

York Older People's
Assembly presents

York 50+⁺ Festival

in association with THE PRESS

Saturday 27 September –
Sunday 5 October 2014



York 50+ Information Fair
Wednesday 10 September
Guildhall & Spurriergate
Centre & All Saints Pavement
& St Sampsons !!!



FULL OF LIFE

For more information visit
www.yorkassembly.org.uk

supported by



**YORK 50+ INFORMATION FAIR
FREE ADMISSION
GUILDHALL WED 10 SEPT 10 AM - 4 PM**

**REFRESHMENTS SPONSORED BY NORTH REGION
COOPERATIVE MEMBERSHIP TEAM**

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Age UK York
Centre for Global Education
Centre for Lifelong Learning
Compassion in Dying
Crombie Wilkinson
CYC Sport & Active Leisure
CYC Housing Advice
Dementia Forward

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Dept of Work & Pensions
Foresters
Harrowells
Healing Clinic
Healthwatch
Inland Waterways
Last Wishes Funerals
NY South Trefoil Guild



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OCAY
Rotary-York Ainsty
Shopmobility
WEA
York Blind & Partially Sighted Soc.
York Carers Centre
York Housing Assoc.

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York LGBT Forum
York Older People's Assembly
York Osteoporosis Society
York Racial Equality Network
York Wheels
Yorkshire Air Ambulance
Yorkshire Housing

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

PAGE 7 SPURRIERGATE CENTRE

PAGE 8 ALL SAINTS PAVEMENT & ST SAMPSON'S

AGE UK YORK

We provide a wide range of personal and practical support, which includes giving information and advice, arranging respite care and friendly visitors, helping after a stay in hospital, and organising a variety of leisure activities such as holidays and day clubs.

CENTRE FOR GLOBAL EDUCATION Engaging interactive activities for all ages that encourage community cohesion.

CENTRE FOR LIFELONG LEARNING

We offer a broad range of part time courses specifically tailored to adult learners. So whether you want to study for credit, for pleasure or via distance learning, we have a course for you!

COMPASSION IN DYING & DIGNITY IN DYING

Compassion in Dying supports choices at the end of life and provides information about rights including Advance Decisions. Dignity in Dying is campaigning for legislation which would allow terminally ill patients to choose to end their lives.

CROMBIE WILKINSON

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

CYC SPORT & ACTIVE LEISURE

We provide opportunities for people of all ages across York to keep fit and healthy. Our Eng-AGE programme provides community sport and physical activity sessions for the older active adult including badminton, tai chi and Pilates and participates in events such as the annual Eng-AGE 50+ Games to let people know what is available.

CYC HOUSING ADVICE

Alice Walker will give advice and information on housing and housing issues for the over 60s. Moving on, staying put, adaptations, specialist housing, you name it and we can talk about it!

DEMENTIA FORWARD

We are an experienced, passionate team supporting people living with dementia and those who care for them in our local area.

DEPARTMENT OF WORK & PENSIONS

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

FORESTERS

We are a friendly society which has worked in York since 1837, taking care of its members and also raising funds to donate to the work of other charities. Please come and find out more.

HARROWELLS

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

THE HEALING CLINIC

We are a complementary health clinic offering a wide range of therapies for individual treatments. We also do outreach work at events, work-places, conferences, weddings, care homes, etc, as well as self-help workshops.

HEALTHWATCH YORK

We work hard to enable the people of York to get the best out of, and also improve, our local health and social care services. We aim to put you at the heart of these services.

INLAND WATERWAYS ASSOCIATION NORTH RIDING BRANCH

This is the local branch of a national charity, which represents the interests of boaters in the North Yorkshire, Teesside and Tyneside areas. We operate Castle Mills Lock in York on behalf of the City of York Council and publish a newsletter – *Northern Navigation News*.

LAST WISHES FUNERALS

Advising people on how to keep funeral costs down, while at the same time creating a more personal, meaningful and healing funeral.

NORTH YORKSHIRE SOUTH TREFOIL GUILD

Provides friendship, fun and activities for its members as well as opportunities to support Guiding and the community. Membership is open to anyone over the age of 18 who is willing to make the Guide Promise.

OCAV

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

ROTARY CLUB – YORK AINSTY

We are seeking volunteers to work with club members on two projects, one is recycling used spectacles (which has been running for many years) and another is making kits to help young women overseas. For more information about Rotary's work in your community ring 01904 704666. Come and find out more at our stand at the Information Fair.

SHOPMOBILITY

Come and chat to us and collect a leaflet explaining what Shopmobility has to offer for people with mobility problems whether it is on a temporary or permanent basis.

WEA

Provides a wide range of learning opportunities. Do drop by our stall and pick up a copy of all our local courses.

YORK BLIND & PARTIALLY SIGHTED SOCIETY

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

YORK CARERS CENTRE

We provide activities and support for unpaid carers of all ages who live, or care for someone who lives in York. Carers can also get free confidential advice and information on a range of issues including benefits, employment, training, carers' rights and how to plan for an emergency.

YORK HOUSING ASSOCIATION

Housing and support provider within York and the surrounding area. Extra care housing for people over 55 who need a little more support to live independently. Sheltered housing for people over 55.

YORK LGBT FORUM

We are a voluntary organisation which advocates, campaigns, provides awareness training and works with partners in support of all lesbian, gay, bi and trans youth, adults and older people. If you would like to find out more or help in any way, please come and chat to 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 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.

YORK WHEELS

We provide door to door transport for people over 60 or with a disability. We can take you anywhere, for appointments or for social events.

YORKSHIRE AIR AMBULANCE

A charity which provides two rapid-response helicopters to respond to life threatening situations across Yorkshire. Volunteers are needed to help the fundraising team – please phone 01422 237900.

YORKSHIRE HOUSING

We assist customers to maintain independence in their own home through the York Handyperson Service for clients who qualify. We refer to other agencies for Mobile Wardens/Telecare/Benefit Advice/Safer York Partnership and Yorkshire Housing's Handytec Service.



Spurrriegate Centre 7

**10 am - 4 pm
Coney Street
York YO1 9QR**

More friendly service providers with information, advice and practical help.

BLUE BIRD CARE

Bluebird Care provides care for both children and adults in their own homes. We offer a range of services including personal care, social calls, shopping, domestic help, meal preparation, night sits and medication prompting. Telephone 01904 691992 for more information.

CHIROPRACTIC PLUS

Struggling with back pain? We're here to help! Chiropractic is effective for a range of conditions, tailored to your needs, and suitable for all ages. Enjoy a FREE posture check from our qualified chiropractors.

IDAS

IDAS is a charity which supports adults and children in North Yorkshire who are experiencing or have experienced domestic abuse. We work with families in their homes and communities and run several refuges across the county.

VISION EXPRESS

Our experienced and qualified opticians will offer a spectacle maintenance service on the day as well as give advice on the latest eyewear products including contact lenses for all your eye care needs. We can discuss options for sport, leisure and vocational use.

WILTSHIRE FARM FOODS

We are a frozen meal delivery 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.

YORK NATURAL HEALTH

The Centre offers a range of therapies/activities for people of all ages based on a natural approach to health and healing. From osteopathy and foot care to acupuncture and laughter!! Come and meet practitioners today and get a taste of what is on offer.

8



All Saints Pavement
10 am - 4 pm
High Ousegate
York YO1 8RZ

FRIENDS OF YORK WALLS

Find out all about our activities and sponsor a stone at Fishergate Postern Tower to make sure it stays there, intact, for future generations to enjoy. An original gift or to observe a special occasion.

ODDFELLOWS

Sharing how the Oddfellows Friendly Society works for the people of York and Scarborough.

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Our stand will contain information about what it means to be a Quaker, with leaflets, books and newsletters about Quakers generally and Quakers in York. (See our Quaker Quest workshop on 4 October.)

ST. NICHOLAS FIELDS

York Environment Centre for nature and green living is located just one mile from the city centre. Come and talk to us about our activities and the nature reserve which is open to individuals and groups all year round.

YORK ARCHAEOLOGICAL TRUST/THE JORVIK GROUP

YAT preserves and presents our heritage through a range of archaeological work and research & The Jorvik Group of attractions which includes the Jorvik Viking Centre, DIG, Barley Hall, Henry VII Experience at Micklegate Bar and Richard III Experience at Monk Bar.

YORK CITY OF SANCTUARY

Providing welcome and support to those from other cultures coming as residents to York with focus on refugees, asylum seekers and those fleeing domestic violence or other abusive behaviour.

PLUS...at ST SAMPSON'S CENTRE, Church Street, York YO1 8BE

BE INDEPENDENT

We are a telecare and warden call service helping to promote independent living.

RESOURCE CENTRE FOR DEAFENED PEOPLE

Modern telephones and different methods of using them make it so much easier for elderly people to cope. This removes the anxiety of members of the family who may not be able to contact their loved ones to enquire about their health/well-being.

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 43 years and it seems very right for us to continue to support this exciting and innovative Festival.

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

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

Sally Hutchinson, Age UK York

FULL OF LIFE is a government initiative linking hundreds of events all over the country that are celebrating the International Day of Older People on 1st October. See <http://olderpeoplesday.co.uk>



1834 – 2014

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

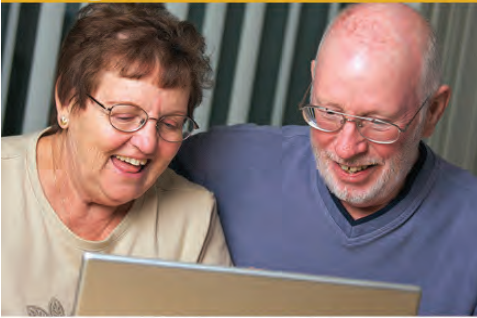
MALTON

01653 600070

Market Place

www.crombiewilkinson.co.uk Follow us on   

Get started with using a computer and the internet



Using the internet helps you save time, money & hassle

+ we can help with PC problems at home



Target Training @ Age UK York

7a Acomb Court, Front St

Acomb, York YO23 3BJ

Tel: 01904 799953

enquiries@targetlearning.org.uk

OLDER CITIZENS ADVOCACY YORK OCAY

Do you feel like you have been treated unfairly?



Have you got difficult choices to make?



Need someone to speak up for you?

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

52 Townend Street, York, YO31 7QG

01904 676200 info@ocay.co.uk

Office hours 10-3 Mon-Thurs; 10-2 Fri

Drop in or by appointment.

Home visits can be arranged.

www.oldercitizensadvocacyyork.co.uk

Making life better



when sight is worse

Wilberforce Trust supports people with sight loss and other disabilities

We can help with:-

Housing

Rehabilitation

Eye assessments

Promoting independence

Providing courses including cookery, art, personal safety and visual awareness

Accessible room hire

Phone 01904 760037 or visit www.Wilberforcetrust.org.uk

Quaker Quest

Is this a spiritual path for you?

What does it mean to be a Quaker today?

Explore the Quaker way of Worship and Witness

Saturday, 4th October

At the Quaker Meeting House,

Friargate, York YO1 9RL

9.30am – 12.30pm

Speakers – Discussion – Information

To find out more ring 01904 624065

Or just come along



Lifelong health and wellbeing

- Sign up for the 50+ "Be Fit, Be Healthy Challenge"
- Find out how you can get involved and have your say
- Learn about individualised care plans, named GPs for over 75s, Community teams, Support for people with a long term condition and lots more

When Thursday 2 October 2014 11am-3pm

Where West Offices, Station Rise, York. YO1 6GA

There's no need to book, just pop along for a cuppa and chat between **11am** and **3pm** - we'll be delighted to see you.



The best health and
wellbeing for everyone.

SAMARITANS

YORK

IF SOMETHING'S TROUBLING YOU, THEN GET IN TOUCH

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



Just having someone to talk to that isn't family or friends can be a tremendous help. You don't have to be suicidal to get in touch.



CONTACT US NOW

08457 90 90 90

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



YORK 50+ FESTIVAL SHOW

MONDAY 22
 SEPT. 2014
 2 - 5 pm

Learn all about the historic York Theatre Royal, its productions, patrons and ghosts. Enjoy a tasty cream tea followed by a lively variety show hosted by local storyteller Adrian Spendlow. Tickets £8 (+ £1 transaction fee)
 Box Office: 01904 623568

ENG-AGE 50+ GAMES !

These games showcase sporting opportunities available in York for anyone over 50. For a third year, the Sport and Active Leisure Team has partnered with voluntary sports clubs and organisations that will be opening their doors for a selection of coaching sessions and open days.

Please contact Catriona Sudlow on 01904 553377 or catriona.sudlow@york.gov.uk for further information or to book your place. All sessions are **free** unless stated otherwise. Comfortable clothing and suitable footwear are needed for all sessions.



www.york.gov.uk/engage



Just 30



@just30york

SAT 27	CARDIO TENNIS WORKOUT	<i>Heworth Tennis Club</i>
9.30-10.30 am	Fun drills and games to get your heart pumping. No previous tennis experience needed! Rackets supplied.	<i>East Parade YO31 7YH</i>
SAT 27	ROLLING BY THE RIVER SKYRIDE	<i>Marygate Landing in Museum Gardens</i>
10 am	5-7 miles river ride + allow approximately 2 hours of cycling.	
SUN 28	BEGINNERS INDOOR BOWLS	<i>York & District Indoor Bowls Club, YO24 4NW</i>
10 am - 2 pm	Coaching session in indoor bowls. Please call 01904 704180 to book.	
SUN 28	WELCOME TO SAILING!	<i>York Sailing Club</i>
10 am - 3 pm	Come on down to the club to try your hand and talk about what the club offers. See www.yrisc.org .	<i>Bishopthorpe YO23 2XB</i>
SUN 28	NEW EARSWICK INDOOR BOWLS CLUB OPEN DAY	<i>New Earswick Indoor Bowls Club, YO32 9PX</i>
10 am - 12 and 12- 2 pm	For information on activities available or to book your place please ring the club on 01904 750230.	
SUN 28	TENNIS - CLUB PLAY	<i>Heworth Tennis Club, East Parade YO31 7YH</i>
1 - 4 pm	Mix with current members and enjoy some tennis!	

ENG-AGE 50+ GAMES

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MON 29	50+ MULTI-ACTIVITY SESSION	<i>York RI Dance Studio</i>
10 am - 12 noon	1 hour aerobics/circuits followed by 1 hour badminton or table tennis. (Eng-AGE programme)	<i>YO24 1AD</i>

MON 29	THREE HEARTS HEALTH WALK	<i>Rawcliffe Bar Country Park</i>
11 am	1 hr 15 min - 2 hr walk. Please wear clothing appropriate to the weather! Meet beside Park & Ride building.	<i>YO30 5XZ</i>

MON 29	RUN FOR FUN	<i>Run York</i>
6.30 pm	Run group for beginners and improvers. Open to all ages. Distance is adapted to suit the abilities of the group.	<i>Marriott Hotel Tadcaster Road</i> <i>YO24 1QQ</i>

TUES 30	RUSTY RACKETS - TENNIS	<i>Heworth Tennis Club</i>
9.15 - 10.15 am	Beginners group coaching for those returning to tennis or wanting to try something new! Rackets supplied.	<i>East Parade</i> <i>YO31 7YH</i>

TUES 30	KEEP FIT SESSION	<i>New Earswick</i>
10 - 11 am	Join our regulars for a gentle workout. Booking required - please call 01904 750230.	<i>Indoor Bowls Club, YO32 9PX</i>

TUES 30	RUSTY RACKETS - BADMINTON	<i>York RI</i>
10 - 11 am	Open to anyone who wants to improve their skills or get back into sport. (Eng-AGE programme)	<i>Gymnasium</i> <i>YO24 1AD</i>

TUES 30	SEQUENCE DANCING	<i>New Earswick</i>
2 - 3.30 pm	New members welcome! Please book at 01904 750230.	<i>Indoor Bowls Club, YO32 9PX</i>

TUES 30	CARDIO TENNIS WORKOUT	<i>Heworth Tennis Club</i>
7 - 8 pm	Fun drills and games to get your heart pumping. No previous tennis experience needed! Rackets supplied.	<i>East Parade</i> <i>YO31 7YH</i>

WED 1	YORK HEALTH WALK - 4/5 miles	<i>Rowntree Park Car Park YO23 1JQ</i>
11 am	Join us for a day out and bring a packed lunch. A leisurely introduction to some of the bridges over the Rivers Ouse and Foss.	
WED 1	SPORTING MEMORIES	<i>York & District Indoor Bowls Club, YO24 4NW</i>
12 - 3 pm	Members Day and beginners coaching session in indoor bowls. Please call 01904 704180 to book.	
WED 1	BOCCIA & NEW AGE KURLING	<i>Barstow House 5 St Benedict's Rd YO23 1YA</i>
2 - 3.30 pm	A free session for all local people who are 50+. Meet new friends and have some fun!	
WED 1	TAP DANCING	<i>New Earswick Indoor Bowls Club, YO32 9PX</i>
7 - 8 pm	New members welcome! Please book at 01904 750230.	
WED 1	GROUP TENNIS COACHING	<i>Heworth Tennis YO31 7YH</i>
7 - 8 pm	Free to 50+. Rackets provided.	
THUR 2	TENNIS DOUBLES COACHING	<i>Heworth Tennis Club East Parade YO31 7YH</i>
9.30 - 10.30 am	You don't need a partner. Our coach will help you to improve your doubles game with fun drills!	
THUR 2	BOCCIA & NEW AGE KURLING	<i>Lincoln Court Ascot Way YO24 4RA</i>
10.30 - 12 noon	A free session for all local people who are 50+. Meet new friends and have some fun!	
THUR 2	TENNIS - CLUB PLAY	<i>Heworth Tennis East Parade YO31 7YH</i>
6 pm onwards	Mix with current members and enjoy some tennis!	
THUR 2	RUN FOR FUN	<i>Run York Millennium Bridge at Rowntree Park</i>
7 pm	Run group for beginners and improvers. Open to all ages over 16. Distance is adapted to suit the abilities of the group.	

THUR 2 7.30 - 9.30 pm	TOMIKI AIKIDO Free taster session for anyone interested in trying out our Japanese martial art. Changing facilities available.	<i>Two Rivers Tomiki Aikido Club, York RI Gymnasium YO24 1AD</i>
THUR 2 8 - 10 pm	YORK KENDO CLUB Free session for the Over 50s. Watch, join in and find out more about this exciting martial art. Please wear loose clothing if participating.	<i>Joseph Rowntree School Sports Centre, Haxby Road YO32 4BZ</i>
FRI 3 10 - 11.30 am	CARPET BOWLS Taster session. Booking required. For further information please ring the club on 01904 750230.	<i>New Earswick Indoor Bowls Club, YO32 9PX</i>
FRI 3 1 - 4 pm	TENNIS - CLUB PLAY Mix with current members and enjoy some tennis!	<i>Heworth Tennis East Parade YO31 7YH</i>
FRI 3 2 - 3.30 pm	BOWLSABILITY Bowls, carpet bowls and boccia for participants with physical and learning disabilities. Please book at 01904 750230.	<i>New Earswick Indoor Bowls Club, YO32 9PX</i>
SAT 4 9.30 - 10.30 am	CARDIO TENNIS WORKOUT Fun drills and games to get your heart pumping. No previous tennis experience needed! Rackets supplied.	<i>Heworth Tennis Club East Parade YO31 7YH</i>
SAT 4 10 am - 2 pm	INDOOR BOWLS COACHING Beginners session. Please call 01904 704180 to book.	<i>York & District Indoor Bowls Club, YO24 4NW</i>
SUN 5 1 - 4 pm	FIRST SUNDAY COMMUNITY OPEN DAY Come and give tennis a go for free at your local club.	<i>Heworth Tennis East Parade YO31 7YH</i>

OFFERS AT YEARSLEY POOL & ENERGISE

Offer valid **IT'S NEVER TOO LATE – FREE**
27 Sept – 1-1 ADULT SWIMMING LESSON
12 Oct Are you disappointed you cannot swim and have fun with your grandchildren? Do you want a new challenge? Yearsley Pool and Energise can help with a free introduction to adult swimming lessons with a qualified experienced instructor.

*Yearsley Pool
 Hayley's Tce.
 Haxby Road
 YO31 8SB
 &
 Energise,
 Cornlands Rd.
 YO24 3DX*

Why not book your free one-to-one lesson today! Quote York 50+ Festival when booking (available to 50+ only).

*Contact: 01904 552424 or by email:-
 yearsleypool@york.gov.uk & energise@york.gov.uk*

Offer valid **FREE SWIMMING & AQUAFIT**
27 Sept– AT YEARSLEY POOL
12 October

Be part of York's proud swimming heritage and swim in York's Edwardian 50 yard pool. Despite its age many customers still think it's "**simply the best**".

*Yearsley Pool
 Hayley's Tce,
 Haxby Road
 YO31 8SB*

TUESDAYS Open Swim

11 – 4

THURS Open Swim

2.30 - 5.55

FRIDAYS Aquafit

5.35 - 6.20

SUNDAYS Aquafit

5.35 - 6.20

Cost: FREE

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

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

SPORTING MEMORIES OF YORK

Do you have an interest in sport? Would you like to share your memories, meet new people and reminisce about great sporting occasions? Come down to one of our Sporting Reminiscence sessions in Acomb at the venues and times below:-

Wednesday 1 Oct 12 - 3 pm	York & District Indoor Bowls Club, Thanet Road, York YO24 2NW
Friday 3 Oct 1 - 3 pm	Acomb Explore Library, Front Street, York YO24 3BZ

**DEMENTIA AWARENESS WORKSHOP
FOR SPORTS CLUBS AND LEISURE SETTINGS**

Are you Dementia Aware?

Is your sports club Dementia Friendly?

Does your club have a high number of older members?

This workshop is available *FREE* to all sports clubs over the next three years. Whether you are a coach, committee member or club member, we would like as many clubs as possible to sign up, attend a workshop, become a Dementia Friend and commit your club to working towards becoming Dementia Friendly. Get your club involved in this exciting new agenda and sign up to the workshop now!! For further information call Catriona on 01904 553377 or email her at catriona.sudlow@york.gov.uk.

Wednesday 1 Oct 1 - 4 pm	York & District Indoor Bowls Club, Thanet Road, York YO24 2NW
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26 Sept - NOVA ART EXHIBITION *Holy Trinity*
9 Oct The Nova Art ladies' exhibition once *Church*
again includes many beautiful hand- *70 Goodramgate*
painted pictures and cards for sale. *YO1 7LF*
Contact: Euan 01904 613451 *Cost: FREE*

27 Sept - YOUR YORK RECORDING *Your home*
5 Oct Record your stories, tales, memories, *Cost: from £19*
by even a song or two?! From the *(special Festival*
appointment comfort of your own home, make a *offer)*
a unique individual recording, or
record with your family and friends.

A professionally produced CD with copies available as special gifts.
Contact: Rose Donaghy 07703 129071 (Story Studios)

27 Sept - CAKE & CUPPA Special Offer *Explore Rowntree*
5 Oct Buy a hot drink and a cake and get *Park Reading Café*
10% off while enjoying a chat, or *Richardson Street*
browsing through our library books. *YO23 1JU*
Contact: Jason Bailey 01904 551489 *Cost: your choice!*

27 Sept - THROUGH THE DECADES QUIZ *Acomb Explore*
5 Oct Re-jog your memory to see if you *Front St, Acomb*
can complete our quiz from past *YO24 3BZ*
decades to win a prize. Have fun! *Cost: £1 per entry*

1st prize-M&S voucher; 2nd prize-bottle of wine;
3rd prize-chocolates. *Contact: Julie Travis 01904 552651*

29 Sept - HEALTH, SPINE, POSTURE CHECK *Live Well*
3 Oct Struggling with aches and pains? *Chiropractic*
9am-6pm Your complimentary 25 minute *24 Gillygate*
appointment is the perfect *Cost: FREE*

opportunity to have an assessment and chat about any concerns.
You can also get advice on preventing future problems.
Call 01904 620620 to book your free appointment

29 Sept - FREE CAR POSTURE CHECKS	Chiropractic +
4 Oct Dealing with aches and pains? Can't get	34a The Village
9am-5pm comfy in your car seat? Learn how to set	Haxby
up your car seat to suit you better.	YO32 3HT

FREE SIT SMART / STAND TALL CHECK

Are you sitting comfortably? Suffering with backache or neck pain? Tips on desk and chair set-up; or hints on pain-free PC, laptop, tablet and smart phone usage.

Book your free 15 minute posture check on 01904 766966

29 Sept - FREE CAR POSTURE CHECKS	Chiropractic +
4 Oct Dealing with aches and pains? Can't get	Regent Street
9am-5pm comfy in your car seat? Learn how to set	Pocklington
up your car seat to suit you better.	YO42 2QL

FREE SIT SMART / STAND TALL CHECK

Are you sitting comfortably? Suffering with backache or neck pain? Tips on desk and chair set-up; or hints on pain-free PC, laptop, tablet and smart phone usage.

Book your free 20 minute posture check on 01759 303289

29 Sept - NEW FAIR TRADE PRODUCTS	Fairer World
4 Oct New crafts and Christmas cards from	84 Gillygate
10 am Traidcraft and Created. These include	YO31 7EQ
- 6 pm wooden, ceramic, metalwork and paper	
crafts, silver jewellery and silk scarves.	Entry: FREE

Christmas cake tasters, food samples, and free catalogues to take away.

Contact: Charlie Bridge 01904 655116

29 Sept - THE PERFECT MURDER by Peter James	Grand Opera
4 Oct This highly entertaining dark comedy	House
7.30 pm thriller has been acclaimed by audiences	Cumberland/
and critics around the country. With an	Clifford St.
(Wed & Sat 2.30 all-star cast including Thomas Howes	YO1 9SW
matinee) (William in <i>Downton Abbey</i>).	Cost: tickets
Box Office: 0844 871 3024 (+ bkg fee)	from £10

-
- 9 am **OVER 50s BIG BOOKSALE** *Acomb Explore*
 - 4 pm A huge range of fiction, non fiction, *Front Street*
 large print and audio books at bargain *Acomb*
 prices. Fill a carrier bag for £5. Entry: *FREE* *YO24 3BZ*

BIG CLOTHES SWAP

Give your clothes a new home and welcome new *Entry: £2*
 clothes to your wardrobe. No minimum number
 of items but you must bring something to swap.

Contact: Julie Travis 01904 552651

- 10 am **CRUISES ON THE OUSE**
 - 1 pm Enjoy a short cruise through the centre of York on
 “Moonriver”. She’ll meet you at the Marygate Landing so
 if she’s not there, just wait for the next 45 minute round
 trip with Michael Cadoux. *Donations welcome*
- 2 - 4 pm **HISTORY WALK ALONG THE FOSS**
 Meet John Oxley (City Archaeologist) at the Monk Bar
 for a 2-hour stroll by the river to listen to numerous
 fascinating facts and stories from the past. *Cost: FREE*
Contact for both events: Tony Martin 0742-806-4863
-

- 1 - 4 pm **EXPLORING HEALING** *York Natural*
 Join Judith’s exploration of “the *Health*
 journey of life” and find out how life *32 Acomb Road*
 can begin again at 50. *YO24 4LZ*
Contact: Judith Hardy 01904 728342 *Cost: FREE*
-

- 1 - 5 pm **FAMILY PAMPER SESSIONS** *The Healing*
 We are offering 2 or 3 members of one *Clinic*
 family a Pamper Session, where 3 *Club Chambers*
 practitioners will give either a facial / *Museum Street*
 mini massage / reflexology / head *YO1 7DN*
 massage for 15 minutes each person.

*Cost: £25 per family (3 people from 3 generations or £20 for
 2 generations) Contact: Helen Williams 01904 679868*

-
- 11 am **FOOD & COOKING** *Mansion House St Helen's Sq. YO1 9QL*
 ALICE (Addressing Loneliness through Intergenerational Communication and Engagement). This is the second in a series of three events involving women over 50 and under 21 who may not normally be involved in community projects. A new route to building friendships and networks across the generation gap.
Contact: Yvonne Copley 01904 632332
Kyra Women's Project www.kyra.org.uk
-
- 2 - 4 pm **LOVE YOUR BODY, BOOGIE YOUR BELLY** *Quaker Meeting House Friargate YO1 9RL*
 A chance to try two ways of improving your relationship with your body. Get a taste of Christine's workshop exploring how your thoughts and feelings about your body affect your weight. Then have a go at bellydancing with Larissa. Learn to shimmy. Dance to the grooves and leave smiling!
Cost: £8

Organised by Christine Bailey Counselling (01904 625320) & Snakes & Roses Bellydance (07790 542987)

- 2 - 4 pm **FUNERAL INFORMATION PLANNING** *Quaker Meeting House Friargate YO1 9RL*
 Last Wishes Funerals is a personal, alternative and ethical business. Welcome to a workshop where you can find out about the wonderful choice of coffin, celebrant, venue, transport and flowers...something to suit everyone because we are all different. *Donations welcome*

A good funeral needn't cost the earth or break the bank. Come and be enlightened! *Contact: Chris Dudzinska 01653 627170*

11 am - 3 pm	OVER 50s BIG BOOK SALE A huge range of fiction, non fiction, large print and audio books at bargain prices. Fill a carrier bag for £5. <i>Contact: Julie Travis 01904 552651</i>	<i>Acomb Explore Front Street Acomb Entry: FREE</i>
<hr/>		
2 pm	DEMENTIA & ME: Real People Theatre How are we going to cope with dementia as an individual and become dementia friendly as a society? This is a chance to share experiences, hopes and fears, and ways of dealing with this disease in a positive manner. The hour-long presentation and discussion is open to everyone and, afterwards, get to meet people and chat over a cuppa. <i>Contact: Sue Lister 01904 488870</i>	<i>Clements Hall Nunthorpe Road YO23 1BW Cost: £4 (£3 conc)</i>
<hr/>		
2 - 4.30 pm	ART & MEDITATION An art workshop for everyone - no experience necessary. Absorb yourself in the joy of creating through expressive art and meditation in a relaxed, safe and supportive environment. All materials provided. Numbers limited so booking is essential. Facilitated by Anne Fawcett and Christina. <i>Contact: Christina Wade 01904 630426</i>	<i>Clements Hall Nunthorpe Road YO23 1BW Cost: £25 (concessions available)</i>
<hr/>		
6.30 pm	SONGS OF PRAISE Traditional one hour Songs of Praise service, with opportunity to make requests, followed by light refreshments. All welcome. <i>Contact: Gill Stamp 01904 709111</i>	<i>St Edward's Church Dringhouses YO24 1QG Cost: FREE</i>

9.30 **RELAXATION & STRESS MANAGEMENT** *The Zentist*
 - 5 pm Come and relax in a quiet calming space. *76 Gillygate*
 Using relaxation, breathing techniques and *YO31 7EQ*
 mindfulness, you can learn to change
 habitual patterns so that you naturally
 become more relaxed in response to stress. *Cost: £5 for*
 Please book in advance. *30 minutes*

LEARN MEDITATION

Cost: FREE

Life is stressful at times and meditation can help to slow the pace a little. Relax. Replenish your resources. Look at life from a clearer perspective and help it flow more smoothly. Individual and group tuition available throughout the day. Please book in advance for your free half hour (donations welcome).

For both consultations above, book with Christina Wade on 01904 630426

10 am **TUINA REFLEXOLOGY & MASSAGE** *Touch Tuina*
 - 5 pm A 20 minute taster of either Tuina massage *Treatment*
 or Tuina reflexology. Tuina medical *Centre*
 massage is good for back, shoulder, neck *11 St Saviour's*
 and joint pain as well as general health. *Place YO1 7PJ*

Reflexology is an excellent tonic for general health, reduces stress and eliminates toxins. Put a spring back into your step with Chinese massage! *Contact: Karen Michaelsen 07535 646400 Cost: £10*

10.30 **T'AI CHI** *Lidgett Grove*
 - 11.30 am Enrich your life by improving strength and *Methodist*
 flexibility, balance and co-ordination. *Church*
 T'ai Chi also calms the mind, helping to *Wheatlands Rd*
 ease stress and lower blood pressure. *YO26 5NH*
 7.30 - *Contact: Fran Haggerty 07896 253214* *Clifton Parish*
Church
 8.30pm *Cost: FREE* *Shipton Road*
Clifton
YO30 6BH

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- 1 - 5 pm **FAMILY PAMPER SESSIONS** *The Healing Clinic*
 We are offering 2 or 3 members of one family a Pamper Session, where 3 practitioners will give either a facial / mini massage / reflexology / head massage for 15 minutes each person. *Club Chambers Museum Street YO1 7DN*
- Cost: £25 per family (3 people from 3 generations or £20 for 2 generations) Contact: Helen Williams 01904 679868*
-
- 2 pm **OVERSEAS VOLUNTEERING FOR THE OVER 50s** *International Service*
 It's never too late to volunteer overseas! Seeking adventure? International Service runs an overseas volunteering scheme on behalf of the UK Government. You could be working on local community projects in Burkina Faso, Ghana, Palestine or Bolivia. Come along for more information! *Rougier House 5 Rougier St YO1 6HZ*
Cost: FREE
Contact: Lisa Camps 01904 647799
-
- 2 - 4 pm **TRY BEFORE YOU BUY!** *Acomb Explore Front Street*
 Come along to our free drop in taster session to try a selection of tablet computers including iPad, Galaxy Tab, Tesco Hudl and Nexus as well as a range of e-readers such as Kindle, Kobo and Nook. *Acomb YO24 3BZ*
Cost: FREE
Contact: Julie Travis 01904 552651
-
- 2 - 4 pm **E-READER DROP-IN** *Haxby Explore Library*
 An introduction to the e-book library, e-readers and the overdrive app. Everyone welcome, just drop in. *Station Road Haxby YO32 3LT*
Contact: Bev Leymus 01904 552660
Cost: FREE
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2.30 pm **MUSICAL ENTERTAINMENT** *Haxby & Wigginton Methodist Church The Village Haxby YO32 2JJ*
 by Thea Jacob and members of the *Silver Song Box* Singing Group.
 Please join us for our Monday Fellowship and enjoy a social afternoon of music and song.
Contact: Ann Quick 01904 762286 *Cost: collection*

3- 4 pm **TWITTER FOR THE OVER 50s** *Clifton Explore Library Rawcliffe Lane Clifton YO30 5SJ*
 We'll show you how to set up a free Twitter account and get the most out of tweeting. We'll introduce you to hashtags, retweets, lists and other features of one of the best social networks.
Contact: Clifton Library 01904 552662 *Cost: FREE*

6.15 pm **EDIBLE YORK: a talk by Chloe Smee** *Mercure Fairfield Manor Hotel Shipton Road Skelton YO30 1XW*
Edible York is a group of dedicated individuals who are committed to nurturing existing food growing spaces in York and bringing new growing spaces to life. Come and find out more about how this scheme works in your local community. *Rotary York Ainsty*
Cost: £5 (inc. light buffet)

also invites you to hear about Ruth Perrott's visit to Senegal providing spectacles to many in need on Monday 6th October at 6.30 pm. *Book with Jim Murison 01904 704666 for both events.*

7.30 - 9 pm **TAP AWAY TENSION - Feel Good!** *York Natural Health 36 York Road Acomb YO24 4LZ*
 Learn this fast, amazing and effective technique to help you reduce stress and tension and increase your level of calmness. Make a reservation with Jenny Gilmore 07749 706127 or Debbie Pogson 07949 174359.
This venue is upstairs

Cost: donation for York food bank, Acomb (suggested value £5)

9.45 -	YOGATONE	<i>United</i>
10.45 am	Regular exercise class welcomes 50+. Mixture of exercises drawn from a number of sources designed to maintain mobility for our age group. <i>Contact: Marian 01904 702956</i>	<i>Reformed Church Priory Street YO1 6EX Cost: £3.50</i>

NB Shallow steps lead to basement entrance and the door is only left unlocked between 9.30-9.45 am. Booking essential !

10 - 11.30 am	COFFEE MORNING Bring your iPad and get some tips on how to download apps, email, and what to do with photos. <i>Anne Hetherington 01904 552629</i>	<i>New Earswick Explore Library Hawthorn Tce. YO32 4BY Cost: £1.50</i>
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10 am - 5 pm	TUINA REFLEXOLOGY or MASSAGE Tuina medical massage is good for back, shoulder, neck and joint pain and maintaining general health. Try a 20 minute taster of this or reflexology.	<i>Touch Tuina Centre 11 St Saviour's Place YO1 7PJ Cost: £10</i>
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Reflexology is an excellent tonic for general health, reduces stress and eliminates toxins. Put a spring back into your step with Chinese massage! *Contact: Karen Michaelsen 07535 646400*

10.30 - 12 noon	VINTAGE QUIZ & REFRESHMENTS Drop in for a coffee and try your hand at our Vintage Quiz 1940s / 1950s style. <i>Contact: Sarah Bennett 01904 552677</i>	<i>Strensall Library 19 The Village YO32 5XS Cost: £1</i>
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10.30 - 12.15	DUNNINGTON WALK A gentle walk of 3-4 miles designed to keep people healthy, explore the local countryside and exchange news and views. Bring suitable footwear & clothing. <i>Contact: Derek Utley 01904 488552</i> <i>NB Some grass paths & occasional stile.</i>	<i>Cross Keys Pub 3 Common Rd Dunnington YO19 5NG Cost: FREE walk (lunch available locally)</i>
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11.30 am	CONNECTING CARERS	<i>Folk Hall</i>
- 1.30 pm	An 8-week social event starts today for unpaid carers. Enjoy some lovely food and share some interesting stories and experiences. Carers can bring along the person they care for and will have the opportunity to gain information about a variety of topics. <i>Fiona Hick 01904 715490</i>	<i>Hawthorn Tce. New Earswick YO32 4AQ</i>
		<i>Cost: FREE</i>

1 - 3 pm	TRAMWAYS LINE DANCE SOCIAL	<i>Tramways Club</i>
	These socials on the 2nd Wednesday and last Tuesday each month provide a good dance floor, varied music, cheap bar and easy-going atmosphere. Experts, did-a-bit-years-ago and non-dancers all welcome. <i>Contact: Jane McWeeny 01904 654174</i>	<i>Mill Street off Piccadilly YO1 9PY</i>
		<i>Cost: £2</i>

2 - 3.30 pm	WELCOME TO YOUR NEW HOME?	<i>Quaker</i>
	<i>York LGBT Forum & Joseph Rowntree Foundation</i> consider the challenges. Professional researchers and concerned individuals will share the stories, hopes and fears of older lesbian, gay, bi and trans people when they find themselves in need of care as revealed in real life studies, personal experiences and through a <i>Real People Theatre</i> presentation. <i>Contact: Sue Lister 01904 488870</i>	<i>Meeting House Friargate YO1 9RL</i>
		<i>Cost: FREE (including refreshments)</i>

2 - 3.30 pm	AROUND THE WORLD IN 80 MINUTES	<i>The Old Palace</i>
	Join us to investigate some of the more unusual objects from our historic collection. We'll travel from continent to continent, exploring and handling items from the Roman period right up to the present day. Only 20 places available. <i>Booking essential: 01904 557208</i>	<i>Dean's Park by the Minster YO1 7JQ</i>
		<i>Cost: £5</i>

2 - 4 pm **SLATE GOWNS & HOODS** *St Bede's Pastoral Centre*
 How did the Mary Ward Sisters manage to establish themselves in 1686 in 'Ploxam Street' when the Catholic faith was still forbidden in *21 Blossom Street YO24 1AQ*
Cost: £6

England? Sr Patricia Harriss CJ will explore the history of the Bar Convent and answer your questions. (*Stair lift available*)

Contact: *Diane Granger or Carol Reeves 01904 464900*

7 pm **SEA FEVER** *St Olave's Church Hall*
 A talk on two tall ship voyages with the Jubilee Trust by Rowena Field and Adrian Lovett. Fully illustrated. *Marygate YO30 7BZ*
 Contact: *Tony Martin 0742-806-4863* *Cost: £3*

WEDNESDAY 1 OCTOBER 2014

10 - **CARERS' CAFÉ** *Spurriergate Centre*
 11.30 am Unpaid carers can drop in for a break, a chat and meet other carers. Feel free to bring the person you care for. *Coney Street YO1 9QR*
 There's no need to book. *Cost: FREE*
 Contact: *Sharron Smith/Julie Sharp 01904 715490*

10 - **IPADS FOR THE OVER 50s** *Acomb Explore Library*
 11.30 am Want to get the most out of your iPad? Need a few handy hints? We can show you the basics from *Front Street Acomb YO24 3BZ*
 changing settings and downloading apps to exporting documents and sharing photographs. Please bring your iPad along. *Cost: FREE*

Contact: *Acomb Library 01904 552651*

Includes help for all iPad models—iPad 1,2 3 & 4, iPad Air, iPad Mini

10 am	REFLEXOLOGY & TUINA MASSAGE	<i>Cost: £10</i>
- 5 pm	For details see Monday 29 or Tuesday 30 September or phone the Touch Tuina Treatment Centre on 07535 646400	<i>for a 20 minute taster session</i>

Wed. 10.30 am	50+ CIRCUITS on WED. & THURS. York Renal Exercise Group are opening their doors to 50+ exercisers. Varied circuit based exercise with a warm-up and cool-down. Friendly, supportive group.	<i>Burton Stone Lane Community Centre Evelyn Crescent YO30 6DR</i>
Thurs. 4.30 pm	Qualified and insured instructor. Variable intensity to suit all fitness levels. Have fun and keep fit with like-minded people. <i>Contact: John Roberts 07971 291524</i>	<i>Cost: FREE for Festival week</i>

11 am	T'AI CHI	<i>Poppleton</i>
- 12.30 pm	Enrich your life by improving strength and flexibility, balance and co-ordination. T'ai Chi also calms the mind, helping to ease stress and lower blood pressure. <i>Contact: Fran Haggerty 07896 253214</i>	<i>Road Memorial Hall Oak Street YO26 4SE Cost: FREE</i>

11 am	YOUTHFUL TUNES	<i>Abbeyfield</i>
	Children will be coming from Dringhouses School to entertain. Drinks and cakes will be served afterwards and a raffle held. You are welcome to join us for an enjoyable morning. <i>Contact: 01904 704500</i>	<i>House Regency Mews YO24 1LL Cost: FREE</i>

12 noon	FOOD, FUN & GOOD COMPANY	<i>Clements Hall</i>
- 3 pm	Join us on regular Wednesdays, twice a month, for lunch and activities / entertainment for anyone over 50 or anyone	<i>Nunthorpe Rd. YO23 1BW Cost: £2</i>

who feels a bit isolated. If you don't think that this is you, please consider bringing someone else! People with dementia and their carers are welcome. Activities will range from cards to good films, music to bingo - ideas welcome! *Booking desirable: 01904 466086*

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- 12.30 - 8 pm **PERSONAL COACHING TASTER** *York St John Univ. Skell Building (ground floor) Lord Mayor's Walk YO31 7EX*
 Could personal coaching be of benefit to you? Why not try a free half-hour taster session with one of our qualified, experienced professional coaches on a topic of your choice. Book in advance *Cost: FREE*

to guarantee your appointment or turn up on the day. Optional donations will support Coaching York's community outreach work. *Contact: Pam Wells for Coaching York on 07812 598803*

- 1 - 3 pm **NATURAL LAUGHTER SKILLS** *Friends Meeting House White Rose Avenue New Earswick YO32 4AD*
 Judith discovered the transformational effects of therapeutic laughter at the age of 50. Now she shares laughter with fellow beings (usually strangers) on a regular basis! PS You don't need a sense of humour to laugh. *Cost: FREE*
Contact: Judith Hardy 01904 728342
-

- 1 - 3 pm **ECO-CRAFTERS TASTER** *St Nicks Environment Centre Rawdon Avenue YO10 3ST*
 Learn how to turn a broken umbrella into a shopping bag and see other up-cycling ideas. The group meets every Wednesday for friendly natter and crafts. *Cost: FREE*

Bring your own project, learn something new from other group members or share your own skills. Includes an optional walk through St Nicks Nature Reserve. *Contact: Ivana 01904 411821*

- 2.30 - 3.30pm **TRY BEFORE YOU BUY!** *Clifton Explore Library Rawcliffe Lane Clifton YO30 5SJ*
 Come along to our free drop in taster session to try a selection of tablet computers including iPad, Galaxy Tab, Tesco Hudl and Nexus as well as a range of e-readers such as Kindle, Kobo and Nook. No need to book. *Cost: FREE*
Contact: Lorraine Cooper 01904 552662
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- 6 - 7 pm **BETTER HEALTH THROUGH YOUR FEET** *Touch Tuina Centre*
 A practical talk on how feet affect general health & wellbeing, how to improve health through your feet, and simple exercises and suggestions for foot care. *11 St Saviour's Place YO1 7PJ*
Cost: FREE

The Chinese call the foot 'the second heart'. Please book as spaces are limited. Participants will receive a money-off voucher for a reflexology treatment. *Contact: Karen Michaelsen 07535 646400*

- 7-8.30 pm **FRENCH CHOIR** *Ouse Lea Community Room 43A (off Shipton Road) YO30 6SA*
 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 the little French you have in a fun, relaxed and friendly atmosphere.
Contact: 01904 656827 (answer machine) Cost: FREE
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- 7.30 pm **CHOOSING RELIGIOUS LEADERSHIP** *Clementhorpe Rm Priory Street Centre 15 Priory Street YO1 6ET*
 Speakers: Jerry Karling (Jewish), Mark Cosens (LDS), Nasr Moussa Emam (Muslim) with Michael Chester in the Chair and Host Paul Wordsworth. One of the regular Interfaith events with the annual Interfaith Shared Meal on Sat. 25 Oct.
Contact: Mark Cosens 07796 095152 Cost: FREE
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THURSDAY 2 OCTOBER 2014

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- 10 am **SKYPE FOR THE OVER 50s** *Tang Hall*
 - 11.30 am Discover how to download and use Skype to make video calls to friends and family across the world via your PC as well as mobile devices such as tablets and mobile phones. *Explore Library Fifth Avenue Tang Hall YO31 OPR*
Contact: Tang Hall Library 01904 552655 Cost: FREE
-

10 am **TABLE TENNIS** *Dunnington*
 - 12 We are a friendly group playing weekly *Sports Club*
 noon social table tennis, with a mid-morning *Common Road*
 break for tea/coffee and a natter. You are *Dunnington*
 welcome to join us. *YO19 5NG*
Contact: Ron Willits 01904 489046 *Cost: FREE*

10 am **MAKE A COBWEB FELT SCARF** *Memorial Hall*
 - 5 pm An excellent introductory project for *Acaster Malbis*
 learning the ancient skill of felting. For this *YO23 2UJ*
 Special Offer for the Festival you will *Cost: £36*
 make a soft, flexible, warm scarf using *(10% discount)*
 luxury merino wool (from a wide choice

of colours) in the light and spacious Memorial Hall. All materials, equipment, beverages and biscuits will be provided. All you will need to bring is a packed lunch.

Contact: Bernadette Karn 07766 352049

10.30 **T'AI CHI** *Heworth*
 - 11.30 Enrich your life by improving strength and *Without CC*
 am flexibility, balance and co-ordination. T'ai *Applecroft Rd*
 Chi also calms the mind, helping to ease *Heworth*
 stress and lower blood pressure. *YO31 0HG*
Contact: Fran Haggerty 07896 253214 *Cost: FREE*

11 am **NHS VALE OF YORK CCG DROP-IN** *City of York*
 - 3 pm **exhibition, information and support** *Council*
 Join local health commissioners at their *West Offices*
 drop in event and exhibition to find out *Station Rise*
 more about their work with partner *YO1 6GA*
 organisations to promote healthy active *Cost: FREE*
 lives and to give your opinions on local
 health care and services.
Contact: 01904 555870 valeofyorkccg@nhs.net

2.30 - **BETTER HEALTH THROUGH YOUR FEET** *Clifton Explore Library*
 3.30 pm A practical talk by Karen Michaelsen on *Library*
 how feet affect general health and *Rawcliffe Lane*
 wellbeing, how to improve health *Clifton*
 through your feet, and simple exercises *YO30 5SJ*
 and suggestions for foot care. *Cost: FREE*

The Chinese call the foot ‘the second heart.’ Please book as spaces are limited. Participants will receive a money-off voucher for a reflexology treatment. *Contact: Lorraine Cooper 01904 552662*

3 - 5 pm **KNIT & NATTER** *Clements Hall*
 A small welcoming group meets *Nunthorpe Road*
 regularly. No need to book, just drop *YO23 1BW*
 in. Bring any kind of needlework and
 enjoy a cheery chat & a cuppa/biscuits. *Cost: £1.50*
Contact: Pauline Buchanan 07746 636088

7.30 pm **TALKING OF PEACE Lecture** *Quaker Meeting*
 David Gee, co-founder of Forces Watch *House, Friargate*
 and former Director of Alternatives to *YO1 9RL*
 Violence, will speak on

Love the Soldier, hate the war? Exploring the militarisation of society. The first of 4 lectures organised by York Quakers: further talks on 16 & 30 Oct and 13 Nov. There will be a retiring collection. *Contact: John Batchelor 01904 624216*

8 pm - **DANCE THE NIGHT AWAY** *Tramways Club*
 midnight Enjoy modern, old time, sequence and *1 Mill Street*
 always-the-favourite rock & roll dances *(opposite George*
 featuring the music of the greatest *Street car park)*
 swing bands played by *YO1 9PY*
The Modern Aires Dance Orchestra. *Cost: £7.50*

Admission by ticket only! Pie & peas supper included.
Please book with Brenda Mackfall 01759 371900

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- 1.15 pm **SINGING EXTRAVAGANZA** *Poppleton Road
Primary School
Poppleton Road
YO26 4UP*
Neighbours and relatives are invited to share an afternoon's entertainment by our school singing groups. Tea/coffee and cake provided. Welcome!
Contact: Debbie Glover 01904 553388 *Cost: FREE*
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- 2 pm **FIRES & FIRE BRIGADES** *Meet outside
York Explore
Library Square
Museum Street
YO1 7DS*
Fire marks on York's buildings remind us that rival fire-fighting companies used to compete to be first in the race to the blaze and so gain an extra fee. It was not until 1940 that a professional fire service was formed. Come on a trail through the city via the Minster (admission by York Card or entry fee) to see where accidental and even deliberate fires have raged. *Contact: Monica Nelson 01904 612581*
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- 2 - 3 pm **THE NHS - A NATIONAL HEALTH** *Sea Horse Hotel
4 Fawcett Street
YO10 4AH*
We hear so much about the problems and cuts in NHS service, yet it has been declared the best healthcare system by an international panel of experts who rated its care superior to countries that spend far more on their healthcare. *Cost: FREE*
We will discuss the challenges and explore possible solutions.
Refreshments available. *Contact: Gwen Vardigans 07528 683058*
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- 2 - 4 pm **TRY BEFORE YOU BUY!** *Acomb Explore
Front Street
Acomb
YO24 3BZ*
Come along to our free drop in taster session to try a selection of tablet computers including iPad, Galaxy Tab, Tesco Hudl and Nexus as well as a range of e-readers such as Kindle, Kobo & Nook. *Cost: FREE*
Contact: Julie Travis 01904 552651
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7.30 pm doors open 7 pm	<p>OMAR: directed by Hany Abu-Assad This film is a powerful drama (Certificate 15) set in the Occupied Palestinian Territories. It explores humiliation, love, loyalty and deception and gained a Jury Prize at the 2013 Cannes Film Festival. <i>Contact: David Pegg 01904 630751</i></p>	<p><i>Clements Hall Nunthorpe Rd YO23 1BW</i></p> <p><i>Cost: FREE (donations invited)</i></p>
7 - 8 pm	<p>LET GO AND LAUGH Judith discovered the transformational effects of therapeutic laughter at the age of 50. Now she shares laughter with fellow beings (usually strangers) on a regular basis! Are you brave enough to explore? <i>Contact: Judith Hardy 728342</i></p>	<p><i>York Yoga Studio 112 Acomb Rd Acomb YO24 4EY</i></p> <p><i>Cost: FREE</i></p>

SATURDAY 4 OCTOBER 2014

9.30 - 12.30	<p>WHAT IT MEANS TO BE A QUAKER TODAY Half-day workshop/taster session. Speakers, discussion and information about our worship and way of living out our testimonies of peace, truth, equality, simplicity and sustainability in a contemporary community. Could this be the spiritual path for you? <i>Contact: Sally Bourton 01904 796113</i></p>	<p><i>Quaker Meeting House Friargate YO1 9RL</i></p> <p><i>Cost: FREE</i></p>
10 - 12 noon	<p>PRAYER FLAGS Creative Workshop Create your own personal prayer flags for peace and healing. This workshop is inspired by the tradition of Tibetan prayer flags, flown to carry peace, compassion and kindness on the winds. Young and old, all faiths or none, are welcome to create and express your wishes for the world. <i>Contact: Sharon Emery 07742 624410</i></p>	<p><i>Quaker Meeting House Friargate YO1 9RL</i></p> <p><i>Cost: £5</i></p>

10.30 - 12.30	REPLENISH AND REFRESH YOUR ENERGY WITH QI GONG A 75 minute workshop introducing some basic Qi Gong movements and underlying concepts, followed by tea and biscuits. Relax your mind and improve general health with this gentle flowing exercise which is perfect for older people. <i>Contact: Laurie Prime 01904 785704</i>	<i>York Yoga Studio 112 Acomb Rd YO24 4EY Cost: £6</i>
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10.30 - 12.30	FRENCH TASTER SESSIONS Complete beginners in the morning and post beginners in the afternoon. or Basic French for the holidays, phrases, role-plays, listening and a bit about cultural differences and similarities. Minimum of 4 people for the session to run.	<i>Alliance Française 61 Bootham YO30 7BT Cost: £5 per session</i>
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Please note we are on the second floor and there is no lift.
Booking essential: 01904 656827 (message machine)

11 am - 3 pm	ST LEONARD'S HOSPICE OPEN DAY A unique opportunity for everyone to come along, bring friends and family and meet staff and volunteers from all departments. Learn about the different services available and see first hand the refurbishments. Stables Coffee Shop open. <i>Contact: Theresa Barrett 01904 777777</i>	<i>St Leonard's Hospice, 185 Tadcaster Rd YO24 1GL Cost: FREE</i>
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12.30 - 4 pm	COME & HAVE A GO AT RAG RUGGING There will be demonstrations throughout the afternoon and a chance for you to learn basic techniques from Ebor Ruggers. There will also be an exhibition of members' work. Refreshments available. <i>Contact: Anne Bush 01904 612401</i>	<i>Dunnington Reading Rms Church Street Dunnington YO19 5PW Cost: FREE</i>
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2 - 4 pm	<p>Every BODY Counts Love to have more energy? Concerned about your health? Want to get back into shape? Tips on how making small changes can make a difference to long-term health. Learn 5 key elements to good health and the benefits of using natural supplements as part of your daily regime. Suitable for all ages. Please book. Access via steps. <i>Contact: Debbie Connors 01904 642678</i></p>	<p><i>York Yoga Studios, 112 Acomb Road Acomb YO24 4EY</i></p> <p><i>Cost: £3</i></p>
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SUNDAY 5 OCTOBER 2014

1 pm	<p>WINGS - First World War special film Vintage Sundays presents "Wings" the story of two young men from different social classes who are in love with the same women and become fighter pilots in the Great War. Join City Screen's free <i>Silver Screen Club</i> for over 60s and get reduced prices every Thursday. <i>Box Office: 0871 902 5726</i></p>	<p><i>City Screen 13-17 Coney St YO1 9QL</i></p> <p><i>Cost: £8 £7 senior £6 member £6 under 16</i></p>
7 pm	<p>READ MY BOOK, NOT MY COVER Next Door But One are a community arts theatre company. Using a number of techniques including Playback Theatre, they will retell people's shared stories and experiences in a way that brings new light to a situation. Audience engagement adds to the event, with everyone walking away entertained but also wiser for having been part of the session. To book a free place (the event/refreshments are sponsored by JRF and Community York) please contact <i>r.gilboy@yorks.ac.uk / Jenny 07814 825131</i></p>	<p><i>Quad South Hall/C4C York St John University Lord Mayor's Walk YO31 7EX</i></p> <p><i>Cost: FREE (donations to York Fair Trade Forum welcome)</i></p>

ENJOY !

The York Older People's Assembly would like to welcome you and your friends to the 10th 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 731123.

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

Remember, these events are organised by individuals and organisations who want to share their activities and see the potential for this in the Festival. The door is open. If you would like to see something else included in the Festival, don't miss the chance to make it happen next year!

We welcome your feedback

01904 761240

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York 50+ Festival

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