*
 atmosphere where residents remain as
 independent as possible. Please join us for
 an afternoon of music and refreshments.
 A group formed while at York St John *Cost: £2 to*
 University will be playing their ukuleles *include raffle*
 and inviting everyone to join in the songs. *tickets*
 Share the Yorkulele experience!

Pre-book with Margaret Chambers 01904 704500

- 4 – 6 **YORK CITY OF SANCTUARY** *Quaker Meeting*
 pm **OPEN MEETING** *House, Friargate,*
York YO1 9RL
 This event is a historic step, moving
 York's City of Sanctuary from an ad hoc group of people with a vision into *Cost: Free*
 a fully-fledged organisation.

There will also be a presentation by The Real People Theatre Company to raise awareness and challenge prejudices encountered by those seeking sanctuary. *Contact: Paul Wordsworth 01904 426891*

- 6 – 8 **OPEN EVENING AT FAIRER** *Fairer World Shop,*
 pm **WORLD FAIR TRADE SHOP** *84 Gillygate,*
York YO31 7EQ
 A guided tour of the shop shelves and
 a preview of new season crafts, cards
 and foods, with Christmas in mind. *Cost: Free*
 Catalogues from Traidcraft and
 Created fair trade companies to take
 away. Premium hot drinks served with
 fair trade recipe home-made cakes –
 recipes to take away.
Contact: Charlie Bridge 01904 655116

***The York 50+ Festival is proud to
 contribute to the celebration
 of our city's 800th year!***



YORK OLDER PEOPLE'S ASSEMBLY FUNDRAISER !!!

If you delight in dancing, haven't had a night out for too long, need a break, want a chance for a sociable evening, or simply want to have some fun – then you are warmly welcome to join us on Friday 5th October at our

YK SOUL EVENT & SILENT AUCTION

YOPA would like to thank our friendly local businesses for their generous donations to the evening's fundraiser!

BANANA WAREHOUSE	Stephenson's Rocket model	£40
BANKS MUSICROOM	Piano Teapot & Chocolates	£25
BENGAL BRASSERIE	Meal Voucher	£50
BUBBLES TOYS	Electric Fan Kit	£10
CAVENDISH JEWELLERS	9ct gold Cameo Brooch	£75
CRAFT BASICS	Cross Stitch Kit	£20
EL PIANO	Spanish Rug	£35
FAIRER WORLD	28" Indonesian Carved Lady	£25
GRAND OPERA HOUSE & PICK ME UP THEATRE	Calendar Girls—2 tickets	£48
LUSH	Think Pink Hatbox	£42
MULBERRY HALL	Twin Wedgwood Bud Vases	£35
NESS	Tartan Handbag & Purse	£55
WAITROSE	Hamper of Treats	£40
YORK DIGITAL IMAGE	Winter Minster (framed)	£45

YK SOUL EVENT

Some people will spend the entire evening dancing! Others prefer to sit relaxing or talking to their friends while having a drink and listening to music from the DJs. Above all, people genuinely enjoy these events which are always friendly and welcoming. A YKSoul event is a truly unique and memorable experience with all the proceeds going to charity – and this evening it is the work of YOPA that is being supported.



YKSoul is a charity collective established in 2003 with the specific aim of promoting our love of soul music through charity events in York with all proceeds going to local charities. The YKSoul team comprises Nick Beilby, Steve Bradley, Marie Mortimer, Angela Rennison and Simon Wragg. We are also grateful to many individuals who have helped, without them we could not have raised a current total of £55,500 for a wide variety of local charities.

A huge achievement since 2003.

Please come and share an evening with us!

POST OFFICE CLUB, MARYGATE
7.30 pm - 1 am

**Tickets £5 from York Information Centre
(01904 550099) or at the door**

9 am – **ALEXANDER TECHNIQUE** *York Clinic for*
 2 pm **for Health and Poise** *Integrated*
 Enjoy a 25 minute taster session of this *Healthcare,*
 world renowned technique. Learn *296 Tadcaster Rd,*
 how your posture can be improved, *York YO24 1ET*
 how joint and muscle pain can be *Cost: £8*
 relieved and stresses of everyday life *for 25 mins.*
 can be managed. Please pre-book your *session with Mary Greene 01904 709688*

7.30 pm **CEILIDH FOR PALESTINE** *English Martyrs*
 Join us for a wonderful evening of music *Church Hall,*
 and dance with York Ceilidh Band, *Dalton Terrace,*
Hot Not Bothered, in aid of Medical *York YO24 4DA*
 Aid for Palestinians (www.map-org.uk).
 Your ticket includes a buffet meal and *Cost: £8*
 the chance to learn Dabka, a
 traditional Palestinian dance.

Book today! *Contact: Sue Cooke 01904 795480 or 07799 034484*

SATURDAY 6 OCTOBER 2012

9.30 am **FINANCIAL & LEGAL ADVICE** *Quaker Meeting*
 – 1 pm If you or a family member are in or *House, Friargate,*
 are going into a care home, you will *York YO1 9RL*
 already realise how complex the care *Cost: Free*
 system is. We are providing free 20 *including*
 minute sessions for you to ask *refreshments*
 questions and get clear, easy to
 understand advice from specialists

who understand the financial options available including funding and benefits and the legal aspects. Legal advice provided by Crombie Wilkinson Solicitors and financial advice provided by Mint Wealth Management. To pre-book contact Sarah Emmott 01904 624185

10.30 am **FAMOUS FABULOUS OVER 50s** *Museum Gardens*
WALK *Gates, Museum St,*
 A special walk as part of the York *York YO1 7FR*
 50+ Festival. The contribution of
 the over 50s to York's heritage and *Cost: £5.50 (adults)*
 history – some fabulous, some *£5 (students, YHA,*
 rogues, but all famous! *disabled, Yorkcard)*

Contact: Warwick Burton at YorkWalk 01904 622303

10 am – **IS GARDENING A DELIGHT?** *Brunswick Organic*
 1 pm Are weeds a pain in the neck? Does *Nursery, Appleton*
 digging do your back in? This *Road, Bishopthorpe,*
 enjoyable class aims to take the *York YO23 2RF*
 strain out of gardening. The
 Alexander Technique will help you *Cost: £15*
 find ease and balance as you weed,
 dig and barrow. Booking essential.

Contact: Mary Greene 01904 414793

10 am – **REDISCOVERING BEDERN'S** *Holy Trinity Church,*
 4 pm **BOYS** *70 Goodramgate,*
Family History & the Great War in *York YO1 7LF*
York
 The Bedern School was one of *Cost: Free*
 York's poorest. Many pupils served *(donations welcome)*
 in the Great War and a memorial
 to them resides in Holy Trinity Church.

Drop in to discover their stories and receive help with those niggling family history queries. Reference materials, hot drinks and friendly advice available all day! Donations welcome towards the upkeep of the 343 historic churches in the care of the Churches Conservation Trust. *Contact: Rebecca Healey or Graham White 01904 613451*

- 10.30 – **CHRISTMAS RAGS TO RICHES** *Dunnington*
 3.30 pm Baubles, beads, wreaths, garlands and *Reading Rooms*
 Christmas trees: our Christmas themed *(village hall),*
 workshops will show you how to *Church Street,*
 recycle your unwanted jumpers, coats *Dunnington, York*
 and fabrics (such as velvet) to create *YO19 5PW*
 these fabulous items. Also an *Cost: Free*
 exhibition of rugs, wall hangings,
 cushions and bags. Some items for
 sale. The Ebor Ruggers look forward to
 seeing you!
Contact: Angela Gray 01904 758510

- 2 pm **MADHYAMAKA BUDDHIST** *Madhyamaka*
CENTRE Guided House Tour & *Centre, Kilnwick*
Refreshments *Percy Hall,*
 Welcome to a guided tour of this *Pocklington,*
 historic building, followed by tea/
 coffee and biscuits in the dining room. *YO42 1UF*
 Plenty of time for questions. We look *Cost: Free*
 forward to meeting you.
Contact the Centre: 01759 304832

SUNDAY 7 OCTOBER 2012

- 11 am – **LEARN TO MEDITATE** *Priory Street*
 1 pm Learn to relax with the peaceful practice *Centre, 15*
 of Buddhist meditation. Introductory class *Priory Street,*
 organised by the Madhyamaka Buddhist *York YO1 6ET*
 Centre, perfect for you to try the benefits
 for yourself. *Cost: £5*
Contact the Centre: 01759 304832

- 2 – 3.15 **EFFECTIVE YOGA FOR THE OVER 50s** *Clements Hall,*
 pm – **suitable for everyone** *Nunthorpe Rd,*
 Yoga involves stretching, toning and *Southbank,*
and breathing mindfully. Learn how to *YO23 1BW*
 lubricate your joints, build up bone
 density, improve balance and some *Cost: £4*
 techniques to prevent low back pain. *(for each 75*
min session)
- 3.45 – 5 pm Anna Semlyen, BWY Dip, is the British Wheel of Yoga's Specialist
 Advisor on Back Care and Therapeutic Yoga and author of *Yoga for*
Healthy Lower Backs (book & relaxation CD). All are welcome to
 these gentle, effective yoga sessions. In association with Eng-AGE
 50+ Games. *Contact: Anna Semlyen 01904 654355 or 07891 989310*

POST-FESTIVAL NEWS

- Evenings **ADULT SWIMMING LESSONS** *Yearsley Pool*
 from You are never too old to learn! We offer *Haley's Tce,*
30 Oct. high quality, adult only swimming lessons *Haxby Road,*
 for all abilities from beginner to advanced *YO31 8SB*
 technique. Introductory half price offer for
 new 50+ customers commencing 30 *Cost: £30.50*
 October 2012 (normal price £61) – quote *for 10 weeks*
50+ Festival when booking. One-to-one
 lessons are also available. Course times will
 vary depending on your ability.
Contact: Yearsley Pool 01904 552424

- Wed-Fri **TARGET TRAINING** *Target*
 9.30 am Get started with computers and the *Training,*
 – internet on our FREE & EASY courses! *Age UK York,*
 4.30 pm Using the internet helps you to keep in *7a Acomb Ct,*
 touch with your family and save time, *Front Street,*
 money and hassle. 9 computers available *Acomb, York*
 for practice, research & emailing when not *YO24 3BJ*
 in use for classes. *Contact: 01904 799953* *Cost: Free*

ENJOY !

The York Older People's Assembly would like to welcome you and your friends to the 8th 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