



York Older People's Assembly presents..

York 50+ Festival

in association with Press 1st

Friday 21 September - Sunday 7 October 2018



Information Fairs
Wed 5, Tue 11 + Fri 14 September

Supported by





Proud to sponsor the York Older People's Assembly

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

For help and advice please visit our website

crombiewilkinson.co.uk

YORK | MALTON | SELBY | PICKERING





We are pleased to once again be a major sponsor of this amazing festival as it puts into practice the City's core principles which support and value everyone over 50 and fosters community cohesion across the generations.

The City of York has proved to be an ardent supporter of older people and the voluntary organisations who serve them. 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, Chief Officer, Age UK York

www.ageukyork.org.uk

01904 627995



1834 – 2018

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.

INFORMATION FAIRS SUMMARY

FREE ADMISSION Refreshments available

TANG HALL COMMUNITY CENTRE

WEDNESDAY 5 SEPTEMBER see p. 6 & 7

Age UK York
 Be Independent
 Dementia Forward
 Experience Counts (York) CIC
 Home Instead
 Live Well York – City of York Council
 New Earswick & District Indoor Bowls Club
 OCAY (York Older Peoples Advocacy)
 Wilberforce Trust
 York Blind & Partially Sighted Society
 York Carers Centre
 York Older People’s Assembly

SPURRIERGATE CENTRE

TUESDAY 11 SEPTEMBER see p. 8 & 9

City of York Council - Housing Options
 Healthwatch
 Ideal Living (Anne Wyn-Jones)
 Joseph Rowntree Housing Trust
 Keep Sake Art
 Last Wishes (Chris Dudzinska)
 Live Well York – City of York Council
 Mickle Hill
 WEA (Workers Educational Association)
 York Healing Clinic
 York Neighbours
 York Older People’s Assembly
 YorWellbeing – City of York Council

ST. SAMPSONS CENTRE
TUESDAY 11 SEPTEMBER see p. 10

Age UK York
 AWOC (Ageing Without Children)
 Crombie Wilkinson Solicitors
 OCAY (Older Citizens Advocacy York)
 The Wilberforce Trust

THE GATEWAY CENTRE, ACOMB
FRIDAY 14 SEPTEMBER see p. 11 & 12

Age UK York
 AWOC (Ageing Without Children)
 Be Independent
 Home Instead
 IDAS
 New Earswick & District Indoor Bowls Club
 OCAY (Older Citizens Advocacy York)
 Rotary York Ainsty
 Wilberforce Trust
 York Blind & Partially Sighted Society
 York Older People's Assembly
 YorWellbeing – City of York Council



6 Information Fair



TANG HALL

**YORK 50+ LOCAL
INFORMATION FAIR
TANG HALL COMMUNITY CENTRE**
Fifth Avenue, York, YO31 0UG

**Wednesday 5th September
9:30 am – 12:30 pm**

Age UK York

We provide support and services for the older people of York. Services range from advice and information to specific support for carers, day clubs, home from hospital support and even looking after people's pets during a health emergency.

Today at the Info Fair we are offering free slipper swop for old slippers and a free nail cutting service. Come along and see us.

Be Independent

Emergency Response Service & Community Equipment Service, providing assistance to a wide range of vulnerable people to keep them safe and secure in their own home and to maintain their independence.

Dementia Forward

Dementia Forward is a local charity supporting people living with dementia. On a daily basis we provide a helpline, information and support, education, signposting and wellbeing activities managed by our dementia support advisors.

Experience Counts (York) CIC

'At the heart of our success is the time and space we offer people to think about what they want to do next'.

Experience Counts is aimed at individuals of 50 plus who are unemployed or at risk of unemployment, seeking a return to employment or a move into volunteering, further training or self-employment.

Home Instead

Home Instead Senior Care provides support and companionship to older people at home, maintaining their independence and enjoyment of life. They employ people of all ages in part time, flexible roles that make a difference.

Live Well York – City of York Council

7

Enabling older people to see the Live Well York website and show how it works as well as the opportunity to feedback suggestions to make improvements. The site provides good quality Information & Advice as well as directories of community activities and events. It also provides the opportunity to produce a personalised booklet.

New Earswick & District Indoor Bowls Club

We want to let you know about all the varied activities we offer to people of all ages – it's not only bowling! Enjoy the bar and restaurant too. Please come see us and have a chat about how you could participate on a drop in or regular basis.

OCA Y (Older Citizens Advocacy York)

OCA Y works to help people over the age of 50 by providing a free and independent advocacy service ensuring you have a voice in the issues that concern you. Everyone needs a helping hand now and then and asking for help is a good thing, never feel you cannot ask. Together we can make a difference. Contact us: 01904676200 Email: info@ocay.org.uk Write or call at our office at The Priors Street Centre, Priors Street, York, YO1 6ET Office hours Mon to Thurs 10 to 3pm, Fri 10 to 2pm www.oldercitizensadvocacyyork.org.uk

Wilberforce Trust

The Wilberforce Trust provides information, advice and support for local people with sight and hearing loss through equipment, assessment of need, low vision clinic, tinnitus group and our mobile unit. We are a registered charity.

York Blind & Partially Sighted Society

Independent, thriving local charity working to help people living with sight loss to remain independent.

York Carers Centre

York Carers Centre helps unpaid carers living, or caring for someone who lives in York. We offer free advice and information, an Emergency Card scheme, and support for young carers and young adult carers.

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 50+ 2018
INFORMATION FAIR
SPURRIERGATE CENTRE
Spurriergate, York YO1 9QR**

**Tuesday 11th September
10 am – 3 pm**

City of York Council - Housing Options

The specialist housing advice service offers advice and information for people with complex housing and care needs. The advisor is also able to give advice around housing for older people – retirement, down sizing etc.

Healthwatch

Healthwatch York enables 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.

Ideal Living (Anne Wyn-Jones)

Following a bereavement, Clients often say they feel daunted with what they must do whilst being emotionally overwhelmed at the thought of returning to a home to sort and clear its contents. Find out how Anne can provide you with practical support through this unwelcome event and other life challenges.

Joseph Rowntree Housing Trust

Hear about New Lodge, a new extra care and residential care facility being built in New Earswick, and JRHT's small grants programme supporting local groups to take practical action to solve poverty in the city.

Keep Sake Art

Do you have old items of memorabilia (e.g. photos, letters) which stay hidden in a drawer? We all have items we can't bear to discard but don't have a place for. Sarah will talk about turning them into pieces of art that celebrate individuals and significant moments in their lives.

Last Wishes (Chris Dudzinska)

Last Wishes Funerals offers a very personal, independent funeral arranging service, set up to meet your needs with care and kindness. Exploring alternative ideas enables us to keep a keen eye on costs.

Live Well – City of York Council

Enabling older people to see the Live Well York website and show how it works as well as the opportunity to feedback suggestions to make improvements. The site provides good quality Information & Advice as well as directories of community activities and events. It also provides the opportunity to produce a personalised booklet.

Mickle Hill

Mickle Hill provides a new approach to retirement living. Located in the countryside of North Yorkshire, Pickering is a stunning place to retire. If you are looking for a beautifully designed home in landscaped gardens with thoughtful touches then Mickle Hill is the perfect fit for you. Our village is modern and spacious, with a welcoming atmosphere. We have a selection of apartments and bungalows, on-site facilities available for all residents such as our Café Bistro, Cinema, Bar, Jacuzzi and Library, and 24/7 care staff on-site.

WEA (Workers Educational Association)

WEA provides a variety of courses for adults at various locations in the city. Do drop by our stand, pick up a brochure and chat to our volunteers about our organisation...

York Healing Clinic

We are a social enterprise that has its base in Merchantgate with Briar House Resources CIC, and together we are a Community Wellbeing Centre, which welcomes all and we also do outreach work around York.

York Neighbours

York Neighbours aims to reduce loneliness and social isolation by offering practical one-off help, regular telephone contact and organising outings for people aged 65+ who wish to stay independent in their own home.

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YorWellbeing – City of York Council

The YorWellbeing service will be on hand to talk to attendees about health and wellbeing, NHS health checks and how to become more physically active.



**YORK 50+ 2018
INFORMATION FAIR
ST SAMPSON'S CENTRE
Church Street, York YO1 8BE**

**Tuesday 11th September
10 am – 3 pm**

Age UK York

We provide support and services for the older people of York. Services range from advice and information to specific support for carers, day clubs, home from hospital support and even looking after people's pets during a health emergency.

AWOC (Ageing Without Children)

Millions of us are ageing without the support of nearby children – so who is there to lend a hand in time of need? AWOC York meets monthly to discuss issues with speakers.

Contact Sue Lister 01904 488870 or browse www.awoc.org

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. Crombie Wilkinson Solicitors can advise you on the importance of an LPA and preparing a Will.

OCAY(Older Citizens Advocacy York)

OCAY works to help people over the age of 50 by providing a free and independent advocacy service ensuring you have a voice in the issues that concern you. Everyone needs a helping hand now and then and asking for help is a good thing, never feel you cannot ask. Together we can make a difference. Contact us: 01904676200 Email: info@ocay.org.uk Write or call at our office at The Priory Street Centre, Priory Street, York, YO1 6ET Office hours Mon to Thurs 10 to 3pm, Fri 10 to 2pm

www.oldercitizensadvocacyyork.org.uk

Wilberforce Trust

The Wilberforce Trust provides information, advice and support for local people with sight and hearing loss through equipment, assessment of need, low vision clinic, tinnitus group and our mobile unit. We are a registered charity.



**YORK 50+ LOCAL
INFORMATION FAIR
THE GATEWAY CENTRE, ACOMB
Front Street, Acomb YO24 3BZ**

**Friday 14th September
10 am – 1pm**

Age UK York

We provide support and services for the older people of York. Services range from advice and information to specific support for carers, day clubs, home from hospital support and even looking after people's pets during a health emergency.

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Emergency Response Service & Community Equipment Service, providing assistance to a wide range of vulnerable people to keep them safe and secure in their own home and to maintain their independence.

Home Instead

Home Instead Senior Care provides support and companionship to older people at home, maintaining their independence and enjoyment of life. They employ people of all ages in part time, flexible roles that make a difference.

IDAS

IDAS offers support, advice and recovery work to anyone who is, or has been affected by domestic abuse and sexual violence.

New Earswick & District Indoor Bowls Club

We want to let you know about all the varied activities we offer to people of all ages – it's not only bowling! Enjoy the bar and restaurant too. Please come see us and have a chat about how you could participate on a drop in or regular basis.

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www.oldercitizensadvocacyyork.org.uk

Rotary York Ainsty

RYA members help communities in York and around the world through hands-on projects and funding...Polio eradication, York Hospital gardens, Days for Girls, Wilberforce Trust and much more. Join us in Acomb and / or visit www.rotary-ribi.org/clubs/homepage.php?ClubID=175

Wilberforce Trust

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York Blind & Partially Sighted Society

Independent, thriving local charity working to help people living with sight loss to remain independent.

York Older People's Assembly

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YorWellbeing – City of York Council

The YorWellbeing service will be on hand to talk to attendees about health and wellbeing, NHS health checks and how to become more physically active.

Does someone rely on your help?

York Carers Centre

Supporting unpaid carers of all ages across York

- Advice and information • Groups and events
- Emergency Card • Weekly Advice Line • Discount Card
- Carers Assessments • Regular newsletters and ebulletins
- Help filling in forms • Volunteering opportunities

You can register over the phone or online

www.yorkcarerscentre.co.uk

01904 715490

Registered charity number 1127644

Registered company number 06760783

Events Summary September

21 Sep - 7 Oct	Book Private Yoga lessons with Anna Semlyen Try fishing / Free fishing	p. 18 p. 18
Fri 21	Indoor Bowls Taster Session Action for Elders - Balanced Lives Vocal Flourish Community Choir Friendship group with a musical twist	p. 19 p. 19 p. 20 p. 20
Sat 22	Learn to play Bridge in a day French taster session for complete / post beginners. French taster session for advanced level	p. 21 p. 21 p. 21
Sun 23	Myths and Fairy tales for Old and Young.	p. 22
Mon 24 - Fri 28	Research Your Family History	p. 22
Mon 24	50+ Tai Chi Vocal Flourish Community Choir French taster session for complete / post beginners. Schooldays Songs of Praise Scottish country dancing	p. 23 p. 23 p. 23 p. 24 p. 24
Tue 25	Health & Wellbeing with Ayurvedic Herbs - Tullivers Keep fit Halves weekly lunch club Bridge Club Open Day Sequence dancing Yoga in York with Anna Semlyen BWY Dip “ York in close up “	p. 24 p. 25 p. 25 p. 25 p. 26 p. 26 p. 26

Events Summary

September

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Wed 26	<p>Introduction to Creative Writing p. 27</p> <p>OCAY (Older Citizens Advocacy York) Fund Raising Stall p. 27</p> <p>Line dancing p. 27</p> <p>Carers Pop-up Hub p. 28</p> <p>Short and sociable - starter walks in and around town p. 28</p> <p>Indoor Bowls Taster Session p. 29</p> <p>What next for heroes ? p. 29</p> <p>Laughter Yoga Fun (no mat required) p. 29</p>
Thu 27	<p>OCAY (Older Citizens Advocacy York) Information and Support Drop In p. 30</p> <p>Yoga in York with Anna Semlyen BWY Dip Cancelled p. 30</p> <p>Musical movement p. 30</p> <p>WISHING AHEAD, What would you wish for 2050 ? p. 31</p> <p>English Folk dance (Weekly) p. 31</p>
Fri 28	<p>Action for Elders - Balanced Lives p. 32</p> <p>Digestive Health - Tullivers p. 32</p> <p>New season fair trade food and crafts p. 32</p> <p>Short and sociable - starter walks in and around town p. 33</p> <p>OCAY (Older Citizens Advocacy York) Information and Support Drop In p. 34</p> <p>Vocal Flourish Community Choir p. 34</p> <p>French Reading club / Book club p. 35</p> <p>Friendship group with a musical twist p. 35</p> <p>Everyday Mindfulness - an introduction p. 35</p>
Sat 29	<p>Regain Your Natural Vitality p. 36</p> <p>"Eat-Pray-Love...." p. 36</p> <p>New season fair trade food and crafts p. 36</p> <p>Healing Dance p. 37</p> <p>Touch for Health Balancathon p. 37</p> <p>Local Lunch at Derwenthorpe p. 37</p>
Sun 30	<p>Indoor Bowls Taster Session p. 38</p> <p>Women's Health "Replenish and Refresh" Workshop p. 38</p> <p>Celebrating age in other cultures p. 38</p>

Events Summary October

Mon 1 - Fri 5	Research Your Family History	p. 39
Tue 2 - Sat 6	Fair Trade Products Christmas Preview	p. 42
Mon 1	Confidence Building for Women Returners Workshop 50+ Tai Chi Vocal Flourish Community Choir Resolving pain using the mind body connection Scottish country dancing	p. 39 p. 40 p. 40 p. 40 p. 41
Tue 2	Health & Wellbeing with Ayurvedic Herbs - Tullivers Keep fit OCAY (Older Citizens Advocacy York) Information and Support Drop In Short and sociable - starter walks in and around town Welcome to Circle Dance! Halves weekly lunch club Sequence dancing Yoga in York with Anna Semlyen BWY Dip Table Tennis	p. 42 p. 42 p. 43 p. 43 p. 44 p. 44 p. 44 p. 45 p. 45
Wed 3	Line dancing Health & wellbeing with Viridian Introduction to writing simple forms of poetry Mental wellbeing with Calm Works French taster session for Improvers.	p. 46 p. 46 p. 46 p. 47 p. 47
Thu 4	Rowing Taster Session Table Tennis Yoga in York with Anna Semlyen BWY Dip Short and sociable - starter walks in and around town Musical movement French taster session for Intermediate English Folk dance (Weekly)	p. 48 p. 48 p. 48 p. 49 p. 49 p. 49 p. 50

Events Summary

October

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Fri 5	Action for Elders - Balanced Lives Dead Good Cake “n” Chat Keepsake Art Home Organiser Inika Makeovers Short and sociable - starter walks in and around town Vocal Flourish Community Choir Friendship group with a musical twist	p. 51 p. 51 p. 51 P. 51 P. 52 P. 52 p. 53 p. 53
Sat 6	Community Coffee Morning with Fair Trade Stall Introduction to Qi Gong NO KIDDING ? - Real People Theatre production Saturday evening English Folk Dance	p. 54 p. 54 p. 55 p. 55
Sun 7	No events	

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.

You can meet us at the **AGEING WITHOUT CHILDREN** stand at the **50+ Information Fair** in York city centre (St Sampson's Centre).

Powers of Attorney

Care Arrangements

Wills & Trusts

Disputes & Claims

Property

Family Businesses

Harrowells

SOLICITORS

Our resolve.
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01904 558600

www.harrowells.co.uk

18 Friday 21 September - Sunday 7 October

Book Private Yoga lessons with Anna Semlyen BWY Dip

24 Grange St, York YO10 4BH (not accessible) or at your home or another venue as wanted.

Booking for any date 21 Sep – 7 Oct Cost £35 (discounted from £45 when you quote 50+ Festival) + £5 to travel to you.

Ring 07891 989310 **Booking essential.**

Private yoga lessons on any health related topic.

Specialities - back care (author of Yoga for Healthy Lower Backs), falls prevention and stress relief. Yoga can also help with weight management, building bone density, hip mobility and more.

Anna Semlyen is the British Wheel of Yoga National Specialist Advisor on back care and therapeutic yoga so you are in safe hands.

All day

Try fishing

It's never too late to try a new sport.

We are giving free 2 hour fishing tuition to anyone to try fishing.

All bait and equipment plus expert tuition is free. **Booking is essential.**

York Railway

Pond, Nelson

Lane, York

YO24 1HD

Free

Free fishing

Throughout the Festival we are offering free fishing on our pond to all anglers age 50 or over (proof of age may be needed). No need to book, just turn up and start fishing.

Contact: Paul Coxon 07736 848939

York Railway Pond Facebook page

10 am	Indoor Bowls Taster Session Your chance to try a free introductory game of bowls. Members will be on hand to give guidance and all equipment needed - bowls & shoes will be available free of charge. Dress comfortably.	New Earswick & District Indoor Bowls Club, Huntington Road, Huntington, York, YO32 9PX Free
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Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

10 – 11.30 am	Action for Elders - Balanced Lives A programme of seated + moving Tai Chi & exercises to improve balance & confidence to meet the needs of an ageing population.	Foxwood Community Centre, Cranfield Place, York YO24 3HY Free
12.30 – 1.45 pm		St. Luke's Church Hall, Burton Stone Lane, York YO30 6DF Free

Contact: Balanced lives 07771 850129

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Friday 21 September

11am - 1 pm **Vocal Flourish Community Choir** Lidgett Methodist Church,
Come and sing your heart out at our friendly daytime community choir. Wheatlands Grove, Acomb, York. YO26 5NH
From terrified beginners to seasoned singers, everyone is welcome.
No singing experience needed.
No booking necessary – just turn up and sing! Free - donations welcome (normally £5 per session)

Contact: York Flourish CIC 0800 689 0369
info@yorkflourish.org www.yorkflourish.org

1 – 2.30 pm **Friendship group with a musical twist** Oaken Grove Community Centre, Reid Park, Haxby YO32 3QW
Join us for good company, lots of singing, a sprinkling of poetry and dancing, tea and biscuits. We welcome everyone to our warm, friendly and entertaining group.
Booking is helpful to ensure there is enough tea & biscuits, but you can just turn up. £4
Every Friday, year round

Contact: Song Box 07765 574564 tjsongbox@yahoo.co.uk



10 am - 4 pm (arrive by 9.40 am)	Learn to play Bridge in a day This day is suitable for anyone who might be interested in learning Bridge. A minimum of talking, an hour of “minibridge” and then you’ll actually be bidding and playing the real game. Maximum 40 people, first come first served. Secure your place by email. Bring your own lunch, drinks available.	The York Bridge Club, 152-154 Holgate Road, York YO24 4DQ (only limited parking available) Free
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Contact: John Guest 01904 795595
green.lane@phoncoop.coop www.yorkbridgeclub.com

10.30 am - 12 pm	French taster session for complete / post beginners Basic French for the Holidays, phrases, role-plays, listening and a bit about cultural differences and similarities, etc.	Alliance Francaise De York 61 Bootham, York YO30 7BT. First floor, no lift
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1 - 2.30 pm	French taster session for advanced level Conversation in French on various current topics using newspapers, live news, etc... Good grasp of the language is essential. Booking for both is essential as a minimum of 4 attendees is required for sessions to run.	£5 per session.
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Contact: 01904 656827
afdeyork@gmail.com www.alliancedeyork.co.uk

6 pm	<p>Myths and Fairy tales for Old and Young Story-teller F.Mary Callan returns from the Edinburgh Fringe with more stories for young and old. Jason and the Argonauts rub shoulders with new favourites, the Dragon and the Mouse. Refreshments. Books on sale. No limit to numbers ...Booking not essential.</p>	<p>English Martyrs' Hall, Dalton Terrace, York YO24 4DA</p> <p>£3 / £1</p>
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Contact: F.Mary Callan 07596 714382 (texts only)
blazinggrannies@gmail.com

Monday 24 - Friday 28 September

10 am – 3 pm	<p>Research Your Family History Research your family history with our knowledgeable volunteers. All welcome, 5 computers available, Research Room has space for 10 / 12 researchers. Help for beginners and anyone who has not used a computer before.</p>	<p>Family History Research Room, The Raylor Centre, James Street, York, YO10 3DW</p> <p>Free (donations welcome)</p>
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Contact: Research Room 01904 412204
yorkfamilyhistory@btopenworld.com
www.yorkfamilyhistory.org.uk

10.30 – 50+ Tai Chi St. Oswald's
11.30 am Gentle Tai Chi for all abilities. Phone Church Hall,
Betty for more details or to book a Main St., Fulford,
place. York YO10 4QE

£5 per session

Contact: Betty Sutherland 07771 850129 betty@uktaichi.com

11 am - Vocal Flourish Community Choir Burnholme Social
1 pm Come and sing your heart out at our Club, Burnholme
friendly daytime community choir. Avenue,
From terrified beginners to seasoned York. YO31 0LL
singers, everyone is welcome.
No singing experience needed. Free - donations
No booking necessary – just turn up welcome
and sing! (normally £5 per
session)

Contact: York Flourish CIC 0800 689 0369
info@yorkflourish.org www.yorkflourish.org

1 - French taster session for complete /post Alliance Francaise
2.30 pm **beginners.** De York
Basic French for the Holidays, phrases, 61 Bootham,
role-plays, listening and a bit about York YO30 7BT.
cultural differences and similarities, etc. **First floor, no lift**
Booking is essential as a minimum of 4 attendees is required for sessions to run. £5 per session.

Contact: 01904 656827
afdeyork@gmail.com www.alliancedeyork.co.uk

24

Monday 24 September

2 - 3 pm	Schooldays Songs of Praise Come along and enjoy singing your favourite hymns from school assemblies, share school photos & memories. Refreshments will be served. To choose a favourite hymn Email or phone us. No booking needed.	St. Aidan's Church, Ridgeway, Acomb, York YO26 5DB Free (donations welcome)
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Contact: Jen Deamer 07443 582072
pjdeamer@ntlworld.com www.acombparish.org

7.30 pm	Scottish country dancing No need to come with a partner, bring soft shoes and wear comfortable clothing	English Martyrs Church Hall, Dalton Terrace, York YO24 4DA 1 st evening free
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Contact: Diana Nicholson 01423 329011 www.yorkscdclub.org.uk

Tuesday 25 September

9.30 am - 1.30 pm	Health & Wellbeing with Ayurvedic Herbs - PLUS tea tastings! Come & meet Lizzi from Pukka Herbs & ask any questions you may have on your health & wellbeing while enjoying a cup of tea from their extensive range. No need to book, just pop in!	Tullivers, 1 - 2 Colliergate, York, YO1 8BP Free
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Contact: Tullivers 01904 636437
hello@tullivers.co.uk www.tullivers.co.uk

10 - 11 am **Keep Fit**
Join our regular keep fitters for a not too strenuous workout to keep agile whatever your age

New Earswick & District Indoor Bowls Club,
Huntington Rd.,
York, YO32

First session free

Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

12 – 1.30 pm **Halves weekly lunch club**
For people who have lost their other halves. The group gathers at the church for light lunch and a chat, and there is the opportunity to make friends and get to know people, to understand what it is like to lose someone. New faces are always welcome whatever their age.

ARK Church,
43 Monkgate,
York YO31 7PB

Donations

Contact: Stephen Redman 01904 345870 info@arkchurch.co.uk

1 - 5 pm **Bridge Club Open Day**
Visit The York Bridge Club and watch people play. Members will be available to explain the basics of Bridge. Are you interested in learning how to play bridge? Or are you just curious about what goes on inside our club? Come along and see for yourself.

The York Bridge Club, 152-154
Holgate Road,
York YO24
4DQ
(only limited parking available)

Free

Contact: Mark Dunkley 01904 780794
mgdunkley@aol.com www.yorkbridgeclub.com

2 - 3 pm	Sequence Dancing Join our regular dancers for a spin around the dance floor. New members always welcome	New Earswick & District Indoor Bowls Club, Huntington Rd., York, YO32 9PX
		1st session free

Contact: Greg Stephenson 01904 750230
 manager@newearswickibc.co.uk www.newearswickibc.co.uk

5.45 - 6.45 pm	Yoga in York with Anna Semlyen BWY Dip Yoga for Falls prevention to strengthen your legs and balance with Anna Semlyen who has additional qualifications in falls prevention and back care. 15 people max. booking advised but not essential. You are welcome to turn up.	St Clement's Church Vestry, Nunthorpe Road YO23 1NE £5 quoting 50+ or £7
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Contact: Anna Semlyen 07891 989310
 anna@yogainyork.co.uk www.yogainyork.co.uk

6.30 - 7.45 pm	“ York in close up “ How well do you know York ? How observant are you ? Come and find out at my illustrated talk based on my book of photos of lots of little details you might not notice as you walk around. Followed by a fun picture quiz and book signing. Booking advised as max. capacity is 50	The Marriott Room, York Explore Library, Museum Street, York YO1 7DS Donations welcome
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Contact: Catherine Sotheran 01904 411845
 walker.yorkie@gmail.com

9.30 am – Introduction to Creative Writing Foxwood
2.30 pm Join Kerry Briggs for an Introduction Community
to Creative Writing workshop. Take Centre,
part in stimulating writing tasks and Cranfield Place,
pick up tips, resources and information York, YO24
to kick start your creative journey. 3HY
Exploring writing from a creative £25
perspective, we will cover the
elements of storytelling & other basic
knowledge.

Booking is essential, places limited

Contact: Kerry Briggs 07541 322064 info@supportforsuccess.co.uk

9.30 am - Fund Raising Stall York Hospital
3.30 pm Support OCAY (Older Citizens Foyer,
Advocacy York) by coming along Wigginton
to our fund raising event at York Road, York
Hospital YO31 8HE
Free

Contact: info@ocay.org.uk www.oldercitizensadvocacyork.org.uk
Write or call at our office at The Priory Street Centre, Priory Street,
York, YO1 6ET Office hours Mon to Thurs 10 to 3pm, Fri 10 to 2pm
01904 676200

10 - 11 am Line Dancing New Earswick
Join our regular line dancers for a & District
spin around the dance floor. Indoor Bowls
New members always welcome Club,
Huntington Rd.
York YO32 9PX
First session free

Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

10 – 11.30 am	Carers Pop-up Hub York Carers Centre will be joined by Dementia Forward to meet with carers and have a chat. You don't need to book and you might not even think of yourself as a carer but would like to pop along and find out more about what services there are.	Spearehead Café, Spearehead Hall, St Mary's Church, Church Lane, Strensall YO32 5XU Free
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Contact: Samantha Ferguson 01904 715490
samantha.ferguson@yorkcarerscentre.co.uk
www.yorkcarerscentre.co.uk

10.15 am for 10.30 start - 60 mins. walk	Short and sociable - starter walks in and around town 2018 <i>We love our walks and we're sure you will too.</i> <i>They're great for getting some fresh air and giving yourself a boost.</i> <i>There is no need to book, simply turn up on the day.</i> <i>Walking requires very little skill or specialist kit, just some sturdy footwear and clothing suited to the weather.</i>	Meet at Oaken Grove Community Centre, Reid Park, Haxby. YO32 3QZ. Free
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Contact: Jenny 07709526254 Kay 01904 693235
jennynich53@gmail.com kayork47@btinternet.com
www.walkingforhealth.org.uk
www.facebook.com/yorkhealthwalks

12.30 pm	Indoor Bowls Taster Session Your chance to try a free introductory game of bowls. Members will be on hand to give guidance and all equipment needed - bowls & shoes will be available free of charge. Dress comfortably	New Earswick & District Indoor Bowls Club, Huntington Rd, York, YO32 9PX Free
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Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

7.30 pm	What next for heroes ? What messages for today in fairy tales ? What are today's houses of straw or sticks ? In an account filled with fun and excitement, follow the Three Little Pigs to jobcentre and building site to find out. Then listen to some of Mary's Bible monologues. refreshments. Books on sale.	St. Paul's Church, Holgate Road, York YO24 4BF £5 / £2
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Contact: F.Mary Callan 07596 714382 (texts only)
blazinggrannies@gmail.com

7.30 - 8.30 pm	Laughter Yoga Fun (no mat required) Laugh with laughter leader Anna Semlyen. We all know how to laugh and that it's the best medicine. Enjoy belly laughing with easy drama like scenarios, breathing and relaxation to finish. Healthy fun exercise especially for your belly, face and lungs. You are welcome to turn up.	Private Function Room, Knavesmire Pub, Albemarle Road, South Bank, York YO23 1ER £6 / £4 conc.
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Contact: Anna Semlyen..Laughter Yoga in York 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

10 - 11.30 am **OCAY (Older Citizens Advocacy York) Information and Support Drop In** The Centre@Burnho lme, Mossdale Avenue, York YO31 0HA

Drop in to talk to us about our services at Older Citizens Advocacy York and the way that we support older people through advocacy. No need for an appointment. Just call in. Free

Contact: info@ocay.org.uk 01904 676200 Write or call at our office at The Priory Street Centre, Priory Street, York, YO1 6ET
Office hours Mon to Thurs 10 to 3pm, Fri 10 to 2pm
www.oldercitizensadvocacyyork.org.uk

10.30 - 11.45 am **Yoga in York with Anna Semlyen BWY Dip** St Clement's Church Vestry, Nunthorpe Road, York YO23 1NE

Yoga for Falls prevention to strengthen your legs and balance with Anna Semlyen who has additional qualifications in falls prevention and back care. 15 people max. **booking advised** but not essential. You are welcome to turn up. £6 quoting 50+ or £8

CANCELLED

Contact: Anna Semlyen 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

2 - 3 pm **Musical Movements** New Earswick & District Indoor Bowls Club, Huntington Rd, York, YO32 9PX

Join our regular movers to music for a not too strenuous workout to keep agile whatever your age

First session free

Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

2 - 3.30 pm **WISHING AHEAD, What would you wish for 2050 ?** Reading Room, St Sampson's Centre, Church St, York YO1 8BE
(Wheelchair ramp available)

York Women & Words writers' group invite you to join them for a fun session forecasting the future. What is best / worst in our present world, and what do you imagine for 2050? No limit to numbers

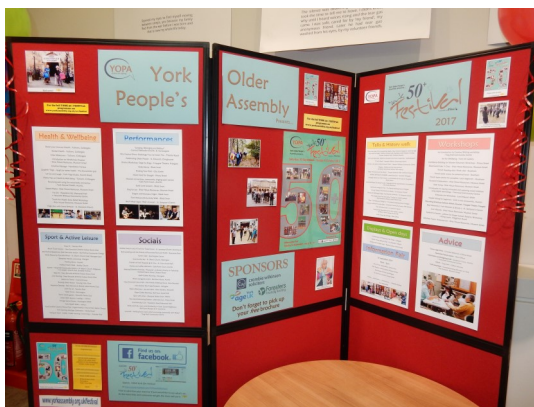
Booking not essential Donations

Contact: F.Mary Callan 07596 714382 (texts only)
blazinggrannies@gmail.com

7.45 - 9.45 pm **English Folk dance (Weekly)** St. Aidan's Church, Ridgeway, Acomb, York YO26 5DP

We are a small friendly group who enjoy traditional English folk dance. We dance at a steady pace to recorded music and called instructions. No partner necessary - we circulate. Please call for further information. £3

Contact: Annette Soothill 01904 705261
annette@soothill.com jorvikfdc.weebly.com



10 – 11.30 am **Action for Elders - Balanced Lives** Foxwood
Community
Centre, Cranfield
Place,
York YO24 3HY

A programme of seated + moving
Tai Chi & exercises to improve
balance & confidence to meet the
needs of an ageing population.

Free

12.30 – 1.45 pm St. Luke's Church
Hall, Burton
Stone Lane,
York YO30 6DF

Free

Contact: Balanced lives 07771 850129

10 am - 2 pm **Digestive Health** Tullivers,
1 - 2 Colliergate,
York YO1 8BP

Liz from Lepicol will be in-store to
answer your digestive & gut related
questions.

No need to book, just pop in!

Free

Contact: Tullivers 01904 636437
hello@tullivers.co.uk www.tullivers.co.uk

10 am – 6 pm **New season fair trade food and crafts** St Helen's
Church, St
Helen's Square,
York YO1 8QN

The latest in fair trade foods for York
Food Festival. New crafts and cards
for Autumn and Christmas. Products
from more than 20 fair trade
suppliers. All on sale and on display.
Traidcraft catalogues to take away.
No charge. Orders welcome.

Free admission

Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com

<p>10.15 am for 10.30 start - 60 mins. walk</p>	<p>Short and sociable - starter walks in and around town 2018</p> <p><i>We love our walks and we're sure you will too. They're great for getting some fresh air and giving yourself a boost.</i></p> <p><i>There is no need to book, simply turn up on the day. Walking requires very little skill or specialist kit, just some sturdy footwear and clothing suited to the weather.</i></p>	<p>Meet at Foxwood Community Centre Cranfield Place, Foxwood. York YO23 3HY</p> <p>Free</p>
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Contact: Jenny 07709526254 Kay 01904 693235
jennynich53@gmail.com / kayork47@btinternet.com
www.walkingforhealth.org.uk
www.facebook.com/yorkhealthwalks.

New LODGE

A FLEXIBLE APPROACH TO HOUSING AND CARE FOR THE OVER 55s IN THE HEART OF A COMMUNITY

Modern and spacious, New Lodge will provide flexible, high quality housing and care for the over 55s. Ideal for individuals or couples wishing to downsize it will provide 105 one and two-bedroomed Extra Care apartments, and 45 residential care suites right at the heart of the beautiful village of New Earswick.

For more information about living at New Lodge contact

Web: www.jrht.org.uk

Tel: 0800 587 0211

Email: information@jrht.org.uk



WE ARE RECRUITING

Some of our current vacancies include:

Care Team Senior - £11.40 per hour full and part time contracts available

Care Assistant - £9.04 to £9.50 per hour (depending on your qualifications) full and part time contracts available

Both roles available across our adult care services provisions in New Earswick and in Heslington.

We also have Catering roles as well as Independent Living Support Workers, to find out more and see a full list of our current openings go to:

www.jrf.org.uk/jobs

10.30 am -	OCA Y (Older Citizens Advocacy York)	St Luke's
12.30 pm	Information and Support Drop In	Community café,
	Drop in to talk to us about our	St Luke's Church
	services at Older Citizens Advocacy	Hall, Burton
	York and the way that we support	Stone Lane,
	older people through advocacy.	York YO30 6DF
	No need for an appointment.	
	Just call in.	Free

Contact: info@ocay.org.uk 01904 676200 Write or call at our office at The Priory Street Centre, Priory Street, York, YO1 6ET
Office hours Mon to Thurs 10 to 3pm, Fri 10 to 2pm
www.oldercitizensadvocacyork.org.uk

11am -	Vocal Flourish Community Choir	Lidgett Methodist
1pm	Come and sing your heart out at	Church,
	our friendly daytime community	Wheatlands
	choir. From terrified beginners to	Grove, Acomb,
	seasoned singers, everyone is	York YO26 5NH
	welcome.	
	No singing experience needed.	Free - donations
	No booking necessary - just turn up	welcome
	and sing!	(normally £5 per
		session)

Contact: York Flourish CIC 0800 689 0369
info@yorkflourish.org www.yorkflourish.org

<p>1 - 2.30 pm</p>	<p>French Reading club / Book club We will read short ‘nouvelles’ or stories in French and discuss them. Good grasp of the language is recommended. Booking is essential as a minimum of 4 attendees is requested for session to run.</p>	<p>Alliance Francaise De York 61 Bootham, York YO30 7BT First floor, no lift Free.</p>
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Contact: 01904 656827

afdeyork@gmail.com www.alliancedeyork.co.uk

<p>1 – 2.30 pm</p>	<p>“Friendship group with a musical twist” Join us for good company, lots of singing, a sprinkling of poetry and dancing, tea and biscuits. We welcome everyone to our warm, friendly and entertaining group. Booking is helpful to ensure there is enough tea & biscuits, but you can just turn up. Every Friday, year round</p>	<p>Oaken Grove Community Centre, Reid Park, Haxby YO32 3QW £4</p>
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Contact: Song Box 07765 574564 tjsongbox@yahoo.co.uk

<p>2 - 3.30 pm</p>	<p>Everyday Mindfulness - an introduction Build your mental and emotional resilience by learning some easy practices so at times of stress you can feel less overwhelmed and more calm, all welcome, no experience required, wear comfy clothes, come with an open mind. Tea provided, booking essential.</p>	<p>The Garden Room, Quaker Meeting House, Friargate, York YO1 9RL £15</p>
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Contact: Joanne Bull 07799 145548

hello@calmworks.co.uk www.calmworks.co.uk

9 am – 5 pm	Regain Your Natural Vitality Mini treatments, talks throughout the day on various self-help topics plus introductory classes for mental, emotional and physical wellbeing.	14 Merchants Place, Merchantgate, York YO1 9TU Free
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Contact: The Community Wellbeing Centre 01904 679868
enquiries@thehealingclinic.co.uk www.thehealingclinic.co.uk

10 am - 4 pm	"Eat-Pray-Love...." A warm community welcome is extended to all-comers in our newly renovated church. We will offer tea, tours, talks and entertainment under the theme of "Eat-Pray-Love...." telling the history and ambition of our beloved church alongside refreshment both bodily and spiritual.	St Denys Church Walmgate York YO1 9QD Stepped access Free
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Contact: Maxine Waller 07737 816894 www.stdenysyork.org.uk

10 am – 6 pm	New season fair trade food and crafts The latest in fair trade foods for York Food Festival. New crafts and cards for Autumn and Christmas. Products from more than 20 fair trade suppliers. All on sale and on display. Traidcraft catalogues to take away. No charge. Orders welcome.	St Helen's Church, St Helen's Square, York YO1 8QN Free admission
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Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com

10.30 am	Healing Dance	York Yoga Studio,
- 12 pm	Healing Dance uses basic Arabic dance movements with breathing exercises and music to encourage your body to move. It can help reduce physical and mental stress.	112 Acomb Rd., York YO24 4EY
		£5

Please wear comfortable clothes to move in, and the studio has a bare foot policy so only toe socks are allowed.

Contact: Heather Honeyman 01226 293336
heatherrhoneyman@hotmail.co.uk

11 am –	Touch for Health Balancathon	Briar House
1 pm	Part of a worldwide Touch for Health Balancathon taking place on the same day. Livestreaming plus YO1 Radio broadcast during the Balancathon. Come and join in! Have a free Touch for Health Balance!	Resources, 14 Merchants Place, Merchantgate, York YO1 9TU
		Free

Wheelchair friendly, with accessible toilet. Front door is a bit heavy but there will be helpers. No hearing loop yet. Apologies

Contact: June Tranmer 07932 163602
june.tranmer@gmail.com www.june.tranmer.co.uk

12 - 2 pm	Local Lunch at Derwenthorpe	The Super Sustainable Centre,
	A lovely soup and sandwich drop - in lunch, in the community hub of this new JRHT village estate. A friendly welcome and tasty fayre!	Derwenthorpe, York YO31 0QQ
		Pay as you feel donation

Contact: David Casswell 07825 740919 davecasswell@gmail.com

10 am	Indoor Bowls Taster Session Your chance to try a free introductory game of bowls. Members will be on hand to give guidance and all equipment needed - bowls & shoes will be available free of charge. Dress comfortably	New Earswick & District Indoor Bowls Club, Huntington Rd, Huntington, York YO32 9PX Free
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Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

10 am - 1 pm	Women's Health "Replenish and Refresh" Workshop In the East the menopausal transition is known as 'Second Spring' reflecting the potential for new possibilities. This informative integrated yoga, qi gong & acupuncture workshop will	York Yoga Studio, 112 Acomb Rd., York YO24 4EY £35
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be an opportunity to learn empowering breathing / movement practices to help you find steadiness & calm during the uncertainties of this time.

Booking essential, not suitable for people with mobility issues.

Contact: Nicky Thomas 07583 291616
 York Yoga Studio 01904 785704
tonyandnick123@gmail.com www.nickythomasyork.com

6.30 pm	Celebrating age in other cultures A service of music, readings, meditations celebrating ageing across the world. All ages welcome! No 4 and Coastliner buses stop close by, parking.	St Edwards Church, Tadcaster Road, York YO24 1QG Free
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Contact: Gill Stamp 01904 709111 gill@gillmyers.plus.com

Monday 1 - Friday 5 October

39

10 am – 3 pm	Research Your Family History Research your family history with our knowledgeable volunteers. All welcome, 5 computers available, Research Room has space for 10/12 researchers. Help for beginners and anyone who has not used a computer before.	Family History Research Room, The Raylor Centre, James Street, York YO10 3DW Free (donations welcome)
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Contact: Research Room 01904 412204
yorkfamilyhistory@btopenworld.com
www.yorkfamilyhistory.org.uk

Monday 1 October

10 am – 1 pm	Confidence Building for Women Returners Workshop Are you socially isolated, lonely and struggling with mental health issues whilst planning returning to the workplace after years on a break? This workshop offers empowering insight into rebuilding confidence, self-belief and resilience. Increase your capacity to overcome potentials barriers (e.g. self-limiting beliefs) and move forward into work readiness.	York CVS, 15 Priory Street, York YO1 6ET £5
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Numbers limited to 8. **Booking essential**

Contact: Liz Hempshall 07495 731958
lizhempshall@futureintentions.co.uk www.futureintentions.co.uk

10.30 –	50+ Tai Chi	St. Oswald's
11.30 am	Gentle Tai Chi for all abilities. Phone Betty for more details or to book a place.	Church Hall, Main St., Fulford, York YO10 4QE
		£5 per session

Contact: Betty Sutherland 07771 850129 betty@uktaichi.com

11am -	Vocal Flourish Community Choir	Burnholme
1pm	Come and sing your heart out at our friendly daytime community choir. From terrified beginners to seasoned singers, everyone is welcome. No singing experience needed. No booking necessary - just turn up and sing!	Social Club, Burnholme Avenue, York YO31 0LL
		Free - donations welcome (normally £5 per session)

Contact: York Flourish CIC 0800 689 0369
info@yorkflourish.org www.yorkflourish.org

7 - 9 pm	Resolving pain using the mind body connection	York Natural Health, 36 York Rd., Acomb, York YO24 4LZ
	If you are experiencing long term pain this workshop is for you. Explore the mind - body connection for different perspectives for resolving pain. The workshop includes practical tapping exercises to help you reduce pain & feel more comfortable.	£5

Contact: Jenny 07749 706127 Debbie 07949 174389
jen2627@hotmail.co.uk / debbie.pogson@gmail.com

7.30 pm Scottish country dancing
No need to come with a partner,
bring soft shoes and wear comfortable
clothing

English Martyrs
Church Hall,
Dalton Terrace,
York YO24 4DA

1st evening free

Contact: Diana Nicholson 01423 329011 www.yorkscdclub.org.uk

Ever wanted to write creatively?

**Then why not join our beginners'
writing group, Westfield Writers**

Cost: £2 donation

Location: Foxwood Community Centre

When:

9th of October 2018, 6.30– 7.30pm

6th of November 2018, 6.30– 7.30pm

4th of December 2018, 6.30– 7.30pm

Run by



SUPPORT FOR SUCCESS

A friendly and
supportive, monthly
meeting of beginners
to creative writing.
No need to book, you
can just turn up

Need more information? Contact Kerry on 07541322064
or email; info@supportforsuccess.co.uk



10 am – 6 pm **Fair Trade Products Christmas Preview** Fairer World
New season fair trade crafts, cards shop,
and foods for Christmas. Products on 84 Gillygate,
sale and on display from small scale York YO31 7EQ
producers in Africa, Asia and Latin

America, building up their communities in education and health care and protecting their environment. Refreshments. Samples. Catalogues to take away.

Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com

Tuesday 2 October

9.30am - 1.30 pm **Health & Wellbeing with Ayurvedic** Tullivers,
Herbs - PLUS tea tastings! 1 - 2 Colliergate,
Come & meet Lizzi from Pukka Herbs York YO1 8BP
& ask any questions you may have Free
on your health & wellbeing while enjoying a cup of tea from their
extensive range. No need to book,
just pop in!

Contact: Tullivers 01904 636437
hello@tullivers.co.uk www.tullivers.co.uk

10 - 11 am **Keep Fit** New Earswick &
Join our regular keep fitters for a not District Indoor
too strenuous workout to keep agile Bowls Club,
whatever your age Huntington Rd,
York YO32 9PX

First session free

Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

10 - 11.30 am **OCAY (Older Citizens Advocacy York) Information & Support Drop In** Clifton Library, Rawcliffe lane, York YO30 5SJ

Drop in to talk to us about our services at Older Citizens Advocacy York and the way that we support older people through advocacy. No need for an appointment. Just call in.

Free

Contact: 01904 676200 info@ocay.org.uk
www.oldercitizensadvocacyyork.org.uk Write or call at our office at The Priory Street Centre, Priory Street, York, YO1 6ET
Office hours Mon to Thurs 10 to 3pm, Fri 10 to 2pm

10.15 am **Short and sociable - starter walks in for 10.30 start - 60 mins. walk** **and around town 2018** Meet at Tang Hall Community Centre, Fifth Avenue, York YO31 0UG

We love our walks and we're sure you will too. They're great for getting some fresh air and giving yourself a boost.

There is no need to book, simply turn up on the day. Walking requires very little skill or specialist kit, just some sturdy footwear and clothing suited to the weather.

Free

Contact: Jenny 07709526254 Kay 01904 693235
jennynich53@gmail.com / kayork47@btinternet.com
www.walkingforhealth.org.uk
www.facebook.com/yorkhealthwalks.

12.20 - 1.45 pm	Welcome to Circle Dance Join our friendly, welcoming group for an hour of Circle dancing - with a drink and cake afterwards! Beginners welcome. We dance in a circle, no partner needed. Non-competitive, inclusive, no performance. We dance for community, well-being and fun. Variety of music, especially Balkan and modern. Steps clearly taught.	St Olave's Hall, Marygate Lane, York YO30 7BJ Free
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Contact: Niccy Cordner 07845115777 niccycordner1@gmail.com

12 – 1.30 pm	Halves weekly lunch club For people who have lost their other halves. The group gathers at the church for light lunch and a chat, and there is the opportunity to make friends and get to know people, to understand what it is like to lose someone. New faces are always welcome whatever their age.	ARK Church, 43 Monkgate, York YO31 7PB Donations
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Contact: Stephen Redman 01904 345870 info@arkchurch.co.uk

2 - 3 pm	Sequence Dancing Join our regular dancers for a spin around the dance floor. New members always welcome	New Earswick & District Indoor Bowls Club, Huntington Rd, Huntington, York YO32 9PX First session free
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Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

Tuesday 2 October

45

5.45 -
6.45 pm

**Yoga in York with Anna Semlyen
BWY Dip**
Yoga for Falls prevention to strengthen your legs and balance with Anna Semlyen who has additional qualifications in falls prevention and back care.
15 people max. booking advised but not essential. You are welcome to turn up.

St Clement's
Church Vestry,
Nunthorpe
Road
York YO23 1NE

£5 quoting 50+
or £7

Contact: Anna Semlyen 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

7.30 pm

Table Tennis
Come and play social Table Tennis with our friendly group. We have three Tables, but **pre booking is essential**
Please note this event is not suitable for complete beginners

Dunnington
Sports Club
Common Road,
Dunnington
YO19 5NG

Free

Contact: Ron Willits 01904 489046 ron@ronwillits.plus.com



10 - 11 am	Line Dancing Join our regular line dancers for a spin around the dance floor. New members always welcome	New Earswick & District Indoor Bowls Club, Huntington Rd, York YO32 9PX
		First session free

Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

10 am - 1 pm	Health & wellbeing with Viridian Come & meet Kirby from Viridian Nutrition who can help answer your health related questions. Tastings of their nutritional drinks will be available. No need to book, just pop in!	Tullivers, 1 - 2 Colliergate, York YO1 8BP Free
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Contact: Tullivers 01904 636437
hello@tullivers.co.uk www.tullivers.co.uk

10 am - 2 pm	Introduction to writing simple forms of poetry Join Kerry Briggs for An Introduction to writing Simple Forms of Poetry workshop. We will cover some top tips for getting started with poetry, some of the key terminology and will outline & try our hand at writing the following forms of poetry; Acrostic, Haikus, Diamante, Shape and Found. Booking essential, places limited	Foxwood Community Centre, Cranfield Place, York YO24 3HY £20
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Contact: Kerry Briggs 07541 322064 info@supportforsuccess.co.uk

2 - 4 pm **Mental wellbeing with Calm Works** Calm works,
Discover simple practices from Yoga The Loft,
and Mindfulness to help you build 42 Oxford Street,
flexibility and calm your body and Holgate,
mind. Feel more in the moment. York YO24 4AW
All welcome, no experience **Access via stairs**
required, wear comfy clothes, come £15
with an open mind. Tea provided,
booking essential.

Contact: Joanne Bull 07799 145548
hello@calmworks.co.uk www.calmworks.co.uk

7 - 8.30 **French taster session for Improvers.** Alliance Francaise
pm French for the Holidays, and De York
everyday French, role-plays, listening 61 Bootham,
and a bit about cultural differences York YO30 7BT
and similarities, etc. **First floor, no lift**
Booking is essential as a minimum
of 4 attendees is requested for £ 5 / session.
session to run

Contact: 01904 656827
afdeyork@gmail.com www.alliancedeyork.co.uk



9 am	ROWING TASTER SESSION “Participants will receive a boathouse tour, technical session on a rowing machine and a short boat trip. Activities will be supervised by experienced coaches and will last c. 2 hours.. Format subject to river/weather conditions. Coffee and cakes available afterwards. Numbers limited, booking essential at ycrc.co.uk. ”	York City Rowing Club, West Esplanade, York YO1 6FZ Partially accessible £10
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Contact: Chris Polack 07851 019274
chris@boothamnetworksolutions.co.uk www.ycrc.co.uk

10 am	Table Tennis Come and play social Table Tennis with our friendly group. We have three Tables, but pre booking is essential Please note this event is not suitable for complete beginners	Dunnington Sports Club Common Road Dunnington YO19 5NG Free
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Contact: Ron Willits 01904 489046 ron@ronwillits.plus.com

10.30 - 11.45 am	Yoga in York with Anna Semlyen BWY Dip Yoga for Falls prevention to strengthen your legs and balance with Anna Semlyen who has additional qualifications in falls prevention and back care. 15 people max. booking advised but not essential. You are welcome to turn up.	St Clement’s Church Vestry, Nunthorpe Road, York YO23 1NE £6 quoting 50+ or £8
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Contact: Anna Semlyen 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

1.45 pm for 2 pm start - 30 mins. walk **Short and sociable - starter walks in and around town 2018** Meet at Art Gallery, Exhibition Square. York YO1 7EW
We love our walks and we're sure you will too. They're great for getting some fresh air and giving yourself a boost. Free

There is no need to book, simply turn up on the day. Walking requires very little skill or specialist kit, just some sturdy footwear and clothing suited to the weather.

Contact: Jenny 07709526254 Kay 01904 693235
jennynich53@gmail.com / kayork47@btinternet.com
www.walkingforhealth.org.uk
www.facebook.com/yorkhealthwalks.

2 - 3 pm **Musical Movements** New Earswick & District Indoor Bowls Club, Huntington Rd, York YO32 9PX
Join our regular movers to music for a not too strenuous workout to keep agile whatever your age

First session free

Contact: Greg Stephenson 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

7 - 8.30 pm **French taster session for Intermediate.** Alliance Francaise De York
Everyday French, reading, listening and discussion on current affairs. 61 Bootham, York YO30 7BT
Booking is essential as a minimum of 4 attendees is requested **First floor, no lift**

£ 5 per session.

Contact: 01904 656827
afdeyork@gmail.com www.alliancedeyork.co.uk

7.45 - 9.45 pm **English Folk dance (Weekly)** St. Aidan's Church, Ridgeway, Acomb, York YO26 5DP

We are a small friendly group who enjoy traditional English folk dance. We dance at a steady pace to recorded music and called instructions. No partner necessary - we circulate. Please call for further information.

£3

Contact: Annette Soothill 01904 705261
annette@soothill.com jorvikfdc.weebly.com



10 – **Action for Elders - Balanced Lives** Foxwood
11.30 am A programme of seated + moving Tai Chi & exercises to improve balance & confidence to meet the needs of an ageing population. Community Centre, Cranfield Place, York YO24 3HY
 Free

12.30 –
1.45 pm St. Luke's Church Hall, Burton Stone Lane, York YO30 6DF
 Free

Contact: Balanced lives 07771 850129

10.30 – **Dead Good Cake 'n' Chat** The Folk Hall,
11.15 am *"Dispelling the taboos about death and dying"* with Chris Dudzinska of Last Wishes Funerals Hawthorn Terrace, New Earswick, York YO32 4AQ
 Free

Contact: 07824 639244
www.lastwishesfunerals.co.uk

11.30 am **Keepsake art**
 - *"Ideas for turning memorabilia into pieces of art"* with Sarah Jackson of Winifred Taylor Ltd
12.15 pm
 Free

Contact: 07899 092299
www.winifredtaylor.co.uk

12.30 - **Home Organiser**
1.15 pm *"Practical and sensitive support when needed"* with Anne Wyn-Jones of Ideal Living
 Free

Contact: 07885 729759 www.idealliving.co.uk

10.30 am - 4.30 pm	Inika Makeovers Enjoy a makeover with Debby from Inika's organic & vegan makeup range. Booking required. Please allow 45 minutes for your appointment.	Tullivers, 1 - 2 Colliergate, York YO1 8BP Free
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Contact: Tullivers 01904 636437
hello@tullivers.co.uk www.tullivers.co.uk

10.45 am for 11 am start - 30 mins. walk	Short and sociable - starter walks in and around town 2018 <i>We love our walks and we're sure you will too. They're great for getting some fresh air and giving yourself a boost.</i>	Meet at Museum Gardens, inside Museum St. entrance. YO1 7FR Free
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There is no need to book, simply turn up on the day. Walking requires very little skill or specialist kit, just some sturdy footwear and clothing suited to the weather.

Contact: Jenny 07709526254 Kay 01904 693235
jennynich53@gmail.com / kayork47@btinternet.com
www.walkingforhealth.org.uk
www.facebook.com/yorkhealthwalks.

11am - 1 pm **Vocal Flourish Community Choir** Lidgett Methodist Church, Wheatlands Grove, Acomb, York YO26 5NH

Come and sing your heart out at our friendly daytime community choir. From terrified beginners to seasoned singers, everyone is welcome.

No singing experience needed.
No booking necessary – just turn up and sing!

Free - donations welcome (normally £5 per session)

Contact: York Flourish CIC 0800 689 0369
info@yorkflourish.org www.yorkflourish.org

1 – 2.30 pm **“Friendship group with a musical twist”** Oaken Grove Community Centre, Reid Park, Haxby YO32 3QW

Join us for good company, lots of singing, a sprinkling of poetry and dancing, tea and biscuits.

We welcome everyone to our warm, friendly and entertaining group.

£4

Booking is helpful to ensure there is enough tea & biscuits, but you can just turn up. Every Friday, year round

Contact: Song Box 07765 574564 tjsongbox@yahoo.co.uk



10 am – 12 pm	Community Coffee Morning with Fair Trade Stall Refreshments served on a pay-as-you-feel basis. Fair trade foods, crafts and products for Christmas on sale and on display. Organised by St Lawrence's Church.	St Lawrence Community Hall, Lawrence Street, York YO10 3WP Free entry
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Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com

10.15 - 11.30 am	Introduction to Qi Gong Qi gong is the practice of slow mindful movements that are harmonized with the breath. It is used to calm the mind and develop mental / physical resilience.	York Yoga Studio, 112 Acomb Road, York YO24 4EY £9
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This will be a unique opportunity to learn a re-vitalising and relaxing movement sequence that you can practice at home.

Booking essential further details: www.nickythomas.com

Contact: Nicky Thomas 07583 291616

York Yoga Studio 01904 785704 tonyandnick123@gmail.com



2 - 4 pm **NO KIDDING?** Denham Room,
A successful Real People Theatre Priory Street
production raising awareness of the Centre,
many issues facing people ageing 15 Priory Street,
without the support of nearby York YO1 6ET
children or family
(www.realpeopletheatre.co.uk). £5
Who will be there for millions of us
in time of need? See www.awoc.org
for the national overview and contact
Sue Lister, AWOC York Coordinator,
01904 488870.

Contact: Sue Lister 01904 488870 www.awoc.org

8 - 11 pm **Saturday evening dance** Huntington
We are a small friendly group who Memorial Hall,
enjoy traditional English folk dance. 46 Strensall Rd.,
We dance at a steady pace to Huntington,
recorded music and called York YO32 9SH
instructions. No partner necessary -
we circulate. Please call for further £5
information. It would be much
appreciated if dancers would please
bring some food for a shared supper.

Contact: Annette Soothill 01904 705261
annette@soothill.com jorvikfdc.weebly.com

York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 14th York 50+ Festival. We hope you will enjoy taking part in these events and will help to create next year's Festival.

Sue Lister MBE has been coordinating this festival as a member of the YOPA committee since she came up with the idea in 2005. She has now handed the reins over to a new team. We'd like to thank her for all her hard work over the last 13 years and hope we can continue her legacy.

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

**FOR AN AUDIO SUMMARY, BRAILLE OR LARGE PRINT
VERSION OF THE PROGRAMME
PHONE 01904 731120.**

www.yorkassembly.org.uk
yorkassembly@btconnect.com

**York Older People's Assembly
Wilberforce Trust,
49 North Moor Road,
Huntington, York
YO32 9QN
Tel: 01904 202293**

E N J O Y !