

York Older People's
Assembly presents

York 50+ Festival

in association with THE PRESS

Saturday 24 September –
Sunday 2 October 2016



York 50+ Information Fair
Thursday 15 September
The Guildhall
+ Spurriergate Centre
+ St Sampsons Centre !!!



FULL OF LIFE

For more information visit
www.yorkassembly.org.uk

supported by



crombie wilkinson
solicitors



Foresters
Friendly Society

YORK 50+ INFORMATION FAIR

FREE ADMISSION

GUILDHALL THURS 15 SEPT 10 AM-3 PM

REFRESHMENTS AVAILABLE

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Action on Hearing Loss

Age UK York

Chiropractic Plus

Compassion/Dignity in Dying

Crombie Wilkinson

CYC Housing Services

Dementia Forward

Dept. of Work & Pensions

Explore York Libraries

Foresters Friendly Society

Harrowells

Healthwatch York

IDAS

Last Wishes Funerals

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Lifeline York

National Trust

Oddfellows

Red Hat Society

TEWV mental health

Touch Tuina

University of York Co-Motion

Wiltshire Farm Foods

Wonder Years Centre

York Blind & Partially Sighted Soc.

York Bus Forum

York Older People's Assembly

York Osteoporosis Support Group

York Racial Equality Network

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

PAGE 7 SPURRIERGATE CENTRE

PAGE 8 ST SAMPSON'S CENTRE

ACTION ON HEARING LOSS

A national charity since 1911, we are working towards a world where hearing loss does not limit or label people, where tinnitus is silenced and where people value and look after their hearing. We offer community support and information, coordinate campaigns and conduct research to support those living with deafness, hearing loss or tinnitus to live the life they choose.

AGE UK YORK

Age UK York is a local charity that has served the city's older people for nearly 50 years. Our services and practical support are delivered by paid staff who work alongside our amazing army of 400 volunteers.

CHIROPRACTIC PLUS

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

COMPASSION IN DYING & DIGNITY IN DYING

Both these groups work to encourage choice for people at the end of life. This includes treatment options by making an advanced decision, and freedom to choose to end their own life within 6 months of a terminal condition.

CROMBIE WILKINSON SOLICITORS

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

CYC HOUSING SERVICES

Advice and information on 60+ housing - staying put, moving on, retirement options, buying, renting, etc. Find out how we help residents live in homes which are warmer, safer and easier to heat.

DEMENTIA FORWARD

We support people living with dementia in the York area, providing information and practical support, wellbeing cafés and many other services. Please drop in for a chat.

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DEPARTMENT OF WORK & PENSIONS - CARERS

Providing information and advice on Carer's Allowance and disability benefits and demonstrating our digital services.

EXPLORE YORK LIBRARIES

We will be hosting a programme of exciting events as part of this year's York 50+ Festival including sessions to help you get to grips with the digital world and discover the city's fascinating archives.

FORESTERS FRIENDLY SOCIETY

We are a mutual society with members of local branches administering branch funds for the benefit of their members including former POIS (Post Office Insurance Society) members. Nationally, considerable funds are raised and distributed to various charities each year.

See www.forestersfriendlysociety.co.uk.

HARROWELLS SOLICITORS

We offer a practical blend of professional legal advice, excellent knowledge of local support services and a determination to achieve the right result. Speak to our specialists about powers of attorney, care arrangements and inheritance planning.

HEALTHWATCH YORK

We ensure York people have a say in how local health and social care services are designed and delivered. We need to hear from York people how these services are working for them – do come and talk to us!

IDAS (Independent Domestic Abuse Services)

We are a charity that provides comprehensive support services to all those experiencing or affected by domestic abuse and sexual violence. Our services include refuge accommodation, outreach support and access to a free confidential helpline.

LAST WISHES FUNERALS

For those of us who want to talk about death and dying without being "shushed". Thinking about the inevitable in advance ensures good preparation for us and our families and better choices to suit our individual needs. Eat cake, drink tea and make informed choices.

LIFELINE YORK

We are a drug and alcohol service that supports people of all ages in the City of York. Please come and talk to us.

NATIONAL TRUST

We are offering 20% off in the *Below Stairs Café* at Treasurer's House, plus discounted entry for visits to the House for non-members at £6.20. Come and learn more about our work and help to keep our heritage alive.

ODDFELLOWS

A very active Friendly Society working for the people of York and Scarborough. Drop by and talk to our Vale of York volunteers about our many activities and the benefits enjoyed by becoming a member of the Oddfellows.

RED HAT SOCIETY

Ruby Red Ramblers meet for fun, tea, theatre etc. Djembebash African Drummers meet on a Monday - no experience necessary. York Community Gamelan meets Thursday at the University. Mo is the contact for all 3 groups on 01759 380431 or mo.b@talktalk.net.

TEES, ESK AND WEAR VALLEYS NHS FOUNDATION TRUST

The Trust provides a range of mental health, learning disability and eating disorder services for the people living in County Durham and Darlington, the Tees Valley and most of North Yorkshire.

TOUCH TUINA TREATMENT CENTRE

Free taster sessions in Tuina Chinese Massage and Reflexology. Good for reducing pain and inflammation, increasing mobility and finding that "feel good factor".

UNIVERSITY OF YORK CO-MOTION PROJECT

Co-Motion's research project team interviewed people over 55 going through major life changes affecting their mobility and wellbeing. In 2015 the team ran several workshops about getting out in York, walking and car driving. We now want to share and discuss the findings from this research.

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WILTSHIRE FARM FOODS

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

WONDER YEARS CENTRE OF EXCELLENCE

UK charity WYCE provides education, healthcare and livelihoods in Gambia. For 10 years visiting volunteers have developed and shared their skills on activities and projects that benefit the community. Most of our volunteers are 50+.

YORK BLIND & PARTIALLY SIGHTED SOCIETY

We are a local sight loss charity. Our stand will aim to raise awareness of the risks of sight loss and the importance of regular eye checks. We will have a display of daily living aids to help people living with sight loss carry out day to day tasks and will be able to provide information about the support and services YBPSS can offer.

YORK BUS FORUM

YBF is an independent voice for bus users in and around York. Our motto is *"Get York people where they want to be when they want to be there, in a manner that is affordable, reliable and convenient"*. Come and join us!

YORK OLDER PEOPLE'S ASSEMBLY

An umbrella charity for organisations in York working with older people. Our aim is to raise awareness of policy issues affecting the lives of older people through our public meetings and newsletters and to be well represented on policy-making committees. Our annual 50+ Festival and Information Fairs offer activities, entertainment, services and advice and help to promote community cohesion.

YORK OSTEOPOROSIS SOCIETY SUPPORT GROUP

We support people with osteoporosis in North Yorkshire with meetings of general interest plus medical updates and other subjects which we think will aid people with osteoporosis to cope with any problems they may have.

YREN (York Racial Equality Network)

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



Spurriergate Centre

7

10 am - 3 pm

Coney Street

York YO1 9QR

SPURRIERGATE CENTRE INFORMATION FAIR

More friendly service providers with information, advice and practical help

ALLIANCE FRANÇAISE DE YORK

We offer an extended and varied cultural programme of talks and events, a choir, French repertoire and daytime/evening French courses taught exclusively by native French tutors. Put some French va-va-voom into your life!

ROTARY YORK AINSTY

Our projects include "Hands-on" projects giving direct help; "Days for Girls" - making feminine hygiene kits for girls overseas; "Specsort" - sorting and calibrating donated specs for rural Africa; Wilberforce Trust - gardening and house decorating, "Door 84" supports youth camps and fundraising for *more* projects!

UNIVERSITY OF YORK - SPRU (Social Policy Research Unit)

Finding information on social care, such as help at home or care homes, can be complex. We have designed a leaflet to help it all make sense. Please drop in and give us your views on it.

WEA

We provide a variety of courses for adult learners at various localities in the city. Do drop by our stand, pick up a copy of our brochure and talk to our volunteers about our organisation.

YORK HOUSING ASSOCIATION

Extra care housing and sheltered housing for over 55s. Come and talk to us about any needs you have for housing support.

YORK MIND

York Mind is an independent provider of high quality mental health services in York and its surrounding area. We offer a number of different services to help individuals who are experiencing mental ill health.



ST SAMPSON'S CENTRE

**CHURCH STREET
YORK YO1 8BE**

10 AM – 3 PM

ST SAMPSON'S INFORMATION FAIR

BE INDEPENDENT

We will demonstrate equipment that we have available to support people to live safer and independently in their own home with/without carers and go through the process on how to access our services.

HEALING CLINIC

We provide a wide range of complementary therapies at reasonable rates. We host a wide range of courses and classes in Briar House Resources, our sister social enterprise in Club Chambers on Museum Street, where most of our events are held during the Festival.

YORK CARERS CENTRE

We help unpaid carers living or caring for someone who lives in York. The Centre offers free advice and information, an Emergency Card Scheme and support for young carers and young adult carers.

OLDER CITIZENS ADVOCACY YORK O C A Y

Do you feel like
you have been
treated unfairly?



On 15 Sept. meet us at St Sampson's



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

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

www.oldercitizensadvocacyyork.org.uk

**Tuesday 27 Sept.
10 am – 3.30 pm**

The City of York Council's Public Health team would like to invite participants of the 50+ Festival to drop into our West Offices, Station Rise, to find out more about the NEW

**YORWELLBEING SERVICE
01904 553377**

Talk to Public Health Wellbeing Officers and learn how to make small changes to improve your health and wellbeing.

AGE UK YORK

Age UK York has once again supported the York 50+ Festival in the production of materials and programmes. Our organisation has been providing services for the older people of York and the surrounding area for 45 years and it seems very right for us to continue to support this exciting and innovative Festival.

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

The Festival continues to leave a legacy and inspires our fellow citizens to try a new or different activity or pastime. The programme grows every year with events reflecting all walks of life, abilities and tastes. Enjoy the Festival and try something new!!!

Sally Hutchinson, Age UK York

FULL OF LIFE is a government initiative linking hundreds of events all over the country that are celebrating the International Day of Older People on 1st October. See <http://ageactionalliance.org/theme/older-peoples-day>



1834 – 2016
A HELPING HAND

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

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

www.forestersfriendlysociety.co.uk

or contact the local branch secretary, Enid Webster, on 01904 848589.



crombie wilkinson solicitors

A team of experts

Crombie Wilkinson Solicitors

proudly supporting

YORK OLDER PEOPLE'S ASSEMBLY

and sponsoring

York 50+ Festival



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

YORK

01904 624185

19 Clifford Street

SELBY

01757 708957

6 Park Street

MALTON

01653 600070

Market Place

www.crombiewilkinson.co.uk Follow us on



Castlegate House

Welcome to Castlegate House, Castlegate, York. YO1 9RP

Located opposite Fairfax House, both of these unique Georgian Houses were designed by the famous York architect John Carr. Castlegate House was commissioned by Peter Johnson (Recorder in York) and completed in 1763.

The house has seen many owners including two girls' schools (The Mount School for Girls was founded here).

In 1927 it was bought by Agricola Masonic Lodge.

In 1970 together with our two 'Daughter Lodges' - Alcuin and Francis Drake of York, the building was placed into Trust with the City of York Council.

We will be pleased to welcome any visitors (by prior appointment) to view the house and answer any questions on the house and Freemasonry
- No it is not a Secret Society!

Castlegate House is available for private functions, offering room hire, catering facilities and a licenced bar.

All enquiries: Peter Bebb 01904 471234
e-mail: sec.chctmc@yahoo.com

For further information on Freemasonry:
<http://www.pgl-york.org.uk/>



YORKSHIRE NORTH
& EAST RIDINGS



Just paperwork and signatures? Think again.

Yes, we know...paperwork and signatures are part of what we do.

However, the real benefit of our advice is that we identify options you might not have thought possible and help sort out practical issues if the need arises.



Visit our stand at the **York 50+ Information Fair** to find out how we can help.

Powers of
Attorney

Care
Arrangements

Wills & Trusts

Disputes
& Claims

Property

Family
Businesses

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HERE**

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in your own way – about
whatever's getting to you.



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This number is FREE to call

FREE



jo@samaritans.org



samaritans.org



visit us – find your nearest
branch on our website

A registered charity





**special
offers**

20% off your visit to Treasurer's House

Quote 50+ festival

Enjoy 20% off in the Below Stairs
Café and a special discounted rate
of £6.20 for a house ticket

Free entry to café - accessed by stairs only
Find us by York Minster

24 September - 2 October 2016

Open daily 11am - 4pm

01904 624247

nationaltrust.org.uk/treasurershouse

National Trust



**For Mind Body and Spirit
Therapies**

Reiki, Tarot, Mediums & Massage

*Shop open for all
your new age needs
Available Now!*

Call 01904 622706

or visit The Zentist
76 Gillygate, York YO31 7EQ

Need a local meeting room or training venue?



Poppleton Road Memorial Hall

Oak St, off Poppleton Road.

www.poppletonroadhall.org.uk

- ∞ 100 seat auditorium with hearing loop,
dropdown screen & projector.
- ∞ 15 and 5 seat meeting rooms.
- ∞ Free superfast Wifi throughout
- ∞ Enquiries 07817 101149

Start your own regular activity or join an existing one.

Yoga, Zumba, Ballet, Adult Tap, Football Tots,
Monday Club (Senior Citizens)

ENG-AGE 50+ GAMES !

SATURDAY 24 SEPT. – SUNDAY 2 OCT.

The City of York Council's new YorWellbeing Service in partnership with the city's voluntary and community sports sector would like to welcome you to the 50+ Games section of the 50+ Festival programme. Please contact a member of the YorWellbeing team on 01904 553377 for further information or to book your place. All sessions are **free** unless stated otherwise. Comfortable clothing and suitable footwear are needed for all sessions.



www.york.gov.uk/engage



Just 30



@just30york

YORK GLIDING CENTRE – COME FLY WITH ME

We are delighted to be able to confirm this splendid offer for the duration of the Festival for the 2nd year in succession.

SAT 24	Come and experience gliding in a	<i>York Gliding</i>
Sept. to	motor glider at York Gliding Centre.	<i>Centre Ltd.</i>
SUN 2	Discounted rate: usually £90, now	<i>Rufforth</i>
Oct.	£45 for those aged 50 and over.	<i>York YO23 3NA</i>

To book contact Roy at York Gliding Centre on 01904 738694 or email roy@dales-hotel.co.uk and quote 50+ Games discount.

SAT 24	CARDIO TENNIS	<i>Heworth Tennis</i>
9.30-10.30 am	Games and drills to really get your heart pumping. Club Coach, Jason May, will get you running around and hitting lots of balls. It's a great way to improve your tennis and your fitness.	<i>Club</i>
		<i>East Parade</i>
		<i>YO31 7YH</i>
SUN 25	INDOOR BOWLS	<i>York & District</i>
10 am-	Free beginners' coaching session.	<i>Indoor Bowls</i>
12 noon	Come and join us!	<i>302 Thanet Rd.</i>
		<i>YO24 2NW</i>

SUN 25	BOWLS TASTER SESSION	<i>New Earswick</i>
10 am-12;	Your chance to try a free introductory	<i>Indoor Bowls</i>
or	game of bowls. Our coaches will be	<i>Huntington Rd.</i>
12-2 pm	on hand to give expert guidance and	<i>Huntington</i>
	all equipment needed (bowls & shoes)	<i>YO32 9PX</i>
	will be available free of charge. Dress	
	comfortably. <i>Contact: 01904 750230</i>	
SUN 25	TENNIS - CLUB PLAY	<i>Heworth Tennis</i>
1.30-4 pm	A session for those who can play.	<i>Club</i>
	Mix with current members for some	<i>East Parade</i>
	friendly tennis. <i>Contact: 01904 430167</i>	<i>YO31 7YH</i>
MON 26	WALKING FOOTBALL	<i>Burnholme</i>
10-11 am	A slower paced version of the	<i>Community Hub</i>
	beautiful game, ideal for those not	<i>(astro turf pitch)</i>
	ready to hang up their boots.	<i>YO31 0GW</i>
MON 26	CLIMBING	<i>Energise</i>
10 am-12	Try your hand at 'the wall'. A one	<i>Cornlands Road</i>
	hour introductory session. Learn the	<i>YO24 3DX</i>
	basics of heading for the top! Please	
	book with <i>Energise: 01904 552424</i>	
MON 26	TRY GOLF	<i>Forest Park Golf</i>
11 am-12	No equipment necessary as clubs and	<i>Club</i>
	balls will be provided. Please wear	<i>Stockton on the</i>
	comfortable shoes and <i>phone Mark</i>	<i>Forest</i>
	<i>01904 400425</i> to book a place.	<i>YO32 9UF</i>
MON 26	RUN YORK	<i>Meet at the</i>
6.30 pm	A running group for beginners and	<i>Marriott Hotel</i>
	improvers - open to all ages. Distance	<i>Tadcaster Road</i>
	is adapted to suit the abilities of group	<i>YO24 1QQ</i>
	members. <i>Contact: Richard 07846</i>	
	<i>189103</i> or email runyork@sky.com	

TUES 27	YEARSLEY POOL	<i>Yearsley Pool</i>
9-11 am	It's time to give your 50+ body some gentle exercise. Try a free swim – all you need is to be 50+ and bring your own swimwear. Why not treat yourself and a friend...you know it makes sense and will be fun!	<i>Hayley's Terrace York YO31 8SB</i>
TUES 4		
&		
TUES 11		
Oct		
TUES 27	TENNIS RUSTY RACKETS / BEGINNER COACHING	<i>Heworth Tennis Club</i>
9.15-10.15	Group coaching for those who haven't picked up a racket before...or haven't since they were at school!	<i>East Parade YO31 7YH</i>
TUES 27	RUSTY RACKETS – BADMINTON	<i>Railway Institute</i>
10-11 am	Free session for new players who are welcome to try our 50+ open sessions.	<i>22 Queen Street YO24 1YA</i>
TUES 27	KEEP FIT SESSION	<i>New Earswick</i>
10-11 am	Join our regular keep fitters for a not too strenuous workout to keep agile whatever your age. <i>Contact: 750230</i>	<i>Indoor Bowls Club, YO32 9PX</i>
TUES 27	SEQUENCE DANCING	<i>New Earswick</i>
2-3.30 pm	Join our regular dancers for a spin around the dance floor. New members always welcome. <i>Contact: 750230</i>	<i>Indoor Bowls Club, YO32 9PX</i>
TUES 27	RUN YORK – Heworth Harriers	<i>Meet at:-</i>
6.30 pm	A running group for beginners and improvers – open to all ages. Distance is adapted to suit abilities. <i>Contact: Richard Smith 07846 189103</i>	<i>Heworth Tennis Club East Parade YO31 7YH</i>
TUES 27	CARDIO TENNIS	<i>Heworth Tennis Club</i>
7-8 pm	Games and drills to really get your heart pumping. It's a great way to improve your tennis and your fitness.	<i>East Parade YO31 7YH</i>

TUES 27	OPEN SWIM	<i>New Earswick</i>
7.30-8.30 pm	with New Earswick Swimming Club, a friendly volunteer-run community club. Limited space.	<i>Swimming Pool Hawthorn Tce. YO32 4AQ</i>

To book please call 07989 757406 or email acc_cm@hotmail.com.

WED 28	LINE DANCING	<i>New Earswick</i>
10-11 am	Join us for some fun. Learn new steps and review old ones.	<i>Indoor Bowls Club, YO32 9PX</i>

WED 28	INDOOR BOWLS	<i>York & District</i>
12-3 pm	Free beginners' coaching session. Come and join us!	<i>Indoor Bowls 302 Thanet Rd. YO24 2NW</i>

THUR 29	MUSICAL MOVEMENT	<i>New Earswick</i>
2-3 pm	Join our regular movers to music for a not too strenuous workout to keep agile whatever your age.	<i>Indoor Bowls Club, YO32 9PX</i>

THUR 29	INDOOR BOWLS	<i>York & District</i>
6-8 pm	Free beginners' coaching session. Come and join us!	<i>Indoor Bowls 302 Thanet Rd. YO24 2NW</i>

THUR 29	WALKING FOOTBALL	<i>Bootham</i>
6.30-7.30 pm	A slower paced version of the beautiful game, ideal for those not ready to hang up their boots.	<i>Crescent Gym YO30 7AQ</i>

THUR 29	RUN YORK	<i>Meet at:-</i>
7 pm	A running group for beginners and improvers – open to all ages. Distance is adapted to suit abilities. Contact: Richard 07846 189103	<i>Millennium Bridge</i>

FRI 30 SHORT MAT BOWLS*New Earswick*

9.45- For those who are concerned that
11.45 am indoor bowls may be too heavy to
handle, this is your chance to try a free

*Indoor Bowls
Club, YO32 9PX*

introductory game of carpet 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.

*Contact: 01904 750230***FRI 30 NORDIC WALKING***Rowntree Park*

11.15am- An enhancement of ordinary walking
12.15pm and well worth experiencing. Please
call 01904 553377 to book a place.

*Reading Café
Richardson Street
YO23 1JU***FRI 30 OPEN SWIM***New Earswick*

7.30- with New Earswick Swimming Club,
8.30 pm a friendly volunteer-run community
club. Limited space.

*Swimming Pool
Hawthorn Tce.
YO32 4AQ*

To book, please call 07989 757406 or email acc_cm@hotmail.com

SAT 1st CARDIO TENNIS*Heworth Tennis*

9.30- Games and drills to really get your
10.30 am heart pumping. It's a great way to
improve your tennis and your fitness.

*Club
East Parade
YO317YH**Contact: Jason May 07900 394788***SUN 2nd INDOOR BOWLS***York & District*

10 am- Free beginners' coaching session. Come
12 noon and join us!

*Indoor Bowls
302 Thanet Rd.***SUN 2nd INTRO TO MASTERS RUGBY***Bustardthorpe /*

12 noon This is the perfect vehicle for the older
athlete to participate in a team sport,
with minimal contact to suit.

York Knavesmire

No previous rugby experience necessary, just the ability to keep fit, or get fitter, in a fun, welcoming environment. Having a sense of humour is a definite advantage! *Contact: Simon 07828 816886*

WALKING FOR ALL

Walking is fun, especially with friends old and new – it could be addictive!

Contact: The Ramblers – Vera Silberberg 01904 628134

Contact: York Walking for Health – Mike Pye 07960 120983

MON 26	Rawcliffe Health Walk	<i>Rawcliffe P&R Shipton Road York YO305XZ</i>
10.30 or	Moderate or	
11 am	Fast	
	Meet at the Rawcliffe Park & Ride Office	
MON 26	River Rambling	<i>Kings Arms Pub 3 King's Staith York YO1 9SN</i>
10 am	A walk down river of your own choice for 4, 7 or 9 miles and return by bus.	
TUES 27	City Centre Health Walk	<i>York Explore Museum Street</i>
11 am	A medium walk of 45-60 minutes.	
WED 28	Haxby Health Walk	<i>Meet at:- Oaken Grove...</i>
10.30	A medium walk of 45-60 minutes.	
	Oaken Grove Community Centre, Reid Park, Haxby YO32 3QZ	
THUR 29	Coxwold Rambling	<i>Coxwold Village Hall car park YO61 4BB</i>
10.45	A rural walk of 5/6 miles with mixed terrain/stiles & possible livestock in fields.	
	Stephenson's bus leaves York Exhibition Square at 9.55 to arrive in Coxwold at 10.35. Leaves Coxwold at 16.24 arrives back in York at 17.08.	
THUR 29	City Centre Health Walk	<i>York Art Gallery Exhibition Square</i>
2 pm	A short walk of up to 30 minutes.	
FRI 30	City Centre Health Walk	<i>York Explore Museum Street</i>
11 am	A short walk of up to 30 minutes.	
FRI 30	Escrick Rambling	<i>St Helen's Church Escrick YO19 6EX</i>
2 pm	A 5 mile walk using the old railway track. No. 415 bus from Piccadilly at 13.48.	
SUN 2	Tadcaster Rambling	<i>Meet at Tadcaster Bus Station</i>
10.30	6.5 miles. A fairly flat walk with good paths.	

Bring a packed lunch and suitable footwear. Coastliner bus both ways.

20 **EVENTS PRIOR TO THE FESTIVAL**

THUR 22 RECIPES & LIVES

1.45 for 2 pm Amusing anecdotes around family recipes, new and old, reveal exotic childhoods and growing international ties, to enrich all our futures. Delicious recipes to taste and leaflets to take away to cook for yourselves. Access: 2 steps into performance room.

*Jacob's Well
Trinity Lane
Micklegate
York YO1 6EL*

Cost: donation

Contact: F. Mary Callan for Women & Words 01904 653836

THUR 22 FINDING THE WORDS

7 pm Enjoyment guaranteed! Listen to poets from Yorkshire and beyond with a glass in your hand, at our relaxed and welcoming poetry evening.
Contact: 01904 552828

*York Explore
Museum Street
York YO1 7DS*

Cost: £3 (£2 with York card)

FRI 23 YORK 50+ FESTIVAL SHOW, BACKSTAGE TOUR & CREAM TEA

1-4 pm Curious about the £6 million redevelopment of the city's 270 year old theatre? Welcome to a behind-the-scenes tour followed by a tasty cream tea, both preceded by ...

*Theatre Royal
St Leonard's Pl.
York YO1 7HD*

Cost: £10

the **50+ Festival Show** featuring Julie Rayne, 1960s singing star, York's popular Chris Barnes on acoustic guitar, and Swan Song stories from your host Adrian Spendlow with songs by Debra Simpson. We will also be joined by young Lizzie Hall, and the fabulous Egyptian scintillation of Jane Wass and Mazazik Dance. Tickets from the Theatre Royal: 01904 623568



EVENTS DURING FESTIVAL WEEK 21

SAT 24 Sept -	FREE POSTURE CHECKS Dealing with aches and pains? Want tips to keep your spine healthy and prevent problems? Need advice on exercises to maintain good balance? Book your <i>free</i> 15 minute postural health check with our qualified chiropractors:	<i>Chiropractic Plus</i> 34a The Village Haxby, York YO32 3HT <i>Cost: FREE (these offers are ongoing)</i>
SUN 2 Oct		

Chiropractic Plus Haxby, book on 01904 766966

This ongoing free postural check is also available from

***Chiropractic Plus Pocklington, 12 Regent Street
book on 01759 303289***

SAT 24 Sept -	HOTTER SHOES AT EVEN HOTTER PRICES Come into our store to see our fantastic new AW16 range and enjoy 30% off full-priced shoes, boots and handbags. Sizes from 3–9 with half sizes and 3 width fittings on offer.	<i>Hotter</i> 3 Feasgate York YO1 8SH <i>Cost: FREE entry</i>
SUN 2 Oct		

NB The offer excludes shoe care and is not in conjunction with any other offer. *Contact: Kirsten 01904 656554*

MON 28 Sept -	NEW FAIR TRADE PRODUCTS FOR CHRISTMAS New crafts, foods and Christmas cards from Traidcraft, the UK's leading fair trade company. Including embroidered cards from Bangladesh,	<i>Fairer World</i> <i>Fair Trade Shop</i> 84 Gillygate YO31 7EQ <i>Cost: FREE entry</i>
SAT 1 Oct 10am-6pm		

Christmas decorations from India, silk scarves from Vietnam and jigsaws from Sri Lanka. Christmas cake tasters, food samples, catalogues to take away - no charge. Products on sale. Orders taken. *Contact: Charlie Bridge 01904 655116*

SAT 24 Sept - SUN 2 Oct 10am-9pm	INTUITIVE MASSAGE Based on 19 years of experience, I use techniques derived from Swedish massage, sports massage, Thai massage, acupressure and Reiki to ease away your tension and pain, leaving you more relaxed and with an improved sense of wellbeing.	20 Hambleton Terrace York YO31 8JJ Cost: £30 per hr. (usual price £40)
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Sorry, not wheelchair accessible. Please book: *Rakesh 07946 419151*

SAT 24 Sept - SUN 2 Oct 10am-9pm	YOUR WAY OUT OF DEPRESSION Depression affects your whole life. Those who have hypnotherapy often feel a weight has been lifted off them and that they are far more in control over their thoughts, mood and their life in general.	20 Hambleton Terrace York YO31 8JJ Cost: £10 per hr. (usual price per treatment from £40)
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Sorry, not wheelchair accessible. Please book: *Rakesh 07946 419151*

SAT 24 Sept - SUN 2 Oct 11am-6pm	TRANSFORM, IMPROVE, ENJOY LIFE Discover how unconscious thoughts prevent good things from happening in your life and how to transform them. Stress Release & Angel Healing help you to create a meaningful and joyful life.	2 Smeed House Birch Close Huntington York YO31 9PL Cost: £10 for 90 mins
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See 'Law of Attraction'. Booking essential: *Belinda Levy 07541 012100*

Full information: www.ComplementaryHealthCareClinicYork.co.uk

SAT 24 Sept - SUN 2 Oct 11am-6pm	MAGNIFICANT HEALING & HYPNOTHERAPY / NLP You can be Healthy & Happy! Natural therapies can heal a wide range of physical, mental & emotional problems. <i>Book: Belinda 07541 012100</i>	2 Smeed House Birch Close York YO31 9PL Cost: £15 for 90 mins
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Full information: www.ComplementaryHealthCareClinicYork.co.uk

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- 10 am - **UNLOCK YOUR CAMERA POWER** *Acomb Explore Library*
2 pm Ever taken 20 photos and still not had one good enough to print? Make the most of your camera phone or camera by coming to this session with professional photographer Jay Varner. *Front Street YO24 3BZ*
Cost: FREE

Get tips and tricks to take the perfect photo. Bring your own device. Booking essential. *Contact: Katie Atkinson 01904 552651*

- 11 am - **FREE E-MAGAZINES+AUDIO BOOKS!** *Acomb Explore Library*
1 pm Do you love to read magazines? Would you like to use our library Zinio app to download them to your tablet or smart phone for free? And audio books are available from our e-library too! *Front Street YO24 3BZ*
Cost: FREE
Contact: Katie Atkinson 01904 552651
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- 2-3 pm **CLASSICAL INDIAN DANCE CLASS** *Denham Room*
A beginners introduction for anyone who would like to experience this lovely style of dance. All welcome and mobility issues are not a problem as many movements can be done seated. *Priory St Centre 15 Priory St. YO1 6ET*
Cost: £5
Contact: Emma Patrick 07894 869025
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- 2-4 pm **DEAD GOOD CAKE 'N CHAT** *Briar House*
For those who want to talk about death and dying without being 'shushed' and dispel common myths and taboos. Thinking about the inevitable in advance will help better *Club Chambers York YO1 7DN*
Cost: £5 (inc. tea & cake)
-

prepare us for what we want at the end, not what might be foisted on us. Eat cake, drink tea and make informed choices with Last Wishes Funerals. *Contact: Chris Dudzinska 01653 627170*

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- 1.30 - **WALK & TALK-JUDAISM & ISLAM** *Meet at:-*
 4 pm **IN YORK** *York Mosque*
Bull Lane
York YO10 3EN
 Join members of York's Jewish and Muslim communities in an afternoon of scriptural reasoning, talking and walking in solidarity from the new mosque to Clifford's Tower. The theme is hate crime and how to reduce it. *Cost: FREE...*

...donations of dry or tinned food for the Trussell Trust food bank welcomed. Mosque 01904 413123/Jewish Community 07469 159134

- 2-4 pm **LIBRARIES & ARCHIVES** *York Explore*
VOLUNTEER DROP IN *Museum Street*
York YO1 7DS
 Find out about the range of roles available at this recruitment fair to expand our fabulous volunteer team. *Cost: FREE*
 We really do have something for everyone and we always need some extra help! *Contact: 01904 552828*
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- 2.30 - **LET GO AND LAUGH** *The Black Swan*
 4 pm Did you know that 15 minutes of *Peasholme Green*
 laughter exercise burns as many calories *York YO1 7PR*
 as 15 minutes on a rowing machine? *Cost: £7*
 Join Jude & flex those laughter muscles *(stair access)*

– explore the transformative effect of gentle laughter exercise in an hour or so of...well...cathartic madness really!!! *Contact: 01904 728342*

- 6.30 pm **FOUR SCORE YEARS & TEN?** *St Edward's*
 A service of music, readings, meditations *Church*
 celebrating ageing, inspired by the *Tadcaster Road*
 Queen's birthday. All ages welcome! *York YO24 1QG*
 No 4 and Coastliner buses stop close by; parking available. *Cost: FREE*
Contact: Gill Stamp 01904 709111
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10-11 am	ACOMB HEALTH WALK Come and enjoy a health walk around Acomb and meet new people! <i>Contact: Rachel Benn 01904 552651</i>	<i>Acomb Library Front Street York YO24 3BZ Cost: FREE</i>
10-12 noon	COFFEE MORNING Come along and enjoy a friendly chat over a hot drink and slice of homemade cake. All welcome. <i>Contact: Jane Wilson 01904 552668</i>	<i>The Library Reading Rooms Dunnington YO19 5PW Cost: FREE</i>
1-2 pm	SEATED PILATES This class is for those with physical limitations and others who avoid mat routines, and is designed to improve mobility, flexibility & strength. <i>Contact: Joanna Ingerson 07802 722525</i>	<i>Briar House Club Chambers Museum Street York YO1 7DN Cost: £8</i>
1-2 pm	GETTING THE BEST OUT OF YOUR LIBRARY'S ONLINE SERVICES Come and find out how to order and suggest books online, download e-books, audios and magazines as well as using <i>ancestry.co.uk</i> and other library services. <i>Contact: Stephen Dunn 01904 552669</i>	<i>The Library Garth Road Huntington York YO32 9QJ Cost: FREE</i>
1-3 pm	ACOMB CARERS HUB Care hubs are a chance for unpaid carers to get together in their local communities to meet other carers and take a break from their caring role in a friendly environment. A chance to meet staff from York Carers Centre and learn about the support we can offer you. <i>Contact: Sam Ferguson 01904 715490</i>	<i>Methodist Church Front Street Acomb York YO24 3BX Cost: FREE</i>

2-4 pm	POPPLETON ROAD OVER 60s CLUB “Eyes down, look in...” If you fancy making new friends, enjoy a cuppa and a chat, with occasional outings, come and join our friendly bingo club during term time. New members always welcome. <i>Contact: Fran Haggerty 07896 253214</i>	Poppleton Rd Memorial Hall Oak Street York YO26 4SE Cost: <i>FREE</i>
Between 2-8 pm	FEEL EASY & LIGHT WHEN YOU MOVE Would you like to relieve back or neck pain, improve your posture, move with ease, manage stress? Is your pain work related? Do you get aches and pains after you play sport or work in the garden? Find out how to make important changes that can positively transform how you move.	York Clinic for Integrated Healthcare 296 Tadcaster Rd YO24 1ET Cost: <i>£10</i>
Energising & rejuvenating! Essential to book for your 30 minute session. <i>Contact: Mary Greene 01904 709688</i>		
3-4 pm	FAMILY HISTORY ONLINE Find out about online resources to help you trace your ancestors and research your family tree. Booking for this popular course is advisable: 01904 552828	York Explore Library Square Museum Street York YO1 7DS Cost: <i>FREE</i>
3.30-4.30 pm	PAIN FREE MOVEMENT WITH SOMATICS Somatics is a simple and effective movement therapy that can eradicate chronic muscular pain. Using simple self-care techniques, learn how to release and relax the tight muscles that cause pain (back, neck, hip, sciatica, headaches, joint pain, etc.) and restore mobility. We are on the 2nd Floor – sorry, stairs, no lift. <i>Contact: Janet Wood 07912 566753</i>	MI Studio – Pilates Somatics 2nd Floor York Railway Institute 22 Queen St. YO24 1ET Cost: <i>£1</i>

10-11 am	QUALITY OF LIFE THE HERBAL WAY	<i>Briar House Club Chambers Museum Street York YO1 7DN</i>
	It is often assumed that, after 50 we decline and become more in need of conventional medication. Donald disagrees and, in keeping with the spirit of the 50+ Festival, he believes that quality of life and longevity are yours for the taking if you look after yourself.	<i>Cost: £5</i>

He is a traditional herbalist with over 25 years clinical experience and in his talk he will explain how tailor-made herbal medicines can nudge you into a new health balance. Expect tastings, and plants to sniff. *Contact: Donald Purves 07904 839301*

10-11 am	DISCOVER CLOUD STORAGE	<i>The Library 5th Avenue Tang Hall YO31 0PR</i>
	Explore a better way to store your photos, music and files using free Cloud services such as Dropbox and Google Drive. <i>Booking essential: 01904 552655</i>	<i>Cost: FREE</i>

10.30 -	DUNNINGTON HEALTH WALK	<i>Cross Keys Pub 3 Common Rd. Dunnington YO19 5NG</i>
12 noon	A regular weekly walk providing gentle exercise and a pleasant experience. Some 3½ miles on some of the many lovely footpaths around the village. A light lunch is often available in our Methodist Chapel after the walk. <i>Contact: Derek Utley 488552</i>	<i>Cost: FREE</i>

2-3.30 pm	DRAMA WORKSHOP	<i>Friargate Theatre Lower Friargate York YO1 9SL</i>
	Are you interested in performance? Would you like to put your creativity under the spotlight? Then why not join Riding Lights in this 'taster' workshop?	<i>Cost: £5</i>

Using practical exercises, led by a professional director, participants will be encouraged to learn new skills and have fun along the way. *Contact: Bernadette Burbridge 01904 655317*

Between **ALEXANDER TECHNIQUE 30 mins 1-1** 2 West Moor
 2-6 pm Practising this technique will enable you to Lane
 have more flow and balance in movement Heslington
 and at rest. You will learn to have greater York YO10 5ER
 awareness and more ease in everyday
 activities, through recognition of, and Cost: £10
 release of, unnecessary tensions.

Booking essential. Contact: Pam Mason 01904 414640

7.30 - **DEMENTIA FRIENDS** Tower Room
 8.30 pm The session will give participants a basic St Nicholas's
 understanding of the different types of Dunnington
 dementia, the symptoms displayed and YO19 5PW
 how we can learn to listen & communicate
 better with those living with the disease. Cost: FREE

Numbers are limited so please contact: Judith Hewitt 01904 488331

7.30 - **TABLE TENNIS** Sports Club
 10 pm We have two weekly groups which are run Common Rd.
 in a friendly environment, where we invite Dunnington
 both beginners and players to join us. YO19 5NG
 If you wish to keep fit in a sociable
 atmosphere with like-minded people, give Cost: FREE
 us a try. Contact: Ron Willits 01904 489046

8-9 pm **TAI CHI CLASS** Poppleton Rd.
 Tai Chi can help to lower blood pressure, Memorial Hall
 improve flexibility, balance and breathing. Oak Street
 You can learn how to let go of stress and YO26 4SE
 tension, build vitality and increase energy
 levels. Cost: FREE

Exercises can be adapted to suit most physical limitations, making it
 ideal for recovery from illness or injury. Free with Festival programme.
 Contact: Fran Haggerty 07896 253214

10-11 am	DISCOVER TWITTER	<i>Acomb Library</i>
	Come along and find out everything you need to know about joining and enjoying Twitter, including how to get followers, use hashtags to your advantage and create lists. <i>Contact: Acomb Explore 01904 552651</i>	<i>Front Street</i>
		<i>Acomb</i>
		<i>YO24 3BZ</i>
		<i>Cost: FREE</i>

10 am - 3 pm	CARERS' MARKETPLACE	<i>York Explore</i>
	A marketplace event for unpaid carers to see what support and organisations are available for them.	<i>Library Square</i>
		<i>YO1 7DS</i>
		<i>Cost: FREE</i>

Organised jointly with York Carers Centre and Alzheimer's Society.
Contact: Sam Ferguson 01904 715490

11-12 noon	TAI CHI CLASS	<i>Poppleton Rd.</i>
	Tai Chi can help to lower blood pressure, improve flexibility, balance and breathing. You can learn how to let go of stress and tension, build vitality and increase energy levels.	<i>Memorial Hall</i>
		<i>Oak Street</i>
		<i>YO26 4SE</i>
		<i>Cost: FREE</i>

Exercises can be adapted to suit most physical limitations, making it ideal for recovery from illness or injury. Free with Festival programme.
Contact: Fran Haggerty 07896 253214

12 noon - 2 pm	GREET, EAT & MEET (GEM)	<i>Clements Hall</i>
	GEM is an over 50s community lunch. Every Wednesday, there's a hot lunch and varied activities – with a warm and friendly community feel. It is funded by the People's Health Trust for residents in surrounding streets. Please phone if you're interested and to see if you live in our catchment area.	<i>South Bank</i>
		<i>Nunthorpe Rd.</i>
		<i>York</i>
		<i>YO23 1BW</i>
		<i>Cost: £2</i>
	<i>Contact: Kate Davy 01904 466086</i>	

12 noon - **SEATED YOGA** *Briar House*
 1 pm The class is based around mindful *Club Chambers*
 breathing and gentle stretching to work *Museum Street*
 towards a calm mind and healthy body. *York YO1 7DN*
 Everyone welcome no matter how unbendy! *Cost: £8*
Book with Katy Garner 07903 190662

1-3.30 pm **PRESENT TO THE PRESENCE OF GOD** *St Bede's Centre*
Mindfulness with Marion Hoyland *21 Blossom St.*
 This is about focusing our attention on *York*
 the present moment both through the *YO24 1AQ*
 practice of meditation and in taking *Cost: £6*
 mindful moments in our everyday lives.

This session will provide a mixture of teaching, practice and time for personal reflection and prayer. *Contact: Diane or Carol 01904 464900*

Between **MINI SEATED MESSAGES** *Briar House*
 2-4 pm **for Mental Health** *Club Chambers*
 10 minutes of super-relaxing head *Museum Street*
 and shoulder massages from the *York YO1 7DN*
 Healing Clinic practitioners. In a *Cost: £5*
 chair, no oils, clothes on. *Just ring to*
let us know when you'll be dropping
in: 01904 679868

Between **WANDESFORD HOUSE - Tour & Tea** *Wandesford*
 2-5 pm An invitation to visit our 18th Century *House*
 almshouse opened in 1743, preserved *37 Bootham*
 by the Mary Wandesford Charity, and *YO30 7BT*
 still offering a home to the elderly. Five *Cost: FREE*
 minutes walk from York Minster. *(donations*
 Explore the beautiful gardens, lounge *welcome)*
 and chapel. *Pre-book on one of the time*
slots with Maxine Waller 07946 060211

4-5.30 pm	THE ALMSHOUSES OF YORK	<i>Meet at:-</i>
	In medieval times the old and sick would look to their parish church for support and almshouses were established. York is rich in these almshouses and our leisurely historical tour will introduce you to several.	<i>York Explore Library Square Museum St. YO1 7DS</i>
	<i>Contact: Monica Nelson 01904 612581</i>	<i>Cost: £1</i>

7-8.30 pm	THE TIBETAN BOOK OF THE DEAD the way of life, death and rebirth	<i>Quaker Mtg. House Friargate York YO1 9RL</i>
	This film explores the wisdom, insights and guidance offered by the ancient and revered Tibetan Book of the Dead.	<i>Cost: £5/£3</i>

There will be an opportunity for discussion as well as information displays about Tibet, a stall of Tibetan handicrafts and Tibetan refreshments. *Contact: Rowena Field 01904 656504*

THURSDAY 29 SEPTEMBER 2016

9.30 am -	TABLE TENNIS	<i>Sports Club</i>
12 noon	We have two weekly groups which are run in a friendly environment, where we invite both beginners and players to join us. If you wish to keep fit in a sociable atmosphere with like-minded people, give us a try. <i>Contact: Ron Willits 01904 489046</i>	<i>Common Rd. Dunnington YO19 5NG</i>
		<i>Cost: FREE</i>

	ARCHIVES BLITZ-IT: CIVIL DEFENCE	<i>York Explore Archives Reading Rm. Museum St. YO1 7DS</i>
9.30 –11.30	Get hands-on with York's archives and help us sort and repackage our amazing Civil Defence records. No experience is necessary – all you need to bring is your enthusiasm! Places are limited – please book into one of the three time slots.	<i>Cost: FREE</i>
12.30-2.30		
3.30-5.30		
	<i>Bookings: 01904 552800</i>	

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- 10-11.30 am **NEW EARSWICK CARERS HUB** *Quaker Mtg. House
White Rose Ave.
New Earswick
YO32 4AE*
Carer hubs are a chance for unpaid carers to get together in their local communities to meet other carers and take a break from their caring role in a friendly environment. *Cost: FREE*

A chance to meet staff from York Carers Centre and learn about the support we can offer you. *Contact: Sam Ferguson 01904 715490*

- Between 10 am - 1 pm **MINI FACIALS** *Briar House
Club Chambers
Museum Street
York YO1 7DN*
Half an hour of lovely pampering (variety of styles), with teas and self-help information. Booking essential. *Contact: June Tranmer 01904 679868* *Cost: £10*
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- 10.30 - 11.30 am **ANCESTRY COMPUTER WORKSHOP** *Tang Hall Library
5th Avenue
Tang Hall
York YO31 0PR*
Come and use Ancestry on our computers to trace your relatives. Basic computer knowledge is needed for this workshop. Please book. *Contact: Julia Sanders 01904 552655* *Cost: FREE*
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- 10.30-11.30 **TAI CHI CLASS** *Heworth Without
Community Centre
34 Applecroft Rd.
Heworth
YO31 0HD*
11.45-12.30 **SEATED TAI CHI CLASS**
Tai Chi can help to lower blood pressure, improve flexibility, balance and breathing. You can learn how to let go of stress and tension, build vitality and increase energy levels. *Cost: FREE*
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Exercises can be adapted to suit most physical limitations, making it ideal for recovery from illness or injury. Free with Festival programme. *Contact: Fran Haggerty 07896 253214*

11.15-	LISHI CHINESE EXERCISE	<i>Briar House</i>
12.15 am	A mixture of breathing exercises, Kai Men Chinese yoga & Tai Chi to help develop strength, suppleness and balance. It will also help mental focus and memory. <i>Contact: Iain Keegan 07852 881937</i>	<i>Club Chambers Museum Street York YO1 7DN Cost: £4</i>
1-2 pm	REIKI SHARE with Adina & Iain You will be able to work with the energies, receive healing and ask any questions you may have about Reiki – a friendly and informative experience for practitioners and non-practitioners alike.	<i>Briar House Club Chambers Museum Street York YO1 7DN Cost: £5</i>
Level 1 Reiki attunements available £20. <i>Contact: Adina 07909 247733</i>		
1.30 -	KNIT & NATTER	<i>Clements Hall</i>
3.30pm	A small welcoming group meets regularly. No need to book, just drop in. Bring any kind of needlework and enjoy a cheery chat and a cuppa with biscuits. <i>Contact: Pauline Buchanan 07746 636088</i>	<i>Nunthorpe Rd. York YO23 1BW Cost: £1.50</i>
2 pm	SING-ALONG FESTIVAL SPECIAL You are warmly invited to an afternoon's sing-along with Keith, Brenda and Patricia wending our way together through the songs of the 1930s, 40s, 50s and 60s – all the songs you know and love. <i>Contact: Keith Jackson 01751 431522</i>	<i>St Sampson's Centre Church Street York YO1 8BE Cost: FREE</i>
2-3 pm	VAL'S TAP CLASS A fun way to keep fit. Val is an ex-professional dancer with many a tale to tell of life on the stage. Beginners and intermediate dancers welcome. No special shoes required – just well-fitting hard-soled shoes. <i>Contact: Enid 791187</i>	<i>Poppleton Road Memorial Hall Oak Street York YO26 4SE Cost: £3 but first class FREE</i>

2-3 pm	TRACE YOUR FAMILY HISTORY Come and explore your family history and find out about your ancestors with Ancestry.com! <i>Book with Elaine Tanton 01904 552651</i>	Acomb Explore Library Front Street YO24 3BZ Cost: FREE
2-3.30 pm	DRAMA WORKSHOP Are you interested in performance? Would you like to put your creativity under the spotlight? Then why not join Riding Lights in this 'taster' workshop?	Friargate Theatre Lower Friargate York YO1 9SL Cost: £5
Using practical exercises, led by a professional director, participants will be encouraged to learn new skills and have fun along the way. <i>Contact: Bernadette Burbridge 01904 655317</i>		
2-4 pm	BOOK SIGNING – “FAIR’S FAIR” Margot Brown and Kathryn Tissiman, members of the York Fair Trade Forum, will be signing copies of their new booklet <i>Fair’s Fair</i> , which tells of ten courageous and visionary ‘champions’ from different countries who are helping to improve the lives of people who grow and make what we buy and use. <i>Contact: Charlie Bridge 01904 655116</i>	Fairer World Fair Trade Shop 84 Gillygate YO31 7EQ Cost: FREE entry
6.30 - 7.30pm	A LITTLE EVENING OF CALM Whether it is to unwind, to focus, to practise mindfulness or just as a method to de-stress, Art Therapy has become a craze across the world. We are inviting you to explore your creative side whilst taking a step back from the hustle and bustle. All the materials will be provided for you to enjoy an hour of zen. <i>Booking advised. Contact: 01904 552828</i>	York Explore Library Square Museum Street York YO1 7DS Cost: £2

Between **ALEXANDER TECHNIQUE TASTER** York Clinic for
 9 am - **Feel easy & light when you move** Integrated
 2 pm Would you like to relieve back or neck Healthcare
 pain, improve your posture, move with 296 Tadcaster Rd
 ease, manage stress? Is your pain work YO24 1ET
 related? Do you get aches and pains after
 you play sport or work in the garden? Cost: £10
 Find out how to make important changes
 that can positively transform how you move.

Energising & rejuvenating! Essential to book for your 30 minute session. Contact: Mary Greene 01904 709688

10 am - **FUSED GLASS WORKSHOP** 1 Norfolk Street
 12 noon You will be decorating glass using various York YO23 1JY
 methods including copper foil, glitter and
 frit. You will make about 7 pieces (5 steps up into
 including a coaster, light catcher and some the house)
 small items. They will then be placed in
 the kiln and fused overnight. Numbers Cost: £20
 limited to 10. All materials supplied.
 Contact: Naomi Whittaker 01904 629927

1-2 pm **BELLYDANCE FUN – a taster class** York Dance
 Dip your toes into another culture by Works
 having a go at Egyptian dance. You will 11 Redeness St.
 learn some simple moves and dance them Layerthorpe
 to upbeat Egyptian music (traditional and York YO31 7UU
 modern). You will be taught by a JWAAD
 qualified teacher with several years Sorry, not w/c
 experience. Guaranteed to leave smiling! accessible
 Contact: Larissa Collins 07790 542987
 Cost: suggested donation £5 (all profits to Women's Aid)

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- 1-2.30 pm **OPEN HOUSE - SONG BOX SENIORS** *Oaken Grove Community Centre*
 Visit our “Friendship group with a musical twist” for a very warm welcome, lots of singing, tea and cake, and a display of our many projects. We look forward to meeting you. Everyone’s welcome!
Contact: Thea Jacob 01904 634390 *Reid Park, Haxby YO32 3QW*
Cost: donations
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- 2-4pm **FREE TO BE ME showcase** *Guardian Court Water Lane Clifton York YO30 6PR*
 Calling all care home, care agency and estate managers, staff and volunteers AND anyone interested in the wellbeing of older lesbian, gay, bisexual and transgender people. Don’t miss this opportunity to view, free of charge, the York LGBT Forum’s ***Free to be Me in Care*** which is now available for booking. Share this friendly, lively, fun and informative presentation with your colleagues for the sake of those you care for.
Contact: Sue Lister 01904 488870 *Cost: FREE or by donation towards the work of the York LGBT Forum*
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- 3-4.30 pm **GLUTEN-FREE BAKING** *Tea on the Green 37 The Green Acomb York YO26 5LL*
 You are invited to a demonstration of gluten-free baking – lemon/orange polenta cake and chocolate brownies. Enjoy a pleasant afternoon with a cuppa and slices of the baking included. Booking advisable.
Contact: Rachel Parker 01904 789380 *Cost: £5*
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9 am -	BIG BOOKSALE	<i>Acomb Explore Library</i>
3 pm	Come and pick up a bargain in our <i>BIG</i> booksale! Adult fiction, non-fiction and audio books. Fill a carrier bag for £5!	<i>Front Street</i>
	<i>Contact: Rachel Benn 01904 552651</i>	<i>YO24 3BZ</i>
		<i>Cost: FREE entry</i>

10-12 noon	ORAL HISTORY	<i>Southpark Care Home</i>
	We are seeking volunteers to interview care home residents and record their memories using oral history methods – these records will be presented to the residents later.	<i>Gale Lane</i>
		<i>Acomb</i>
		<i>YO24 3HX</i>
		<i>Cost: FREE</i>

Please get in touch by 9 September and an Oral History workshop will be provided prior to the interviews on 1st October. To discuss the possibilities, please *contact Eran Cohen: 07983 084800*

	FRENCH TASTER SESSIONS	<i>Alliance Française</i>
10.30 - 12 noon	For complete beginners.	<i>61 Bootham</i>
OR		<i>YO30 7BT</i>
1-2.30	For post beginners.	<i>Cost: £5</i>

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

11 am -	HARVEST HAPPENING	<i>St Denys Church</i>
4 pm	An invitation for 50+ and younger people together, to join the friends of St Denys for a colourful street procession, starting at 11 am Fossgate and finishing 11.45 at St Denys Church. Then enjoy the talents of local performers & guided talks	<i>St Denys Road</i>
		<i>Walmgate</i>
		<i>York YO1 9QD</i>
		<i>Cost: FREE</i>

whilst enjoying a 'harvest cream tea.' Donations welcome. Sorry, not accessible by wheelchair. *Contact: Maxine 07737 816894*

12 noon	YORK GREEN PARTY Drop In	<i>Briar House</i>
- 5 pm	Learn about some of the environmental issues that the Greens care about. Learn how to get the message across more effectively and reach the widest possible audience.	<i>Club Chambers Museum Street York YO1 7DN</i>
	<i>Contact: Tom Franklin 07989 948221</i>	<i>Cost: FREE</i>

SUNDAY 2 OCTOBER 2016

Noon -	HARVEST HAPPENING	<i>St Denys Church</i>
3 pm	An invitation for 50+ and younger people together, to join the friends of St Denys for a cultural event with music and poetry for the local community – welcome and worship for all, including learning about the 7 wonders of St Denys.	<i>St Denys Road Walmgate York YO1 9QD</i>
		<i>Cost: FREE</i>

Donations welcome. Sorry, not accessible by wheelchair.

Contact: Maxine Waller 07737 816894

POST-FESTIVAL EVENTS 2016
FOR YOUR CONTINUED ENJOYMENT

MON 3	WELCOME TO CIRCLE DANCE	<i>St Olave's</i>
Oct	Join a friendly group and enjoy some simple circle dances from around the world. Clear teaching, beginners welcome. We dance in a circle so no partner needed. <i>Access: 2 steps entrance.</i>	<i>Church Hall Marygate Lane York YO30 7DS</i>
4.15 -		
5.15 pm		
	<i>Contact: Niccy Cordner 07845 115777</i>	<i>Cost: FREE</i>

MON 3	SCOTTISH COUNTRY DANCING	<i>English Martyrs Church Hall Dalton Terrace YO24 4DA</i>
Oct	Come along to an evening of fun and dance. You will have the opportunity to meet our members, dance with us and enjoy a cup of tea at the interval. By the end of the night you will wonder why you didn't try it sooner! Wear soft shoes.	<i>1st session FREE</i>
7.30 - 10 pm		
	<i>Contact: Diana Nicholson 07733 363326</i>	

TUES 4	AGE FRIENDLY MUSEUMS WEEK	<i>York Castle Museum Eye of York YO1 9RY</i>
Oct	Come to the York Castle Museum and visit Kirkgate , our recreated Victorian street. Experience the displays, explore the street and enjoy a cuppa and cake afterwards with people from a similar age group. <i>Contact: Lucy Knock 650361</i>	<i>(for SatNav use YO1 9WD)</i>
10 am - 12 noon		

'Age Friendly Museums' is run in collaboration with Age Collective, Age UK and Silver Sundays and is designed for older audiences.

The event itself is free but museum admission applies.

Booking required: 01904 687633 or www.yorkmuseumstrust.org.uk

WED 5	FRENCH CHOIR – Open Evening	<i>Community Room 43A, Ouse Lea Shipton Rd York YO30 6SA</i>
Oct	Join us for a fun session of singing in French. There is no need to be able to speak fluent French, it is just an opportunity for you to use what French you have in a fun, relaxed and friendly atmosphere. Space can be limited so	<i>Cost: FREE</i>
6-7.30 pm		

best to call first: *Alliance Française 01904 656827 (answer machine)*

THUR 6	"COURTED" – a Silver Screen film	<i>City Screen 13-17 Coney St York YO1 9QL</i>
Oct	Everything changes for Michel Racine, the feared president of the Assize Court, when he meets Ditte again when she's selected as a juror in a criminal trial over which he presides. <i>Tickets: 0871 902 5726</i>	<i>Cost: Silver Screen prices</i>
Silver Screen times		

ENJOY !

The York Older People's Assembly would like to welcome you and your friends to the 12th York 50+ Festival. We hope you will enjoy taking part in these events and will help to create next year's Festival.

***FOR A TAPED SUMMARY OF THE
PROGRAMME PHONE 01904 731120.***

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

Sue Lister has been coordinating this festival as a member of the YOPA committee since she came up with the idea in 2005.

This is Sue's last year.

For the 50+ Festival to continue in 2017, volunteers are needed to create a new team – programme, publicity, displays, et al.

We invite your participation!

01904 761240

yorkassembly@btconnect.com

York 50+ Festival

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

www.yorkassembly.org.uk