

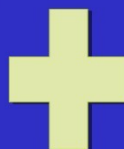


York Older People's
Assembly presents..

York 50⁺ Festival

In association with THE PRESS

Friday 20 September - Sunday 6 October 2019



Information Fairs 4, 10 & 13 September see p. 6 - 18

Sponsored by

yorkassembly.org.uk yopa.festival@gmail.com





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



1834-2019

BECOME A MEMBER TODAY



Foresters Friendly Society has been established in York since 1837. Members of local branches administer their funds for the benefit of members in the form of support, educational, dental, optical and convalescence grants (over £1 million granted nationally), as well as organising social events and fundraising activities.

Full details of membership can be found at www.forestersfriendlysociety.co.uk

Or contact branch secretary **Helen Mackinnon** on **01609 751675**



Thank you to everyone who got involved with our Older Person's Accommodation consultation!

We will use the results to help us develop accommodation that meets the needs of York's residents.

To see these results please visit
www.york.gov.uk/consultations



To comment on these results, or to ask for a paper copy

Email: olderpersons.housingsurvey@york.gov.uk

Or write to:

Older Person's Accommodation Programme,
City of York Council,
West Offices, Station Rise, York, YO1 6GA

Physical activity benefits for adults and older adults



BENEFITS HEALTH



IMPROVES SLEEP



MAINTAINS HEALTHY WEIGHT



MANAGES STRESS



IMPROVES QUALITY OF LIFE

UK Chief Medical Officers'
Guidelines 2011

**Start Active,
Stay Active:**

<http://bit.ly/startactive>

What should you do?

**Be
Active**



**Sit
Less**



**Build
Strength**



**Improve
Balance**



RUN

WALK

SPORT

CYCLE

STAIRS

SWIM

TV



SOFA



COMPUTER



GYM

YOGA

CARRY BAGS

DANCE

TAI CHI

BOWLS

**MINUTES
PER WEEK**

75 VIGOROUS
INTENSITY

(BREATHING FAST)
(DIFFICULTY TALKING)

OR

150 MODERATE
INTENSITY

(INCREASED BREATHING)
(ABLE TO TALK)

OR

**A COMBINATION
OF BOTH**

**BREAK
UP
SITTING
TIME**



**2 DAYS PER
WEEK**

Something is better than nothing.

**Start small and build up gradually:
just 10 minutes at a time provides benefit.**

MAKE A START TODAY: it's never too late!

Sport and Active Leisure team



01904 553372



sportandactiveleisure@york.gov.uk

Welcome to the programme for the York 50+ Festival. 5

This year marks the fifteenth year of the Festival which continues to go from strength to strength. With around 200 events in the programme there really is something for everyone, from sports and alternative health activities to singing, dancing, talks, walks and social groups, many of which continue on a regular basis after the Festival. We hope you will take the opportunity to try something new, get out and about more, make new friends and maybe find a new hobby. On behalf of the Festival organisers we thank you for all for your continued support especially all the groups and individuals hosting events, without whom we wouldn't have a Festival. Enjoy!

A message from CYC

Everyone at City of York Council is delighted to be working once again with the York Older People's Assembly to deliver an exciting, wide ranging programme of events.

As a long standing contributor to the programme, we have committed to coordinating a physical activity and sporting activity on every day of the festival, with our partners.

York's residents are among the most active in the country. Being active has so many benefits to both physical and mental health. Not only do you build strength, burn calories and reduce your risk of heart disease but sport and physical activity has a brilliant capacity to bring people together.

Festivals such as this are so important in raising awareness of the incredible variety of options available to people. The sessions over the course of the Festival offer a sample of some of the brilliant activities happening on a daily basis in communities across the city.

For more information on physical activity in York visit www.livewellyork.co.uk.

Cllr Darryl Smalley
Liberal Democrat Councillor for Rawcliffe & Clifton Without
Executive Member for Culture, Leisure & Communities
City of York Council



Working together, to improve and make a difference

INFORMATION FAIR SUMMARY

FREE ADMISSION Refreshments available

WEDNESDAY 4 SEPTEMBER 10 am - 1.30 pm

TANG HALL COMMUNITY CENTRE see p. 8 - 11

Age Friendly York / Home Share / Live Well

Age Uk York

Ageing Without Children (AWOC)

Community Bees - CIC

Dementia Forward

Home Instead

IDAS OCAY

Parkinson's Society

Ramsdens Burn & Co Solicitors

Sports & Active Leisure (CYC)

St Nicks

The Island YOPA

York Carers Centre

York Neighbours

TUESDAY 10 SEPTEMBER

ST. SAMPSON'S CENTRE 10 am - 3 pm see p. 12 - 13

Age UK

Ageing Without Children (AWOC).

Crombie Wilkinson & Partners

OCAY The Wilberforce Trust

YOPA

and

SPURRIERGATE CENTRE 10 am - 2.30 pm see p. 14 - 15

Age Friendly York / Home Share / Live Well

Department Of Work & Pensions - Carers

Foresters Friendly Society

Healthwatch Ideal Living

FRIDAY 13 SEPTEMBER 10 am - 1 pm
THE GATEWAY CENTRE, ACOMB see p. 16 - 18

7

Age Friendly York / Home Share / Live Well

Age UK

Dementia Forward

Home Instead

Mysight

OCA Y

Parkinson's UK

Sports & Active Leisure (CYC)

The Island

YOPA

York Ainsty Rotary

York Neighbours

Friday 13 September
1pm-3.30pm

SAMARITANS

York

Free for the over 60s
Tea Party & Sing-along with
York's Cantar Community Choir
and a little Bingo in-between

The Spurriergate Centre, Spurriergate, York, YO1 9QR



SAMARITANS

Talk to us, we'll listen

Whatever you're going through,
you don't have to face it alone.

Call free day or night on

116 123

A registered charity

Ticket entry only. To reserve your free ticket, send Email to:

outreach.yorksamaritans@gmail.com

State ticket numbers required — they will be waiting for you on the day

8

Information Fair



TANG HALL

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

Wednesday 4th September
10 am - 1.30 pm

Age Friendly York / Home Share / Live Well

Age Friendly York - we want to ensure people are able to live healthy and active lives as they get older, starting with seeking your views on “Your Journey” (walking and using transport within and out of York).

Homeshare York matches an older homeowner with a younger person in a home sharing arrangement. The ‘Homesharer’ will provide 10 hours of support a week to the Householder in exchange for a room in their home.

Live Well York - is an information and advice community website for adults and families. At this event you will have the opportunity to navigate the site for the information you want and produce a personalised booklet.

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 a nail cutting service and a free slipper swop for old slippers. Come along and see us.

Ageing Without Children (AWOC)

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

Community Bees - CIC

Community Bees CIC aim to tackle isolation and loneliness within the community. Our aim is to address the people who are mostly at risk of isolation, lost behind a closed door, nobody to talk to or listen to, share laughter with or even share a tear or two with.

For more information contact Denise 07789 045939 or Michaela. 07772 107763

Dementia Forward

North Yorkshires leading Charity for dementia support, providing bespoke family support from domestic support advisors, Admiral Nurse, wellbeing services and signposting advice.

Home Instead

Home Instead Senior Care York and Ryedale provides personalised companionship / home support to older people allowing them to stay safely in their own home. Our care is rated as outstanding by the Care Quality Commission.

IDAS

IDAS is a charity in Yorkshire supporting anyone experiencing or affected by domestic abuse or sexual violence. Our services include refuge accommodation, community-based support, peer mentoring, group work and access to a free, confidential out of hours helpline.

OCA Y (Older Citizens Advocacy York)

OCA Y's advocacy service helps older people develop the confidence to speak up for themselves and voice concerns about issues affecting them. OCA Y supports people to make decisions and implement solutions for themselves. We provide help and support with problems ranging from finances and benefits, through to family disputes and disability issues.

10 Information Fair



TANG HALL

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

Wednesday 4th September
10 am - 1.30 pm

Parkinson's Society

York Branch raises funds to pay for activities that help people with Parkinson's keep as fit and active as possible. We hold keep fit classes, dance classes and singing to help their voices and money for research.

Ramsdens Burn & Co Solicitors

Ramsdens Solicitors are an award winning, full service law firm offering the full spectrum of legal services for individuals and businesses. Our approach is client-led and our shared values guide how we conduct our relationships with one another and our clients. We understand that dealing with legal issues can be difficult, but our expert lawyers are committed to making the legal process as stress free as possible for you.

St Nicks

St Nicks has transformed the former Tang Hall rubbish tip into a thriving Local Nature Reserve and Environment Centre. The charity runs projects, events and services to help make York a more sustainable city.

Sports & Active Leisure (CYC)

The Sport and Active Leisure team will be on hand to talk you through the recommendations for being active and to find you sports and physical activities that you might like to try!

The Island

The Island is a charity in York providing islands of space and time for vulnerable children and young people: building confidence, self esteem and unlocking potential through positive mentoring relationships and unique programmes.

YOPA

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 offers activities, entertainment, services and advice and help to promote community cohesion.

York Carers Centre

York Carers Centre are a local charity supporting unpaid carers in the city. Our benefits advisor will be at the 50+ Festival at Tang Hall Community Centre on Wednesday 4 September offering benefits advice to carers.

York Neighbours

York Neighbours work with people aged over 65 living in York, assisting with practical one off tasks, regular phone calls and occasional social outings.

Meet the Festival team



Maureen -
Fundraiser

Anne -
Co-ordinator

Catherine -
Brochure
editor

S'ana -
Displays, design
& social media

Paul -
IT & social
media



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

Tuesday 10th September
10 am - 3 pm

Age UK

Age UK York provides a range of services for older people in York including information and advice, money and benefits advice, befriending, carer respite, shopping, outings, day clubs and transport services.

Ageing Without Children (AWOC).

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 & Partners

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. Contact Sharon Richardson on 01904 624185.

OCA Y (Older Citizens Advocacy York)

OCA Y's advocacy service helps older people develop the confidence to speak up for themselves and voice concerns about issues affecting them. OCA Y supports people to make decisions and implement solutions for themselves. We provide help and support with problems ranging from finances and benefits, through to family disputes and disability issues.

The 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.

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CREATE & CONNECT FESTIVAL & CAFE

Millers Yard, Gillygate, York
Tel: 01904 655550
www.millersyard.co.uk

Cafe
Friday 6th September 2-5pm
Friday 5th October 2-5pm

Join us for FREE activities, snacks and refreshments at our monthly intergenerational drop-in cafe. Bridging the gap through conversation & activities to promote connection & combat loneliness.

C&C 50+ Festival (FREE)
Saturday 21st September
11am - 5.30pm

Arts & Crafts, Yoga,
Tai Chi, Singing, Dance,
Gong Meditation, Positive Talks



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

**Tuesday 10th September
10 am - 2.30 pm**

Age Friendly York / Home Share / Live Well

Age Friendly York - we want to ensure people are able to live healthy and active lives as they get older, starting with seeking your views on “Your Journey” (walking and using transport within and out of York).

Homeshare York matches an older homeowner with a younger person in a home sharing arrangement. The ‘Homesharer’ will provide 10 hours of support a week to the Householder in exchange for a room in their home.

Live Well York - is an information and advice community website for adults and families. At this event you will have the opportunity to navigate the site for the information you want and produce a personalised booklet.

Department Of Work & Pensions - Carers

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

Foresters Friendly Society

The Foresters Friendly Society is a mutual society helping members and their families with straight forward financial plans, medical, education and support grants, friendship, benevolence and social gatherings.

Healthwatch

Come and chat to one of our Healthwatch York volunteers; to find out information & advice about the Health & Social Care services in York, tell us your experiences within the services & get advice about what to do if services don't meet your needs or expectations.

Ideal Living

Are you moving home yet feel daunted and overwhelmed as there's so much to do! Are you upset at having to sort through and clear a loved one's home and possessions? How can Anne help?



York Neighbours
...for that little bit of help

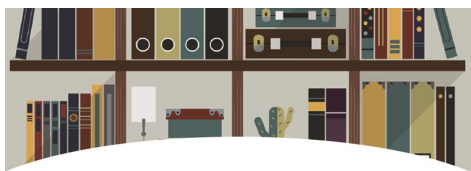
Lending a hand to people over 65 living in York.

Register with York Neighbours for help
with practical one off tasks,
regular phone calls
and occasional group outings.

Are you over 18? Volunteer with us!
There is no minimum time commitment.

To register your interest or to find out more:

call 01904 891627
info@yorkneighbours.org.uk
www.yorkneighbours.org.uk



Whether needing help with
home organisation or the entire
process of moving house,
find out how Ideal Living can help you.



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contact Anne Wyn-Jones

07885 729 759

hello@idealliving.co.uk
www.idealliving.co.uk



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

**Friday 13 September
10 am - 1 pm**

Age Friendly York / Home Share / Live Well

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

Dementia Forward

North Yorkshires leading Charity for dementia support, providing bespoke family support from domestic support advisors, Admiral Nurse, wellbeing services and signposting advice.

Home Instead

Home Instead Senior Care York and Ryedale provides personalised companionship / home support to older people allowing them to stay safely in their own home. Our care is rated as outstanding by the Care Quality Commission.

MySight

MySight York supports anyone affected by sight loss. Services enable people to make their own confident choices about all aspects of their lives. MySight's vision is of a world where everyone with sight loss can live well.

OCA Y (Older Citizens Advocacy York)

OCA Y's advocacy service helps older people develop the confidence to speak up for themselves and voice concerns about issues affecting them. OCA Y supports people to make decisions and implement solutions for themselves. We provide help and support with problems ranging from finances and benefits, through to family disputes and disability issues.

Parkinson's UK

York Branch raises funds to pay for activities that help people with Parkinson's keep as fit and active as possible. We hold keep fit classes, dance classes and singing to help their voices and money for research.

Sports & Active Leisure (CYC)

The Sport and Active Leisure team will be on hand to talk you through the recommendations for being active and to find you sports and physical activities that you might like to try!



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THE GATEWAY CENTRE, ACOMB
Front Street, Acomb YO24 3BZ**

**Friday 13 September
10 am - 3 pm**

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YOPA

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York Ainsty Rotary

Rotary works in the community to support local charities. It also raises awareness of international issues, helping in eradicating Polio across the world.

York Neighbours

York Neighbours work with people aged over 65 living in York, assisting with practical one off tasks, regular phone calls and occasional social outings.



the island

Enhancing children's
quality of life
through mentoring

**PROVIDING ISLANDS OF SPACE AND TIME FOR
VULNERABLE CHILDREN AND YOUNG PEOPLE.**



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www.theislandyork.org

Call 01904 628449 Email enquiries@theislandyork.org

The Island | 32 Priory Street | York | YO1 6EX

Registered Charity 1120420

Events Summary

September

20 Sep - 6 Oct	Book Private Yoga lessons with Anna Semlyen Walk it URBAN CYCLE SKILLS Play basketball for free Play tennis for free	p. 27 p. 27 p. 27 p. 28 p. 28
Fri 20	Awareness through Movement Balanced Life Programme of Tai Chi for Seniors 10 am Crafts & Health and Wellbeing Swim for 50 plus. Water workout Legs, Bums & Tums Balanced Life Programme of Tai Chi for Seniors 12.30 pm Walking Football Cultivating in the City: the growth of York's allotment gardens, a talk by Ross Wilson.	p. 29 p. 30 p. 30 p. 30 p. 31 p. 31 p. 31 p. 32 p. 32
Sat 21	Heslington parkrun & Knavesmire parkrun Open Badminton (New) St Oswald's - A Victorian Church of Hidden Gems Eat:Pray:Love at St Denys, Walmgate Red Tower Open Day Tap into better relationships Fun Tennis Awareness through Movement Create & Connect Festival Menopause matters - your body, your change, your choices Awareness through Movement	p. 33 p. 33 p. 34 p. 34 p. 34 p. 35 p. 35 p. 35 p. 36 p. 36 p. 37
Sun 22	Introduction to Qi Gong Swimability	p. 37 p. 38
23 – 27 Sep	Open Swimming	p. 28

Events Summary

September

21

Mon 23	<p>The York Accent: Speech Recordings (King's Manor)</p> <p>Water Workout</p> <p>Walking Football</p> <p>IT Support and Careers Advice for unpaid carers</p> <p>Tai Chi</p> <p>Move it or Lose it with Natalie 11.15 am</p> <p>Pure Stretch</p> <p>Move it or Lose it with Natalie 1 pm / Karen 1.30pm</p> <p>Over 55's Ballet class</p> <p>Swim for 50 plus.</p> <p>Zen meditation - Lizzie Coombs</p> <p>Water Workout</p> <p>Scottish country dancing</p>	<p>p. 38</p> <p>p. 39</p> <p>p. 39</p> <p>p. 39</p> <p>p. 40</p> <p>p. 40</p> <p>p. 40</p> <p>p. 41</p> <p>p. 41</p> <p>p. 42</p> <p>p. 42</p> <p>p. 42</p> <p>p. 42</p>
Tue 24	<p>Tennis coaching at Heworth</p> <p>Water Workout</p> <p>Zumba Gold</p> <p>Over 50's Aerobic Fitness class</p> <p>Pilates</p> <p>Short and Sociable Walks</p> <p>Move it or Lose it with Natalie 10 am / Karen 10 am</p> <p>Heworth Retired Men's Forum – "Volcanoes of Sicily" - Speaker: Barry Stoppard</p> <p>Ramsdens Burn & Co Solicitors – Future planning with a coffee infusion</p> <p>Fair Trade Palestinian Products</p> <p>Men's Shed Open Day</p> <p>Drop in and explore your family history!</p> <p>Swimability</p> <p>The York Accent: Speech Recordings (Heslington Hall)</p> <p>Move It or Lose It with Karen</p> <p>Water Workout</p> <p>"York in close up"</p>	<p>p. 43</p> <p>p. 43</p> <p>p. 43</p> <p>p. 44</p> <p>p. 44</p> <p>p. 44</p> <p>p. 45</p> <p>p. 45</p> <p>p. 46</p> <p>p. 46</p> <p>p. 47</p> <p>p. 47</p> <p>p. 47</p> <p>p. 48</p> <p>p. 48</p> <p>p. 48</p> <p>p. 48</p>

Events Summary

September

Wed 25	Community café and Boccia Guided bike ride Fair Trade Palestinian Products OCAY Café and Fun day at St Crux Short and Sociable Walks Zumba Gold Mobility class Pilates Eco-Crafters taster Sir Laugh-a-Lot and Lady Lot Pilates Water Workout Schooldays Songs of Praise Singing for fun! Walking Football Water Workout 50+ Hockey for all	p. 49 p. 49 p. 49 p. 50 p. 50 p. 50 p. 50 p. 51 p. 51 p. 51 p. 52 p. 52 p. 52 p. 53 p. 53 p. 53 p. 54
Thu 26	Zumba Gold Over 50's Aerobic Fitness class OCAY - Information Café Drop in and explore your family history! Yoga with Anna for beginners Body balance Over 55's Tap class Move it or Lose it with Natalie Short and Sociable Walks The Tuke family in York Over 55's Ballet class Find your voice and Dare to Sing Walking Football English Folk Dancing	p. 55 p. 55 p. 55 p. 55 p. 56 p. 56 p. 56 p. 57 p. 57 p. 57 p. 58 p. 58 p. 58 p. 58 p. 59

Fri 27	<p>Awareness through Movement</p> <p>Over 50's Aerobic Fitness class</p> <p>Balanced Life Programme of Tai Chi for Seniors</p> <p>Crafts & Health and Wellbeing</p> <p>Short and Sociable Walks</p> <p>Swim for 50 plus.</p> <p>Water Workout</p> <p>Legs, Bums & Tums</p> <p>Introduction to the Alexander Technique group class</p> <p>Balanced Life Programme of Tai Chi for Seniors</p> <p>Indoor Bowls taster</p> <p>Walking Football</p> <p>Politics today: Discussion with Speaker</p>	<p>p. 60</p> <p>p. 60</p> <p>p. 60</p> <p>p. 61</p> <p>p. 61</p> <p>p. 61</p> <p>p. 62</p> <p>p. 62</p> <p>p. 62</p> <p>p. 63</p> <p>p. 63</p> <p>p. 63</p> <p>p. 64</p>
Sat 28	<p>Functional Integration – individual hands-on lesson in movement intelligence</p> <p>Heslington parkrun & Knavesmire parkrun</p> <p>Awareness through Movement</p> <p>Acomb Parish Churches Craft and Coffee Morning</p> <p>Touch For Health Balancathon</p> <p>Tennis – try it for free</p>	<p>p. 65</p> <p>p. 65</p> <p>p. 65</p> <p>p. 66</p> <p>p. 66</p> <p>p. 66</p>
Sun 29	<p>Indoor Bowls taster</p> <p>Swimability</p> <p>Tennis – try it for free</p> <p>Celebrating Ageing</p>	<p>p. 67</p> <p>p. 67</p> <p>p. 67</p> <p>p. 68</p>
Mon 30	<p>Water Workout</p> <p>Walking Football</p> <p>Tai Chi</p> <p>Move it or Lose it with Natalie 11.15 am</p> <p>Pure Stretch</p> <p>Move It or Lose It with Natalie 1 pm / Karen 1.30 pm</p> <p>Over 55's Ballet class</p> <p>Swim for 50 plus.</p> <p>Zen Meditation - Lizzie Coombs</p> <p>Introduction to the Alexander Technique group class</p> <p>Resolving pain using the mind body connection</p> <p>Water Workout</p> <p>Scottish country dancing</p>	<p>p. 68</p> <p>p. 68</p> <p>p. 69</p> <p>p. 69</p> <p>p. 69</p> <p>p. 70</p> <p>p. 70</p> <p>p. 70</p> <p>p. 71</p> <p>p. 71</p> <p>p. 71</p> <p>p. 72</p> <p>p. 72</p>

Events Summary

October

Tue 1 - Sun 6 Oct	Fair Trade Products Christmas Preview	p. 29
Tue 1	Tennis coaching at Heworth Water Workout 9.30 am Zumba Gold Over 50's Aerobic Fitness class Pilates Short and Sociable Walks Move it or Lose it with Natalie 10 am / Karen 10 am Mindfulness Skills for Caring and Coping Men's Shed Open Day Drop in and explore your family history! Swimability York Bridge Club Open Day Move It or Lose It with Karen 1.30 pm Water Workout 2 pm Famous UK People Past & Present Ageing Without Children Yoga with Anna for beginners Table Tennis	p. 72 p. 72 p. 73 p. 73 p. 73 p. 73 p. 74 p. 74 p. 75 p. 75 p. 75 p. 76 p. 76 p. 76 p. 77 p. 77 p. 77
Wed 2	Community café and Boccia Sir Laugh-a-Lot and Lady Lot Zumba Gold Mobility class Pilates Water Workout Writing the whole self - Creative writing meets Alexander Technique Ramsdens Burn & Co Solicitors - Future planning with tea and biscuits Can Science and Religion Reconcile? A Baha'i View Singing for fun!	p. 78 p. 78 p. 78 p. 78 p. 79 p. 79 p. 80 p. 80 p. 80 p. 81

Wed 2	Walking Football 'Living Sound Indian Raga singing' Water Workout York Family History Society: "Lydia Bridges - Wise woman or witch?" 50+ Hockey for all	p. 81 p. 81 p. 81 p. 82 p. 82
Thu 3	Zumba Gold Over 50's Aerobic Fitness class A Taste of Circle Dance Table Tennis Drop in and explore your family history! Yoga with Anna for beginners Body balance Over 55's Tap class Short and Sociable Walks Flower arranging demonstration - watch and learn Over 55's Ballet class Alexander Technique taster Walking Football "York Minster in close up" English Folk Dancing	p. 82 p. 83 p. 83 p. 83 p. 84 p. 84 p. 84 p. 85 p. 85 p. 85 p. 86 p. 86 p. 86 p. 87 p. 87
Fri 4	Awareness through Movement Over 50's Aerobic Fitness class Balanced Life Programme of Tai Chi for Seniors Crafts & Health and Wellbeing Find your balance with Alexander Technique Swim for 50 plus. Short and Sociable Walks Water Workout Legs, Bums & Tums Balanced Life Programme of Tai Chi for Seniors 3-Generational (3G) Communities: a new model for flexible downsizing?	p. 87 p. 88 p. 88 p. 88 p. 88 p. 89 p. 89 p. 89 p. 89 p. 90 p. 90

Events Summary

October

Fri 4	Alexander Technique Taster sessions The Power of Art Create & Connect Cafe Famous UK People Past & Present Ageing Without Children Walking Football The music of the York accent	p. 90 p. 91 p. 91 p. 91 p. 92 p. 92
Sat 5	Heslington parkrun York parkrun Coffee Morning Supportive Sewers - pillows for Breast Cancer Patients Workshop 'Healthy Backs for Gardening Delight' Impressions of a Tibetan community in exile Jorvik Folk Dance Club	p. 92 p. 93 p. 93 p. 93 p. 94 p. 94 p. 94
Sun 6	October social ride to Moorlands Nature Reserve Swimability Wellbeing Drop - in	p. 95 p. 95 p. 95

Notes

- All venues are accessible unless stated otherwise but please check with the contact if you have any access queries.
- Many regular events continue after the Festival, some that are free during the Festival may have a charge afterwards.
- Please take note of events that need to be **booked**, some may be cancelled if there are not enough participants.
- More volunteers are needed to help organise next year's Festival, please get in touch if you might be able to help.

Friday 20 September - Sunday 6 October

<p>Private yoga lessons - discounted for 50+ Festival with yoga therapy expert With author of Yoga for Healthy Lower Backs. Expert on stress, falls fatigue. Be stronger and more flexible with postures, breathing, meditation and relaxation. Festival discount 25 % - £35 ph / £150 for 5 hours (+£5 to visit you).</p>	<p>24 Grange St., York YO10 4BH or at your home</p>
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Contact: Anna Semlyen, Yoga in York 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

URBAN CYCLING SKILLS

Individually tailored 1 to 1 sessions for adults of any age in York are available all year round. Our aim is to teach tips and skills to help you be able to ride more confidently on the roads. It is not a test, and there's no pressure to do anything that you do not feel comfortable with.

Sessions last 1 - 1.5hr.

The time and place for the session will be arranged to suit you as much as possible.

Location will vary and is arranged between the individual and the trainer.

£5

Contact: City of York Road Safety Team 01904 555579
cycle.training@york.gov.uk

<p>Anytime</p>	<p>Walk it - Why not try out York's www.walkit.com/york tool which helps you create and share leisure walks with others online; plot circular</p>	<p>www.walkit.com/york</p>
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walks (ideal for short walks, office lunchtime walks, dog walking and longer weekend walks); and track your walking activity. Simply click on circular route, type in your postcode, select for how long and your walking pace and press go. You can print the map and directions or share the link with friends.

During the Festival

8 am or 9 am to dusk	Play tennis for free Why not try tennis. Rowntree Park and Hull Road Park have free to use Tennis Courts and are open from 8am Monday to Friday and from 9am on Saturdays and Sundays, closing at	Hull Road Park and Rowntree Park Free
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dusk and are available to use on a 'first come first served' basis. Unfortunately, tennis rackets are not available to hire at either venue so please bring your own.

Contact: Paul Ramskill 01904 553372 paul.ramskill@york.gov.uk

8 am or 9 am to dusk	Play basketball for free Why not try shooting a few hoops. Glen Gardens and Hull Road Park have free to use Basketball Courts and are open from 8am Monday to Friday and from 9am on Saturdays and	Hull Road Park and Glen Gardens, Heworth Free
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Sundays, closing at dusk and are available to use on a 'first come first served' basis. Unfortunately, basketballs are not available to hire at either venue so please bring your own.

Contact: Paul Ramskill 01904 553372 paul.ramskill@york.gov.uk

Monday 23 - Friday 27 September

7 am - 4 pm	Open Swimming Free swimming for 50+ during the 'Open Swimming' sessions on our timetable before 4pm Monday to Friday. Accessible changing rooms are available.	York Sport Village, Lakeside Way, York, YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

Tuesday 1 - Sunday 6 October

10 am - 6 pm	Fair Trade Products Christmas Preview New season Fair Trade crafts, cards and foods for Christmas. Products on sale and on display from small scale 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.	Fairer World shop, 84 Gillygate, York, YO31 7EQ Free admission
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Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com
www.fairerworldyork.co.uk

Friday 20 September

9.30 - 10.30 am	‘Awareness through Movement’ – gentle mat class with the <i>Feldenkrais</i> mind-body method of movement intelligence We explore familiar and novel movements slowly, with ease and awareness. It is mindfulness in motion. Let go of tension. Move with poise and skill. Relieve pain. Find calm. All welcome, wear comfy clothes. Booking essential, places limited.	York Yoga Studio, 112 Acomb Road, York, YO24 4EY Ground floor, but couple of steps to front door £10
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Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

10 - 11.30 am	Balanced Life Programme of Tai Chi for Seniors Easy exercises based on the Ancient Chinese Art of Tai Chi, seated and standing. To improve Balance, Structure, Reduce Falls and Stress and Anxiety. Meet new friends. Supported by Action for Elders Charity.	Foxwood Community Centre, Cranfield Place, Acomb YO24 3HY Free
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Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

10 am - 12 pm	Crafts & Health and Wellbeing Come along and visit us at our Health & Well-being, crafty sessions every Friday at St. Luke's. We offer crafts and gentle exercises such as: · Table tennis · Chair exercise · Massage – hand, shoulders, arms, etc. · Darts · 10 pin bowling · Crafts · And lots more.	St. Luke's Church Hall, Shipton Street (Off Burton Stone Lane) Clifton, York YO30 6DG £5
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Come and pop in, have a look but remember the most important thing is laughter and lots of it.

Contact: Denise & Michaela 07789 045939 or 07772 107763
communitybees2018@gmail.com

10.30 am - 12 pm	Swim for 50 plus. Swim for 50+. Exclusive use of the pool, swim sessions for 50+ participants. Normal admissions policy applies. Pool hoist, accessible changing facilities and limited accessible parking available. Average age 55, range 30 - 60+	Better Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB £5.30 / £4.15 / £2.95conc
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Contact: Better Yearsley Swimming Pool 01904 403860
Yearsley@Gll.org www.better.org.uk

11.10 - 11.55 am Water Workout Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
 An ever popular activity is our Water Workout fitness class. Water Workout classes are perfect for supporting you in the water and the resistant nature of the activities allow you to adjust movements to your own abilities.
 £6.35 / £5.10 / £4.15

Hoists available

Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

12 - 1 pm Legs, Bums & Tums York Sport Village, Lakeside Way, York, YO10 5FG
 Limited spaces available on each class. **Please book a place** in advance of the class day.
 Free

Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

12.30 - 1.30 pm Balanced Life Programme of Tai Chi for Seniors St Luke's Church Hall, Burton Stone Lane, Clifton, YO30 6DG
 As 10am.

Contact: Betty Sutherland 07771 850129 betty@uktaichi.com



4 - 5 pm	Walking Football Our walking football sessions are targeted at older people and those with long term injuries/illness/health related issues who wish to keep physically active. This game of football is adapted from association football to allow players continued opportunity to play the sport they love. Maximum speed is walking, no matter ability or fitness you are welcome to attend our sessions. They are recreational and inclusive for all. Average age 60, range 30 - 80 years.	Burnholme Community Hub, Mossdale Avenue, York YO31 0GW £5
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Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

7.30 pm	Cultivating in the City: the growth of York's allotment gardens, a talk by Ross Wilson. Our allotments show how York's citizens campaigned for access to land, secured rights, aided the war effort, combating poverty and unemployment and today aid the environment and the wider community through their work.	Clements Hall, Nunthorpe Road, York YO23 1BW £1 members of History Group, £3 for visitors
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Contact: Clements Hall Local History Group 01904 466086
enquiries@clementshall.org.uk
www.clementshallhistorygroup.org.uk

9 am	York parkrun parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. Before coming please register to get a barcode which is used to record your time, details on website. Open to all ages.	York Racecourse YO23 1EX Cherry Lane/ Tadcaster Road side of the racecourse Free
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Contact: York parkrun Team york@parkrun.com
www.parkrun.org.uk/York/

9 am	Heslington parkrun As above.	York Sport Village, Lakeside Way, Heslington, York YO10 5FG Free
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Contact: Heslington Team heslington@parkrun.com
www.parkrun.org.uk/heslington/

9 - 11 am	Open Badminton Come and have a go at Badminton at York Sport Centre. All equipment provided, just turn up and play! Limited spaces available, so please book a space by calling 01904 323856. Open to all ages. Please call ahead to check on accessibility.	York Sport Centre, James Way, University of York, Heslington, York, YO10 5NA Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

10 am - 1 pm	(New) St Oswald's - A Victorian Church of Hidden Gems A ½ day school exploring its art and architecture. We will have experts to talk about the paintings, Venetian mosaic, caved wood and stone, stained glass and much more... No Need to book	St. Oswald's Church Hall, Main Street, Fulford, YO10 4HJ Non-FFH Members £3, Members £2
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Organised by Fishergate, Fulford and Heslington Local History Society. More information at: www.ffhyork.weebly.com
Contact: Christopher Rainger 01904 632098
rainger.chris@btinternet.com

10 am - 4 pm	Eat:Pray:Love at St Denys, Walmgate A warm community welcome is extended to all-comers in our beautifully 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 Free Steps in to entrance
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Contact: Dianne Willcocks 07850 111299 d.willcocks@sircles.net

10 am - 4 pm	Red Tower Open Day In conjunction with the Heritage Open Days, Red Tower is having an open day. Come along to find out more about the history, including a murder! See our award winning refurbishment and enjoy a hot or cold drink and cake for a donation.	Red Tower (Bar Walls), Foss Islands Road Ground floor including toilet is level
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Contact: enquiries@redtoweryork.org.uk
www.redtoweryork.org.uk

10.30 am	Tap into better relationships An introductory workshop.....Why do certain people push your buttons so effectively? Whether it's your sibling, parent, child, partner or that person at work. How can you feel calmer around this person?	York Natural Health Clinic, 36 York Road, Acomb, York YO24 4LZ Upstairs venue £15
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Experience tapping to bring greater harmony to the challenging relationships in your life. **Booking advised.**

Contact: Debbie Pogson debbie.pogson@gmail.com
www.tapintohypnosis.co.uk

10.30 - 11.30 am	Fun Tennis Have fun trying out or returning to tennis at a small friendly club. Tennis is a sport many play at 50+ so come for a knock up, games and / or fun drills. Rackets and balls supplied but please wear footwear with non-marking soles. No need to book.	Heworth Tennis Club, East Parade, York. YO31 7YH Free
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Contact: Anne Gray 07974 762991 heworthtennis@yahoo.co.uk
<https://clubspark.lta.org.uk/HeworthTennisClub>

10.30 - 11.30 am	‘Awareness through Movement’ – gentle mat class with the <i>Feldenkrais</i> mind-body method of movement intelligence As Fri 20 September see p. 29 (entrance round side street, lift handle up) 2 nd floor. Booking essential, places limited.	York Pilates People, 10 Clifford Street, York, YO1 9RD £10
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Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

Contact: Dylan George 01904 655550 info@millersyard.co.uk

Contact: June Tranmer + Rebecca Lack 01904 927157
enquiries@wellbeinginyork.org www.wellbeinginyork.org

2 - 5 pm	<p>Gentle <i>Feldenkrais</i> ‘Awareness through Movement’ workshop for mind-body movement intelligence</p> <p>A leisurely way to try this practical movement method. In three classic ‘Awareness through Movement’ lessons, we will explore familiar and novel movements slowly, with ease and awareness. It is mindfulness in motion. Let go of tension. Move with poise and skill. Relieve pain. Find calm.</p> <p>All welcome, wear comfy clothes.</p> <p>Booking essential, places limited.</p>	<p>York Yoga Studio, 112 Acomb Road, York, YO24 4EY</p> <p>Ground floor, but couple of steps to front door</p> <p>£25</p>
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Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

Sunday 22 September

10 - 11.30 am	<p>Introduction to Qi Gong</p> <p>Qi gong is a deeply relaxing fluid movement practice that is used to calm the mind and develop mental/physical strength. This workshop is a great opportunity to be guided through a re-vitalising and relaxing movement sequence that you can practice at home.</p> <p>All welcome. (booking desirable).</p>	<p>York Yoga Studio, 112 Acomb Road, York, YO24 4EY</p> <p>£12</p>
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Contact: Nicky Thomas 07583 291616
nickyjanethomas123@gmail.com www.nickythomas.york.com

Sunday 22 September

11.45 am -	Swimability	Better Energise
12.40 pm	Our Swimability sessions provide a dementia friendly environment and cater for those with disabilities and long term health conditions.	Leisure Centre,
	Please note sessions on a Tuesday are in the Main Pool only due to swimming lessons.	Cornlands Road,
	Hoist available.	Acomb, York,
	Open to all ages.	YO24 3DX
		£5.35 / £4.30 /
		£2.95 conc. Up
		to 2 carers free

Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

Monday 23 September

9 am -	The York Accent: Speech Recordings (Kings Manor)	University of
1 pm	Are you York 'born and bred' and aged 50+ years old? Do you have a friend or relative who is also York 'born and bred' and 50+? We're looking for pairs of volunteers to record some conversational speech for a research project on the York accent. Booking essential (http://bit.ly/yopa-york-accent-recordings).	York Kings
		Manor Campus,
		Exhibition
		Square, York
		YO1 7EP
		Free
		(refreshments
		provided)

Contact: Dr Sam Hellmuth 01904 322657
sam.hellmuth@york.ac.uk www-users.york.ac.uk/~sh581/yopa

9.30 -	Water Workout	Better Energise
10.15 am	An ever popular activity is our Water	Leisure Centre,
+	Workout fitness class. Water Workout	Cornlands Road,
7.30 -	classes are perfect for supporting you	Acomb, York,
8.15 pm	in the water and the resistant nature	YO24 3DX
	of the activities allow you to adjust	£6.35 / £5.10 /
	movements to your own abilities.	£4.15
	Average age 55, range 30 - 60	Hoists available

Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

10 -	Walking Football	Burnholme
11 am	As Fri 20 September see p. 32	Community Hub,
		Mossdale
		Avenue, York
		YO31 0GW

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

10 am -	IT Support and Careers Advice for	Explore
12 pm	unpaid carers	Burnholme,
	York Carers Centre provides support	Mossdale
	and advice to people caring (unpaid)	Avenue, York,
	for a family member or friend.	YO31 0AH
	Drop in to our IT Support and Careers	
	Advice session to speak to our	Free
	advisors with any digital queries that	
	you may have, or for an informal	
	discussion with our careers advisor.	

Contact: York Carers Centre 01904 715490
enquiries@yorkcarerscentre.co.uk www.yorkcarerscentre.co.uk
 address 17 Priory Street, York, YO1 6ET

10.30 - 11.30 am	Tai Chi – an ancient Chinese Martial Art practiced for relaxation, balance and mental wellbeing...Contact Betty for more information. Age range 50 - 75+	St Oswald's Church Hall, Main Street, Fulford YO10 4HJ £5 (free for 50+ Festival on the day)
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Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

11.15 am - 12.10 pm	Move it or Lose it with Natalie - Fitness class specifically for older people or those with mobility problems. Exercises to improve strength, flexibility, balance and stamina which can be done sitting down or standing up. Emphasis is on fun and friendliness. Open to all ages. Numbers limited so booking essential.	Oaken Grove Community Centre, Reid Park, Oaken Grove, Haxby, York YO32 3QW 1 st Class is FREE
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Contact: Natalie Walsh 07592 904866
natalie.walsh@moveitorloseit.co.uk
 Facebook Page [moveitorloseitwithnatalie](https://www.facebook.com/moveitorloseitwithnatalie)

11.40 am	Pure Stretch Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Open to all ages. Limited spaces available on each class.	York Sport Village, Lakeside Way, York, YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

1 - 1.55 pm	Move it or Lose it with Natalie - As 11.15am Open to all ages. Numbers limited so booking essential.	Rawcliffe Rec, The Pavilion, St Marks Grove, York, YO30 5TY
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Contact: Natalie Walsh 07592 904866
natalie.walsh@moveitorloseit.co.uk
 Facebook Page [moveitorloseitwithnatalie](https://www.facebook.com/moveitorloseitwithnatalie)

1.30 - 2.30 pm	Move It Or Lose It with Karen Fitness class specifically for older people or those with mobility problems. Exercises to improve strength, flexibility, balance and stamina which can be done sitting down or standing up. Emphasis is on fun and friendliness. Open to all ages, range 70 - 91. Numbers limited so please ring to book.	Dunnington Reading Room, Church Street, Dunnington YO19 5PW 1 st Class is Free
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Contact: Karen Hill 07305 030706 www.moveitorloseit.co.uk
Karen.WallaceHill@moveitorloseit.co.uk

2 - 3 pm	Over 55's Ballet class The Over 55's Ballet class is a gentle weekly class that gives you the opportunity to work on strength, mobility and coordination. Whether you have danced all your life or fancy trying something new, this class will keep you moving in a fun and friendly environment. Maximum capacity:15 Age range 55 - 80 Booking essential.	Northern Dance Academy, The Railway Institute, 22 Queen Street, York, YO24 1AD £5.50 per class
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Contact: Sarah Dickinson 07917 176418
sarah@northerndanceacademy.co.uk
www.northerndanceacademy.co.uk

2.30 -	Swim for 50 plus.	Better Energise
3.30 pm	Exclusive use of the pool, swim sessions for 50+ participants. Normal admissions policy applies. Pool hoist, accessible changing facilities and accessible parking available.	Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
	Age 50 and over.	£5.35 / £4.30

Contact: Better Energise Leisure Centre 01904 403900

Energise@Gll.org www.better.org.uk

3 -	Zen Meditation - Lizzie Coombs	4 Millers Yard,
4.30 pm	Zen sitting and walking meditation. Wear loose comfortable clothes. Meditation seating provided.	Gillygate, York, YO31 -7EB
		Free

Contact: Dylan George 01904 655550 info@millersyard.co.uk

7.30 -	Water Workout	Better Energise
8.15 pm	As 9.30 am	Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX

Contact: Contact: Better Energise Leisure Centre 01904 403900

Energise@Gll.org www.better.org.uk

7.30 -	Scottish country dancing	English Martyrs
10 pm	Join us at York Scottish Country Dancing club, every Monday. No need to come with a partner, bring soft shoes and wear comfy clothing. Dancing has so many benefits, both mental and physical – come and see what it's all about.	Church Hall, Dalton Terrace, York, YO24 4DA
		1 st night free

Contact: Diana Nicholson 01423 329011 dinic1610@yahoo.co.uk
www.yorkscdclub.org.uk

9.15 - 10.15 am	Tennis coaching at Heworth It takes place every Tuesday and is open to all standards. Range of adult drills and coaching. Rackets can be provided. Open to all ages. Contact Jason for more information.	Heworth tennis club, East Parade, York, YO31 7YH Contact Jason for price
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Contact: Jason May jason.may10@googlemail.com
<https://clubspark.lta.org.uk/HeworthTennisClub>

9.30 - 10.15 am	Water Workout An ever popular activity is our Water Workout fitness class. Water Workout classes are perfect for supporting you in the water and the resistant nature of the activities allow you to adjust movements to your own abilities. Average age 55+, range 30 - 60 Hoists available.	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX £6.35 / £5.10 / £4.15
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Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

9.30 - 10.15 am	Zumba Gold This is a low intensity, entry level dance class using Latin rhythm and dance music. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Average age of participant 50 – 80 mainly women but men too!	Burnholme Sports Centre, Bad Bargain Lane, York, YO31 0GW £4.00 (free if you mention 50+ Festival)
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Contact: Angela Robertson 07887 570590

9.30 -	Over 50's Aerobic Fitness class	Lidgett Grove
10.30 am	A low impact aerobic exercise class designed to improve co-ordination, mobility and fitness levels, whilst toning and strengthening your body. An easy aerobic routine followed by chair based toning exercises using various equipment.	Methodist Church, Wheatlands Grove, Acomb YO26 5NH £3.50

A great opportunity to meet new people and chat.

Telephone Nikki for more details. Average age 60, range 55 - 70

Contact: Nikki MacLeod 07903934238

nikki.macleod21@gmail.com

9.45 am	Pilates	St Aelred's
	Mat based Pilates class for mixed ability. Experienced Exercise/ GP referral Level 3 qualified instructor. Can help to improve posture, decrease back pain, increase flexibility and core strength over time. Limited spaces. Age range 50 - 70	Community Centre, 216 Fifth Ave, York YO31 0PN £6
	Booking essential.	

Contact: Louise Cooper 07587182683 fitness@loucooper.co.uk

10.00 am	Short and Sociable Walks	Meet at Tang
for 10.15	We love our walks and we're sure you will too. They are great for getting some fresh air and giving yourself a boost. All led by trained	Hall Community Centre, Fifth Ave., York. YO31 0UG.
am start.	volunteers. It's free, no need to book, simply turn up on the day.	Free
60 mins.		
walk		

The York Health Walks Scheme is run by Walking for Health - York. A voluntary managed group.

Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

10 - 10.55 am	Move it or Lose it with Natalie As Mon 23 September see p. 40 Open to all ages.	Huntington Methodist Church, Strensall Road, Huntington, York YO32 9SH
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Contact: Natalie Walsh 07592 904866
natalie.walsh@moveitorloseit.co.uk
 Facebook Page [moveitorloseitwithnatalie](#)

10 - 11 am	Move It Or Lose It with Karen As Mon 23 September see p. 41 Open to all ages. Range 70 - 91	Wilberfoss Community Centre, 16 Main Street, Wilberfoss, YO41 5NN
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Contact: Karen Hill 07305 030706 www.moveitorloseit.co.uk
Karen.WallaceHill@moveitorloseit.co.uk

10 – 11.30 am	Heworth Retired Men's Forum - “Volcanoes of Sicily” - Speaker: Barry Stoppard Come at 10 am for biscuit, drink and chat. Then we have an entertaining speaker for 40 minutes. We meet every fortnight so please come on 10 th September too, as well as October 8 th and 22 nd , November 5 th and 19 th , and December 3 rd (special Christmas event). All retired men welcome!	Heworth Without Community Centre, 34 Applecroft Road (by bus stop: Bus 11) YO31 0HG Free
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Contact: John Bibby 01904 330334 jb43@york.ac.uk
www.hrmf.eventbrite.co.uk

10 am -	Mindfulness Skills for Caring and Coping	Quaker Meeting House, Lower Friargate, York, YO1 9RL
12 pm	York Carers Centre supports people who provide care (unpaid) for a family member or friend. These sessions teach practical mindfulness skills to help carers support their own wellbeing. To register with our service, and book onto these sessions, please call us.	Free

Contact: York Carers Centre 01904 715490

enquiries@yorkcarerscentre.co.uk www.yorkcarerscentre.co.uk

Address 17 Priory Street, York, YO1 6ET

10 am -	Future planning with a coffee infusion	Ramsdens Burn & Co Solicitors, Ebor House, Millfield Lane, York, YO26 6QY
12 pm	Why not come along to our coffee morning where we can talk you through the various issues to consider when planning for your lifetime with Lasting Powers of Attorneys or when considering making a Will to ensure that your wishes are captured and carried out when you die.	Free

Contact: Claire Trueman 01904 655442

Claire.Trueman@ramsdens.co.uk www.ramsdens.co.uk

10 am -	Fair Trade Palestinian Products	Fairer World shop, 84 Gillygate, York, YO31 7EQ
2 pm	Fair Trade foods and crafts from Palestine, on sale and on display. Complete range of Fair Trade Palestinian foods, with olive oil, za'atar, maftoul and freekeh to try.	Free admission

Recipes, Pottery and scarves from Hebron, soap from Nablus, olive wood crafts from Bethlehem, embroidery from the West Bank and Gaza.

Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com
www.fairerworldyork.co.uk

10 am - 3 pm	York Men's Shed Open Day Open day to show our activities and facilities. Just drop in.	The Old Wardens Hut, Corner of Alcuin Avenue and Flaxman Avenue, Hull Road Park, York, YO10 3TW Free
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Contact: Mark Guilford 07725 183456
yorkmensshed@outlook.com www.yorkmensshed.co.uk

10 am - 4 pm	Drop in and explore your family history! Free advice, software and other resource Our friendly advisors will guide you through the hoops using our library of books, CDs and family history computer software.	YFHS Research Room, The Raylor Centre, James Street, York YO10 3DW Free
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You can book if you wish, or just drop in. Phone on the day is 01904-412204. We are open every Tuesday and Thursday 10-4. Drinks and biscuits available!

Contact: John Bibby 01904 330334 jb43@york.ac.uk
www.yorkfamilyhistory.org.uk/services/study-centre/

10.20 - 11.25 am	Swimability As Sun 22 September see p. 38 Open to all ages.	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

1 - 5 pm	The York Accent: Speech Recordings (Heslington Hall) As Mon 23 September see p. 38	University of York main Heslington Campus, Heslington, York YO10 5DD
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Contact: Dr Sam Hellmuth 01904 322657
sam.hellmuth@york.ac.uk www-users.york.ac.uk/~sh581/yopa

1.30 - 2.30 pm	Move It or Lose It with Karen As Mon 23 September see p. 41 Open to all ages, range 70 - 91	Strensall Village Hall, Northfields, Strensall YO32 5XW
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Contact: Karen Hill 07305 030706 www.moveitorloseit.co.uk
Karen.WallaceHill@moveitorloseit.co.uk

2 - 2.45 pm	Water Workout As Mon 23 September see p. 39 Average age 55, range 30 - 60+	Better Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB
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Contact: Better Yearsley Swimming Pool 01904 403860
Yearsley@Gll.org www.better.org.uk

6.30 - 8 pm	"York in close up" An illustrated talk based on my book of the same name, showing you lots of little details on buildings that you've probably never noticed, followed by a fun picture quiz and book signing. Limited places so please book.	Red Tower (Bar Walls), Foss Islands Road, York Upstairs Donations
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Contact: Catherine Sotheran 01904 411845 CSotheran@aol.com

9.30 -	Community café and Boccia	Lidgett Methodist
11.30 am	Come and meet new people, and make friends over a cuppa / bacon buttie / toasted teacake / cupcake etc and then have fun playing boccia if you'd like to. Suitable for all ages and abilities. Car Park available. We meet every week, no need to book, just come along – all are welcome here.	Church, Wheatlands Grove, Acomb, York, YO26 5NH
		Cost of refreshments only

Contact: Lin Hudson 01904 890321 lin.lidgett@outlook.com
www.lidgettmethodistchurch.org.uk

10 am	Guided bike ride	Millennium
	We would like to put on an easy social ride on Weds 25 th September to give you an opportunity to enjoy cycling in the company of others. We will meet at 10am at Millennium Bridge and use cycle routes and quiet roads.	Bridge, 38 Hospital Fields Rd, York YO10 4EF
	Open to all ages.	Free
	Booking is essential by Weds 11th September please.	

Contact: City of York Council Road Safety Team 01904 555579
cycle.training@york.gov.uk

10 am -	Fair Trade Palestinian Products	Fairer World
2 pm	As Tue 24 September see p. 46	shop, 84 Gillygate, York, YO31 7EQ
		Free admission

Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com
www.fairerworldyork.co.uk

10 am - 3.30 pm	OCA Y (Older Citizens Advocacy York) Café and Fun day at St Crux Come and support our café, fresh cakes and sandwiches, cake stall, book stall and plant stall.	St Crux Parish Hall, Pavement, York Free entry
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Contact: Ruth Potter 01904676200 info@ocay.org.uk
<https://oldercitizensadvocacyork.org.uk>

10.15 am for 10.30 am start. 60 mins. walk	Short and Sociable Walks As Tue 24 September see p. 44	Meet at Oakengrove Community Centre, Reid Park, Haxby YO32 3QZ
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Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

10.30 am	Zumba Gold Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Limited spaces available on each class. Open to all ages.	York Sport Village, Lakeside Way, York, YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

11.15am	Mobility class The class focuses on functional movements, strengthening and balance exercises; part sitting & part standing (using a chair for support if required). Open to all ages.	Poppleton Centre, Main St, Nether Poppleton, York YO26 6JT
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Contact: Tish Bolton 07850 156555

11.30 am	Pilates As Tue 24 September see p. 44 Booking essential. Age range 50 - 70	Derwenthorpe SSC, off Derwent Way Osbaldwick York YO10 3NP
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Contact: Louise Cooper 07587182683 fitness@loucooper.co.uk

1 – 3 pm	Eco-Crafters taster Meet the friendly group that meets every Wednesday for natter and crafts, often using upcycled materials. Bring your own project or have a go at a group activity. Includes an optional walk through St Nicks Nature Reserve. Please book if possible to find out more.	St Nicks Environment Centre, Rawdon Ave., York YO10 3ST £2 incl. light refreshments
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Contact: Ivana Jakubkova 01904 411821 ivana@stnicks.org.uk

1 - 3 pm	Sir Laugh-a-Lot and Lady Lot Sir Laugh-a-Lot & Lady Lot is crafty and Health & Well-being. Every Wednesday one week gardening and a cuppa and a chat the next week crafts with a cuppa & chat. Activities include: · Woodcraft/Model kits · Bird Feeders · Lampshade making · Flower arranging · And lots more Pop along for a cuppa, biscuit, cake and a chat. It's all about Laughter.	Oaken Grove Community Centre, Haxby, York. YO32 3QW £5
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Contact: Denise & Michaela 07789 045939 or 07772 107763
communitybees2018@gmail.com

1 -	Water Workout	Better Yearsley
1.45 pm	An ever popular activity is our Water Workout fitness class. Water Workout classes are perfect for supporting you in the water and the resistant nature of the activities allow you to adjust movements to your own abilities. Hoists available. Average age 55, range 30 - 60	Swimming Pool, Haley's Terrace, York YO31 8SB £5.30 / £4.15 / £2.95 conc £6.35 / £5.10 / £4.15conc

Contact: Better Yearsley Swimming Pool 01904 403860

Yearsley@Gll.org www.better.org.uk

1.30 pm	Pilates As Tue 24 September see p. 44 Booking essential. Age range 50 - 70	St James the Deacon, Sherringham Drive , York YO24 2SE
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Contact: Louise Cooper 07587182683 fitness@loucooper.co.uk

2 - 3 pm	Schooldays Songs of Praise – a time to get together, sing favourite hymns and share memories and photographs from our schooldays. Refreshments will be served. If you would like to choose a favourite hymn contact Jennifer Deamer. No booking required. No limit on numbers.	St Aidan's Church, Ridgeway, Acomb, York, YO26 5DA Donations welcome
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Contact: Jennifer Deamer 01904 330569 /07443 582072

pjdeamer@ntlworld.com www.acombparish.org

2 - 4 pm	Singing for fun! Welcome to an informal singing afternoon with Eve, who's been a keen amateur singer since childhood. You don't have to be Pavarotti or able to read music; just come and enjoy the fun, healing benefits of warbling away! Song sheets with words will be provided, and, if time, song suggestions could be taken! Booking not required. Event repeats Wednesday 2 nd October.	The Black Swan Inn (Wolfe Room, upstairs), 23 Peasholme Green, York YO1 7PR Stairs (no lift) Free
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Contact: Eve Branston 07952 383 681

6 - 7 pm	Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80	Huntington Secondary School, Huntington Road, York YO32 9WT £5
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Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

7 - 7.45 pm	Water Workout As Mon 23 September see p. 39 Average age 55, range 30 - 60	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

8.30 -	50+ Hockey for all	Huntington
9.30 pm	A hockey session with coaching and small games, suitable for beginners and regular players,	School, all weather pitch, Huntington Road, York YO32 9WT
	Age range 47 - 60	Free
	booking advised.	

Contact: Jenni Fitton 07801 969204

fundraising@cityofyorkhc.co.uk www.cityofyorkhc.co.uk

Centre for Lifelong Learning

Adult Evening and Day Courses





UNIVERSITY
of York

For further information

E: lifelonglearning@york.ac.uk

T: 01904 328473

W: york.ac.uk/lifelonglearning

9.30 - 10.15 am	Zumba Gold As Tue 24 September see p. 43 Age range 50 - 80	Heworth Without Community Centre, 38 Applecroft Rd, York YO31 0HQ
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Contact: Angela Robertson 07887 570590

9.30 - 10.30 am	Over 50's Aerobic Fitness class As Tue 24 September see p. 44 Average age 60, range 55 - 75+	W.I. Hall, 6 Station Road, Copmanthorpe, York, YO23 3SX £3.50
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Contact: Nikki MacLeod 07903934238

nikki.macleod21@gmail.com

10 - 11.30 am	OCA Y (Older Citizens Advocacy York) - Information Café Call in to see us, find out what we do. We can help you find information, complete forms and attend meetings.	Tang Hall Library, The Centre, Mossman Avenue, York, YO31 0HA Free
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Contact: Ruth Potter 01904 676200 info@ocay.org.uk

<https://oldercitizensadvocacyork.org.uk>

10 am - 4 pm	Drop in and explore your family history! Free advice, software and other resource As Tue 24 September see p. 47	YFHS Research Room, The Raylor Centre, James Street, York YO10 3DW Free
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Contact: John Bibby 01904 330334 jb43@york.ac.uk

www.yorkfamilyhistory.org.uk/services/study-centre/

10.30 - 11.45 am	Yoga with Anna for beginners Yoga class for all with Anna Semlyen, BWY Dip, Back care expert. All welcome. Enjoy postures, breathing, relaxing for a healthier you. Suitable for all abilities including beginners. Equipment provided. Booking not essential, Room for 15 max. Age range 40 - 70	St Clement's Church Vestry corner of Nunthorpe and Scarcroft Roads, South Bank £5 for 50+ festival Not accessible
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Contact: Anna Semlyen, Yoga in York 07891 989310

anna@yogainyork.co.uk www.yogainyork.co.uk

12 pm	Body balance Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Limited spaces available on each class. Open to all ages.	York Sport Village, Lakeside Way, York, YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com

www.york-sport.com

1 - 1.45 pm	Over 55's Tap class The Over 55's Tap class is a weekly class for the more mature age group. This class covers the basic tap steps and provides an opportunity to learn how to tap to a variety styles and rhythms of music in a fun and friendly environment. Maximum capacity:15 (Booking essential).	Northern Dance Academy, The Railway Institute, 22 Queen Street, York, YO24 1AD £5 per class
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Contact: Sarah Dickinson 07917 176418

sarah@northerndanceacademy.co.uk

www.northerndanceacademy.co.uk

1 - 1.55 pm	Move it or Lose it with Natalie As Mon 23 September see p. 40 Open to all ages.	St Edward the Confessor Community Hall, Tadcaster Road, York, YO24 1QG
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1st Class is FREE

Contact: Natalie Walsh 07592 904866
natalie.walsh@moveitorloseit.co.uk
Facebook Page [moveitorloseitwithnatalie](#)

1.45 pm for 2 pm start, 30 mins. walk	Short and Sociable Walks As Tue 24 September see p. 44	Meet at Art Gallery, Exhibition Square, York. YO1 7EW. Free
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Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

1.45 - 3.45 pm	The Tuke family in York An illuminating talk on the York Quaker "Tuke Family". Refreshments provided. This is part of our Senior Friends Programme. Perhaps you are feeling lonely and / or would like people of a similar age to talk to. You will be made very welcome at any of our weekly Thursday meetings.	Christ Church Senior Friends. Christ Church, Stockton Lane, Heworth Without Free
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Contact: Keith Thompson keith.thompson62@googlemail.com
<https://www.heworthchristchurch.com/what-s-going-on>

2 - 3 pm	Over 55's Ballet class The Over 55's Ballet class is a gentle weekly class that gives you the opportunity to work on strength, mobility and coordination. Whether you have danced all your life or fancy trying something new, this class will keep you moving in a fun and friendly environment. Maximum capacity:15 Age range 55 - 80 (Booking essential)	Northern Dance Academy, The Railway Institute, 22 Queen Street, York, YO24 1AD £5.50 per class
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Contact: Sarah Dickinson 07917 176418

sarah@northerndanceacademy.co.uk

www.northerndanceacademy.co.uk

2 - 3.30 pm	‘Find your voice and Dare to Sing’ Find your vibrant, authentic voice in glorious harmony with others. All ages and levels of experience welcome. Numbers limited. Booking essential.	York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ £10
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Contact: Mary Greene 01904 414793 or 07940 070950

mariaverdi@btopenworld.com www.marygreene.co.uk

6 - 7 pm	Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80	Vale of York Academy, Rawcliffe Drive, Clifton (without), York YO31 6ZS
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Contact: Amy Tyro 01904 559508

inclusion@yorkcityfcfoundation.co.uk

7.45 - 9 .45 pm	English Folk Dancing Folk Dancing ranging from Traditional, Playford to some modern. ...We, dance to recorded music, always called [instructed] throughout. Beginners welcome - even if you don't know your left foot from your right! Singles, couples, friends. We don't always get the steps right but we have fun! Please make contact prior to attending.	St Aidan's Church Hall, Ridgeway, Acomb, York YO26 5DP £3
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Contact: Annette Soothill 01904 705261 annette@soothill.com
<http://jorvikfdc.weebly.com/>



SING WITH SPIRIT

WE'RE TAKING ON NEW MEMBERS!

Men aged 18 or over - no experience necessary
(Younger men aged 12 to 18 are welcome if accompanied by an adult)

Come along any Thursday night from 7.30pm at the Church of the Holy Redeemer Hall on Boroughbridge Road, York YO26 6AB

For more information contact our chairman
David Startup tel: 07944 249 765
email: chairman.soh@gmail.com
or Mike Dowd tel: 07801 230 399
email: mikedowd@chessmail.co.uk

Spirit of Harmony

 /sohchorus  @sohchorus  spiritofharmony.co.uk

9.30 -	‘Awareness through Movement’ –	York Yoga Studio,
10.30 am	gentle mat class with the <i>Feldenkrais</i>	112 Acomb Road,
	mind-body method of movement	York, YO24 4EY
	intelligence	Ground floor, but
	As Fri 20 September see p.29	couple of steps to
	Booking essential, places limited.	front door

£10

Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

9.30 -	Over 50's Aerobic Fitness class	St Oswald's
10.30 am	As Tue 24 September see p. 44	Church Hall, Main
	Age range 50 - 80	Street, Fulford,
		York, YO10 4HJ

£4.00

Contact: Nikki MacLeod 07903934238
nikki.macleod21@gmail.com

10 -	Balanced Life Programme of Tai Chi	Foxwood
11.30 am	for Seniors	Community
	Easy exercises based on the Ancient	Centre, Cranfield
	Chinese Art of Tai Chi, seated and	Place, ACOMB
	standing. To improve Balance,	YO24 3HY
	Structure, Reduce Falls and Stress and	
	Anxiety. Meet new friends.	Free
	Supported by Action for Elders	
	Charity.	
	Age range 50 - 70	

Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

10 am - 12 pm	Crafts & Health and Wellbeing As Fri 20 September see p. 30	St. Luke's Church Hall, Shipton Street (Off Burton Stone Lane) Clifton, York YO30 6DG
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Contact: Denise & Michaela 07789 045939 or 07772 107763
communitybees2018@gmail.com

10.30 am - 12 pm	Swim for 50 plus. As Fri 20 September see p. 30 Age 50 and over.	Better Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB
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Contact: Better Yearsley Swimming Pool 01904 403860
Yearsley@Gll.org www.better.org.uk

10.30 am for 10.45 am start, 60 mins. walk	Short and Sociable Walks We love our walks and we're sure you will too. They are great for getting some fresh air and giving yourself a boost. All led by trained volunteers. It's free, no need to book, simply turn up on the day.	Meet at Foxwood Community Centre, Cranfield Place, Foxwood. YO23 3HY Free
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10.45 am for 11 am start, 30 mins. walk	The York Health Walks Scheme is run by Walking for Health - York. A voluntary managed group.	Meet at Museum Gardens, inside Museum Street entrance. YO1 7FR Free
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Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

11.10 -	Water Workout	Better Energise
11.55 am	An ever popular activity is our Water Workout fitness class. Water Workout classes are perfect for supporting you in the water and the resistant nature of the activities allow you to adjust movements to your own abilities.	Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
	Average age 55, range 30 - 60	£6.35 / £5.10 / £4.15
		Hoists available

Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

12 - 1 pm	Legs, Bums & Tums	York Sport
	Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Limited spaces available on each class. Open to all ages.	Village, Lakeside Way, York, YO10 5FG
		Free

Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

12 -	Introduction to the Alexander	York Alexander
2 pm	Technique group class	Technique Centre
	Practising the Alexander Technique will enable you to have more flow and balance in movement and at rest. In the workshop you will learn to have greater awareness in simple everyday movements, which can then be applied to more complex activities.	The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ
		£10

Maximum six participants, so book early to avoid disappointment.

Contact: Pam Mason 01904 414640 / 07875 250491
pam_mason@talk21.com

12.30 - 1.30 pm	Balanced Life Programme of Tai Chi for Seniors As Fri 20 September see p. 31 Age range 50 - 70+	St Luke's Church Hall, Burton Stone Lane, Clifton YO30 6DG
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Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

3 pm	Indoor Bowls taster 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. Age range 55 - 65	New Earswick & District Indoor Bowls Club, Huntington Road, Huntington, York, YO32 9PX Free
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Contact: Michelle 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

4 - 5 pm	Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80	Burnholme Community Hub, Mossdale Avenue, York YO31 0GW £5
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Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

7.30 -
9pm

**Politics today: Discussion with
Speaker**

Everyone is welcome at York Fabians' regular monthly meeting. We have a provocative speaker on a contemporary subject (*Could it be Brexit?!).* This is followed by a lively discussion with vast ranges of diverse views expressed. *Come and have your say!* Followed by a social event with drink and nibbles.

Jacob's Well,
Trinity Lane
(Micklegate end),
York,
YO1 6EL

Free

Contact: John Bibby 01904 330334 jb43@york.ac.uk
YorkFabians.eventbrite.com



Red Tower (Bar Walls), Foss Islands Road

Come and visit this historical tower, learn about it's history, and find out about the activities in this Community Hub.

Open every Monday 11.30am - 2pm
for P-A-Y-F lunch, supermarket surplus shop and
various advice and craft sessions,
also open some weekends for drinks and cakes

Red Tower can also be hired for private functions.

www.redtoweryork.org.uk

www.facebook.com/groups/RedTowerYorkPROJECT/



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WWW.MILLERSYARD.CO.UK
4 MILLERS YARD
GILLYGATE, YORK
TEL: 01904 655550

Morning, by arrangement	FREE half hour taster - 'Functional Integration' – individual hands-on lesson in movement intelligence The (fully clothed) student lies or sits; and is guided to explore functional movements through gentle, tactile, kinaesthetic communication. You will learn how to re-organise your body's motor patterns. All welcome, wear comfy clothes. Booking essential, places limited.	York Pilates People, 10 Clifford Street, York, YO1 9RD (entrance round side street, lift handle up) 2 nd floor. Free
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Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

9 am	York parkrun As Sat 21 September see p. 33	York Racecourse YO23 1EX
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Contact: York parkrun Team york@parkrun.com
www.parkrun.org.uk/York/

9 am	Heslington parkrun As Sat 21 September see p. 33	York Sport Village, Lakeside Way, Heslington, York YO10 5FG
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Contact: Heslington Team heslington@parkrun.com
www.parkrun.org.uk/heslington/

10.30 - 11.30 am	'Awareness through Movement' – gentle mat class with the <i>Feldenkrais</i> mind-body method of movement intelligence. As Fri 20 September see p. 29 Booking essential, places limited.	York Pilates People, 10 Clifford Street, York, YO1 9RD
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Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

10.30 am -	Acomb Parish Churches Craft and	Acomb Parish
12.30 pm	Coffee Morning – a variety of craft stalls plus our community café serving delicious home-baked cakes (many gluten/dairy free).	Church Hall, Front Street, Acomb, York, YO24 3BZ

Tea/Coffee £1 each with free refill. Cakes/traybakes £1 / 50p each. No booking required. No limit on numbers. Some disabled parking in front of hall and ramp into building. Nearest car park Morrisons. Contact: Jennifer Deamer 01904 330569 / 07443 582072
pjdeamer@ntlworld.com www.acombparish.org

10.30 am for 11 am start - 1.30 pm	Touch for Health around the world Balancathon - The two hours between 11:00 – 13:00 are the time of the Heart Meridian in acupuncture and kinesiology. A group “balance” in that time slot will be a fun and relaxing experience where everyone in the room will get the benefits.	Wellbeing in York, The Raylor Centre, James Street, York YO10 3DW
	Booking a good idea but not essential.	£3

Contact: June Tranmer 01904 927157
enquiries@wellbeinginyork.org www.wellbeinginyork.org

2 - 4 pm	Tennis – try it for free Try tennis for free this summer at a Nature Valley Big Tennis Weekends event near you. Rackets and balls will be provided, and sessions have been designed to suit the whole family. Whether you’ve never picked up a racket before or a seasoned regular, there’s something for everyone.	Heworth Tennis Club, East Parade York YO31 7YH Free
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Contact: Jason May jason.may10@gmail.com
<https://clubspark.lta.org.uk/HeworthTennisClub>

10 am	Indoor Bowls taster 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. Average age 55 - 65	New Earswick & District Indoor Bowls Club, Huntington Rd, Huntington, York, YO32 9PX Free
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Contact: Michelle 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

11.45 am –	Swimability	Better Energise
12.40 pm	As Sun 22 September see p. 38 Open to all ages.	Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX

Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

2 - 4 pm	Tennis – try it for free Try tennis for free this summer at a Nature Valley Big Tennis Weekends event near you. Rackets and balls will be provided, and sessions have been designed to suit the whole family. Whether you've never picked up a racket before or a seasoned regular, there's something for everyone. Open to all ages.	Heworth Tennis Club, East Parade, York YO31 7YH Free
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Contact: Jason May jason.may10@gmail.com
<https://clubspark.lta.org.uk/HeworthTennisClub>

Sunday 29 September

6.30 pm	Celebrating Ageing A service of music, readings and meditations celebrating ageing. All ages welcome! Parking and No 4 and Coastliner buses stop close by,	St. Edward's Church, Tadcaster Road, York YO24 1QG Free
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Contact: Revd. Richard Carew 01904 709111

Monday 30 September

9.30 -	Water Workout	Better Energise
10.15 am	As Mon 23 September see p. 39	Leisure Centre,
+	Average age 55, range 30 - 60+	Cornlands Road,
7.30 -		Acomb, York,
8.15pm		YO24 3DX

Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

10 - 11 am	Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80	Burnholme Community Hub, Mossdale Avenue, York YO31 0GW
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Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

10.30 - 11.30 am	Tai Chi An ancient Chinese Martial Art practiced for relaxation, balance and mental wellbeing. Contact Betty for more information. Age range 50 - 75+	St Oswald's Church Hall, Main Street, Fulford YO10 4HJ £5 (free for 50+ Festival on the day)
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Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

11.15 am - 12.10 pm	Move it or Lose it with Natalie As Mon 23 September see p. 40 Booking is essential – Numbers are limited, so please get in touch to book your place! Open to all ages.	Oaken Grove Community Centre, Reid Park, Oaken Grove, Haxby, York YO32 3QW 1 st Class is Free
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Contact: Natalie Walsh 07592 904866
natalie.walsh@moveitorloseit.co.uk
Facebook Page [moveitorloseitwithnatalie](https://www.facebook.com/moveitorloseitwithnatalie)

11.40 am	Pure Stretch Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Limited spaces available on each class. Open to all ages.	York Sport Village, Lakeside Way, York, YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

1 - 1.55 pm	Move it or Lose it with Natalie As Mon 23 September see p. 41	Rawcliffe Rec, The Pavilion, St Marks Grove, York, YO30 5TY
	Numbers limited so please ring to book. Open to all ages.	

Contact: Natalie Walsh 07592 904866
natalie.walsh@moveitorloseit.co.uk
 Facebook Page [moveitorloseitwithnatalie](#)

1.30 - 2.30 pm	Move It or Lose It with Karen As Mon 23 September see p. 41	Dunnington Reading Room, Church Street, Dunnington YO19 5PW
	Numbers limited so please ring to book. Open to all ages, range 70 - 91	

Contact: Karen Hill 07305 030706 www.moveitorloseit.co.uk
Karen.WallaceHill@moveitorloseit.co.uk

2 - 3 pm	Over 55's Ballet class As Thu 26 September see p. 58	Northern Dance Academy, The Railway Institute, 22 Queen Street, York, YO24 1AD
	Maximum capacity:15 (Booking essential)	

Contact: Sarah Dickinson 07917 176418
sarah@northerndanceacademy.co.uk
www.northerndanceacademy.co.uk

2.30 - 3.30 pm	Swim for 50 plus. As Fri 20 September see p. 30 Age 50 and over.	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

3 - 4.30 pm	Zen Meditation - Lizzie Coombs Zen sitting and walking meditation. Wear loose comfortable clothes. Meditation seating provided.	4 Millers Yard, Gillygate, York, YO31 7EB Free
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Contact: Dylan George 01904 655550 info@millersyard.co.uk

4.30 - 6.30 pm	Introduction to the Alexander Technique group class As Fri 27 September see p. 62 Maximum six participants, so book early to avoid disappointment.	York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ £10
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Contact: Pam Mason 01904 414640 / 07875 250491
pam_mason@talk21.com

7 - 9 pm	Resolving pain using the mind body connection 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.	York Natural Health, 36 York Rd. Acomb, York YO24 4L £5
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Contact: Jenny / 07749 706127 or Debbie / 07949 174389
jen2627@hotmail.co.uk / debbie.pogson@gmail.com

Monday 30 September

7.30 - 8.15 pm	Water Workout As 9.30am Average age 55, range 30 - 60+	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

7.30 - 10 pm	Scottish country dancing As Mon 23 September see p. 42	English Martyrs Church Hall, Dalton Terrace, York, YO24 4DA
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Contact: Diana Nicholson 01423 329011 dinic1610@yahoo.co.uk
www.yorkscdclub.org.uk

Tuesday 1 October

9.15 - 10.15 am	Tennis coaching at Heworth As Tue 24 September see p. 43 Open to all ages.	Heworth Tennis Club, East Parade York YO31 7YH
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Contact: Jason May jason.may10@googlemail.com
<https://clubspark.lta.org.uk/HeworthTennisClub>

9.30 - 10.15 am	Water Workout As Tue 24 September see p. 43 Average age 55+, range 30 - 60 Hoists available.	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

9.30 - 10.15 am	Zumba Gold As Tue 24 September see p. 43	Burnholme Sports Centre, Bad Bargain Lane, York, YO31 0GW
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Contact: Angela Robertson 07887 570590

9.30 - 10.30 am	Over 50's Aerobic Fitness class As Tue 24 September see p. 44	Lidgett Grove Methodist Church, Wheatlands Grove, Acomb YO26 5NH
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Contact: Nikki MacLeod 07903934238
nikki.macleod21@gmail.com

9.45 am	Pilates As Tue 24 September see p. 44 Limited spaces. Booking essential. Age range 50 - 70	St Aelred's Community Centre, 216 Fifth Ave, York YO31 0PN
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Contact: Louise Cooper 07587182683 fitness@loucooper.co.uk

10.00 am for 10.15 am start. 60 mins. walk	Short and Sociable Walks As Tue 24 September see p. 44	Meet at Tang Hall Community Centre, Fifth Ave., York. YO31 0UG.
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Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

10 - 10.55 am	Move it or Lose it with Natalie As Mon 23 September see p. 40	Huntington Methodist Church, Strensall Road, Huntington, York YO32 9SH
	Booking is essential – Numbers are limited, so please get in touch to book your place! Open to all ages.	

Contact: Natalie Walsh 07592 904866

natalie.walsh@moveitorloseit.co.uk

Facebook Page [moveitorloseitwithnatalie](https://www.facebook.com/moveitorloseitwithnatalie)

10 - 11 am	Move It Or Lose It with Karen As Mon 23 September see p. 41	Wilberfoss Community Centre, 16 Main Street, Wilberfoss, YO41 5NN
	Numbers limited so please ring to book. Open to all ages.	

Contact: Karen Hill 07305 030706 www.moveitorloseit.co.uk

Karen.WallaceHill@moveitorloseit.co.uk

10 am - 12 pm	Mindfulness Skills for Caring and Coping York Carers Centre supports people who provide care (unpaid) for a family member or friend. These sessions teach practical mindfulness skills to help carers support their own wellbeing. To register with our service, and book onto these sessions, please call us.	Quaker Meeting House, Lower Friargate, York, YO1 9RL Free
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Contact: York Carers Centre 01904 715490

enquiries@yorkcarerscentre.co.uk www.yorkcarerscentre.co.uk

address 17 Priory Street, York, YO1 6ET

10 am - 3 pm	York Men's Shed Open Day Open day to show our activities and facilities. Just drop in.	The Old Wardens Hut, Corner of Alcuin Avenue and Flaxman Avenue, Hull Road Park, York, YO10 3TW Free
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Contact: Mark Guilford 07725 183456
yorkmensshed@outlook.com www.yorkmensshed.co.uk

10 am - 4 pm	Drop in and explore your family history! Free advice, software and other resource As Tue 24 September see p. 47	YFHS Research Room, The Raylor Centre, James Street, York YO10 3DW
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Contact: John Bibby 01904 330334 jb43@york.ac.uk
www.yorkfamilyhistory.org.uk/services/study-centre/

10.20 - 11.25 am	Swimability As Sun 22 September see p. 38 Open to all ages.	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

1 - 4 pm	York Bridge Club Open Day Bridge is fun, exciting, can be played at many levels for all ages socially or competitively and is good for the mind. Come to our friendly and welcoming York Bridge Club and watch people play. Members will explain the basics of Bridge and how you might get involved with our Club.	The York Bridge Club, 152-154 Holgate Road, York YO24 4DQ (limited parking), Buses Nos1 & 5 from Exhibition Square
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Free

Contact: Azizah Clayton 01904 425850 azizahclayton@gmail.com
<https://www.bridgewebs.com/york/>

1.30 - 2.30 pm	Move It Or Lose It with Karen As Mon 23 September see p. 41 Numbers limited so please ring to book. Age range 70 - 91 but open to all ages.	Strensall Village Hall, Northfields, Strensall YO32 5XW Free for a taster session
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Contact: Karen Hill 07305 030706 www.moveitorloseit.co.uk
Karen.WallaceHill@moveitorloseit.co.uk

2 - 2.45 pm	Water Workout As Mon 23 September see p. 39 Average age 55, range 30 - 60+	Better Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB
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Contact: Better Yearsley Swimming Pool 01904 403860
Yearsley@Gll.org www.better.org.uk

2 - 4 pm	Famous Uk People Past & Present Ageing Without Children	Bedern Hall, Bartle Garth, St Andrewgate, York YO1 7AL
	This applies to so many men and women including Elizabeth 1, William Blake and Helen Mirren. AWOC York invites you to a cream tea with a difference – do some research on your favourites and bring it to share. Phone Bedern Hall on 01904 646030 to book your space at this historic tea table. To show images – contact Sue. All welcome.	£8

Contact: Sue Lister 01904 488870

5.45 - 6.45 pm	Yoga with Anna for beginners As Thu 26 September see p. 56 Age range 40 - 70	St Clement's Church Vestry corner of Nunthorpe and Scarcroft Roads, South Bank Not accessible
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Contact: Anna Semlyen, Yoga in York 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

7.30 - 10 pm	Table Tennis We play social Table Tennis in a relaxed and friendly atmosphere we invite both beginners and players. Age range 50 - 65. Booking is essential as numbers are limited.	Dunnington Sports Club, Common Road, Dunnington YO19 5NG Free
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Contact: Ron Willits 01904 489046 ron@ronwillits.plus.com

9.30 -	Community café and Boccia	Lidgett Methodist Church,
11.30 am	As Wed 25 September see p. 49	Wheatlands Grove, Acomb, York, YO26 5NH

Contact: Lin Hudson 01904 890321 lin.lidgett@outlook.com
www.lidgettmethodistchurch.org.uk

10 am -	Sir Laugh-a-Lot and Lady Lot	Oaken Grove Community Centre, Haxby, York.
12 pm	As Wed 25 September see p. 51	YO32 3QW

Contact: Denise & Michaela 07789 045939 or 07772 107763
communitybees2018@gmail.com

10.30 am	Zumba Gold	York Sport Village, Lakeside Way, York, YO10 5FG
	As Wed 25 September see p. 50	
	Open to all ages.	

Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

11.15 am	Mobility class	Poppleton Centre, Main St, Nether Poppleton, York YO26 6JT
	The class focuses on functional movements, strengthening and balance exercises; part sitting & part standing (using a chair for support if required). Open to all ages.	£3

Contact: Tish Bolton 07850 156555

11.30 am	Pilates As Tue 24 September see p. 44 Age range 50 - 70. Limited spaces. Booking essential.	Derwenthorpe SSC, off Derwent Way Osbaldwick York YO10 3NP
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Contact: Louise Cooper 07587182683 fitness@loucooper.co.uk

1 - 1.45 pm	Water Workout As Mon 23 September see p. 39 Average age 55, range 30 - 60+	Better Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB
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Contact: Better Yearsley Swimming Pool 01904 403860
Yearsley@Gll.org www.better.org.uk

1.30 pm	Pilates As Tue 24 September see p. 44 Age range 50 - 70. Limited spaces. Booking essential.	St James the Deacon, Sherringham Drive YO24 2SE
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Contact: Louise Cooper 07587182683 fitness@loucooper.co.uk



2 - 3.30 pm	Writing the whole self – Creative writing meets Alexander Technique Through a series of gently facilitated exercises, we will have the opportunity to hear what our bodies have to say and see how this influences our creative processes and our perception of ourselves. No experience necessary. Maximum 6 participants.	York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ £10
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Contact: Lesley Glover 01430 432986 / 07941 668026
lesleyglover15@gmail.com www.lesley-glover.co.uk

2 - 4 pm	Future planning with tea and biscuits Why not come along for a cup of tea and a biscuit whilst we talk you through the various issues to consider when planning for your lifetime with Lasting Powers of Attorneys or when considering making a Will to ensure that your wishes are captured and carried out when you die.	Ramsdens Burn & Co Solicitors, Ebor House, Millfield Lane, York, YO26 6QY Free
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Contact: Claire Trueman 01904 655442
Claire.Trueman@ramsdens.co.uk www.ramsdens.co.uk

2 - 4 pm	Can Science and Religion Reconcile? A Baha'i View A discussion on the topic of Can Science and Religion agree with like-minded people, getting to know each other and refreshments (10-15 people)	Cut & Chase, 39 Goodramgate, York YO1 7LS Free
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Contact: Baha'i Faith 07779 609628 Earswickbahais@gmail.com

2 - 4 pm Singing for fun! As Wed 25 September see p. 53	The Black Swan Inn (Wolfe Room, upstairs), 23 Peasholme Green, York YO1 7PR
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Contact: Eve Branston 07952 383 681

6 - 7 pm Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80.	Huntington Secondary School, Huntington Road YO32 9WT
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Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

6.30 - 8 pm ‘Living Sound Indian Raga singing’ Explore your vibrant, authentic voice with this unique blend of Indian Raga singing and Alexander Technique. Suitable for those who have done some singing already. Numbers limited. Booking essential.	York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ £10
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Contact: Mary Greene 01904 414793 or 07940 070950
mariaverdi@btopenworld.com <http://marygreene.co.uk/>

7 - 7.45 pm Water Workout As Mon 23 September see p. 39 Average age 55, range 30 - 60.	Better Energise Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX
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Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

Wednesday 2 October

7 - 8.30 pm	York Family History Society: “Lydia Bridges - Wise woman or witch?” Speaker: Claire Brockway Come at 7pm for biscuit, drink and chat. Then we have an entertaining speaker for 40 minutes. We meet on the first Wednesday of every month. So please come on 6 th November as well, and then on 4 th December, 5 th February 2020, etc..	New Earswick Indoor Bowls Club (next to Hogs Head pub), Huntington Road, York YO32 9PX Free
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Contact: John Bibby 01904 330334 jb43@york.ac.uk
www.yorkfamilyhistory.org.uk, yfhs2019october.eventbrite.com

8.30 - 9.30 pm	50+ Hockey for all A hockey session with coaching and small games, suitable for beginners and regular players, Age range 47 - 60. booking advised.	Huntington School, all weather pitch, Huntington Road, YO32 9WT Free
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Contact: Jenni Fitton 07801 969204
fundraising@cityofyorkhc.co.uk www.cityofyorkhc.co.uk

Thursday 3 October

9.30 - 10.15 am	Zumba Gold As Tue 24 September see p. 43 Age range 50 - 80.	Heworth Without Community Centre, 38 Applecroft Rd, York YO31 0HQ
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Contact: Angela Robertson 07887 570590

9.30 - 10.30 am	Over 50's Aerobic Fitness class As Tue 24 September see p. 44 Age range 60 - 70.	W.I. Hall, 6 Station Road, Copmanthorpe, York, YO23 3SX £3.50
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Contact: Nikki MacLeod 07903 934238
nikki.macleod21@gmail.com

10 am - 12 pm	A Taste of Circle Dance Join our fun and friendly group for Circle Dancing - with a cuppa & biscuits. Beginners very welcome. We dance in a circle, no partner needed. Enjoy a variety of circle dances from around the world. Participants may be able to join the rest of the term. Booking advised.	Huntington Memorial Hall, 46 Strensall Road, Huntington York YO32 9SH Free Up 1 step but activity only suitable for able bodied
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Contact: Karen Michaelsen 01904 788058
info@circledanceinyork.co.uk www.circledanceinyork.co.uk

10 am - 12 pm	Table Tennis We play social Table Tennis in a relaxed and friendly atmosphere we invite both beginners and players . Age range 60 - 70. Booking is essential as numbers are limited.	Dunnington Sports Club, Common Road, Dunnington YO19 5NG Free
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Contact: Ron Willits 01904 489046 ron@ronwillits.plus.com

10 am - 4 pm	Drop in and explore your family history! Free advice, software and other resource As Tue 24 September see p. 47	YFHS Research Room, The Raylor Centre, James Street, York YO10 3DW
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Contact: John Bibby 01904 330334 jb43@york.ac.uk
www.yorkfamilyhistory.org.uk/services/study-centre/
www.YFHSroom.eventbrite.com

10.30 - 11.45 am	Yoga with Anna for beginners Yoga class for all with Anna Semlyen, BWY Dip, Back care expert. All welcome. Enjoy postures, breathing, relaxing for a healthier you. Suitable for all abilities including beginners. Equipment provided. Booking not essential, Age range 40 - 70.	St Clement's Church Vestry corner of Nunthorpe and Scarcroft Roads, South Bank £5 for 50+ festival Not accessible
	Room for 15 max	

Contact: Anna Semlyen, Yoga in York 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

12 pm	Body balance Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Limited spaces available on each class. Open to all ages.	York Sport Village, Lakeside Way, York, YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

1 - 1.45 pm	Over 55's Tap class As Thu 26 September see p. 56 Age range 55 - 80+. Maximum capacity:15 (Booking essential).	Northern Dance Academy, The Railway Institute, 22 Queen Street, York, YO24 1AD
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Contact: Sarah Dickinson 07917 176418

sarah@northerndanceacademy.co.uk

www.northerndanceacademy.co.uk

1.45 pm for 2 pm start, 30 mins. walk	Short and Sociable Walks As Tue 24 September see p. 44	Meet at Art Gallery, Exhibition Square, York. YO1 7EW. Free
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Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

1.45 - 3.45 pm	Flower arranging demonstration – watch and learn This is part of our Senior Friends Programme. Perhaps you are feeling lonely and / or would like people of a similar age to talk to. You will be made very welcome at any of our weekly Thursday meetings.	Christ Church Senior Friends. Christ Church, Stockton Lane, Heworth Without YO31 1JG Free
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Contact: Keith Thompson keith.thompson62@googlemail.com
<https://www.heworthchristchurch.com/what-s-going-on>

2 - 3 pm	Over 55's Ballet class As Mon 23 September see p. 41	Northern Dance Academy, The Railway Institute, 22 Queen Street, York, YO24 1AD
	Maximum capacity:15 (Booking essential).	

Contact: Sarah Dickinson 07917 176418

sarah@northerndanceacademy.co.uk

www.northerndanceacademy.co.uk

2 - 6 pm	Alexander Technique taster One to one introductory sessions, approx. 25 mins. We will look at how you sit, stand and move, what causes pain or discomfort and how the Alexander Technique might help. Learn to ease the joints and lessen the tensions that build up in your daily life. Booking essential.	York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ £8
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Contact: Pam Mason 01904 414640 / 07875 250491

pam_mason@talk21.com

6 - 7 pm	Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80.	Vale of York Academy, Rawcliffe Drive, Clifton (without), York YO31 6ZS
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Contact: Amy Tyro 01904 559508

inclusion@yorkcityfcfoundation.co.uk

Thursday 3 October

87

6.30 - 8 pm	“York Minster in close up” An illustrated talk based on my book of the same name, showing you lots of the amazing grotesques and other carved figures on the outside of the Minster. Books will be available to buy afterwards. Limited places so please book.	Red Tower (Bar Walls), Foss Islands Road, York Upstairs Donations
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Contact: Catherine Sotheran 01904 411845 CSotheran@aol.com

7.45 - 9.45 pm	English Folk Dancing Folk Dancing ranging from Traditional, Playford to some modern. ...We, dance to recorded music, always called [instructed] throughout. Beginners welcome -even £3 if you don't know your left foot from your right! Singles, couples, friends.	St Aidan's Church Hall, Ridgeway, Acomb, York YO26 5DP
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We don't always get the steps right but we have fun! **Please make contact prior to attending.**

Contact: Annette Soothill 01904 705261 annette@soothill.com
<http://jorvikfdc.weebly.com/>

Friday 4 October

9.30 - 10.30 am	‘Awareness through Movement’ – gentle mat class with the <i>Feldenkrais</i> mind-body method of movement intelligence As Fri 20 September see p. 29 Booking essential, places limited.	York Yoga Studio, 112 Acomb Road, York, YO24 4EY Ground floor, but couple of steps to front door
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Contact: Julie Wrigley 07817 362281 julie@smoothmoveslab.org
www.smoothmoveslab.org

9.30 - Over 50's Aerobic Fitness class
10.30 am As Tue 24 September see p. 44

St Oswald's
 Church Hall,
 Main Street,
 Fulford, York
 YO10 4HJ

Contact: Nikki MacLeod 07903 934238 nikki.macleod21@gmail.com

10 - Balanced Life Programme of Tai Chi for
11.30 am Seniors
 As Fri 20 September see p.30

Foxwood
 Community
 Centre, Cranfield
 Place, Acomb
 YO24 3HY

Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

10 am - Crafts & Health and Wellbeing
12 pm As Fri 20 September see p.30

St. Luke's Church
 Hall, Shipton
 Street (Off Burton
 Stone Lane)
 Clifton, York
 YO30 6DG

Contact: Denise & Michaela 07789 045939 or 07772 107763
communitybees2018@gmail.com

10.30 am Find your balance with Alexander
- 12pm Technique
 Do you worry about falling? Would you like to feel more balanced and confident in your movements? We will explore how Alexander Technique can help you improve balance and move with greater ease. All welcome, maximum 6 participants. **Booking essential,**

York Alexander
 Technique Centre,
 The Gatehouse,
 York Cemetery,
 Cemetery Road
 York
 YO10 5AJ
 £10

Contact: Lesley Glover 01430 432986 / 07941 668026
lesleyglover15@gmail.com www.lesley-glover.co.uk

10.30 am - Swim for 50 plus. 12pm As Fri 20 September see p. 30 Age 50 and over.	Better Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB
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Contact: Better Yearsley Swimming Pool 01904 403860
Yearsley@Gll.org www.better.org.uk

10.45 am Short and Sociable Walks for 11 am As Tue 24 September see p. 44 start, 30 mins. walk	Meet at Museum Gardens, inside Museum Street entrance. YO1 7FR
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Contact: Jenny Nicholson 07709526254 Jennynich53@gmail.com

11.10 - Water Workout 11.55 am As Mon 23 September see p. 39 Average age 55, range 30 - 60.	Better Energise Leisure Centre, Cornlands Road, Acomb, York YO24 3DX
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Contact: Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

12 - 1 pm Legs, Bums & Tums Please call 01904 325751, or email info@york-sport.com to book a place in advance of the class day. Limited spaces available on each class. Open to all ages.	York Sport Village, Lakeside Way, York YO10 5FG Free
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Contact: York Sport 01904 325751 info@york-sport.com
www.york-sport.com

12.30 - 1.30 pm	Balanced Life Programme of Tai Chi for Seniors As Fri 20 September see p. 30	St Luke's Church Hall, Burton Stone Lane, Clifton YO30 6DG
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Contact: Betty Sutherland 07771 850129 betty@uktaichi.com
www.uktaichi.com

1 - 2 pm	3-Generational (3G) Communities: a new model for flexible downsizing? John Bibby invites you to discuss 3G communities and other ways of providing: · good, flexible, stable, cared-for seniors' accommodation	Fox Room, Quaker Meeting House, Friargate, York YO1 9RL Free
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- good-value accommodation for families who might otherwise be homeless
- good use of large houses in close proximity
- good community values and a new model for community living.

Further details and booking at *WOC1.eventbrite.co.uk* or just come along.

Contact: John Bibby 01904 330334 jb43@york.ac.uk

1 - 4 pm	Alexander Technique Taster sessions As Thu 3 October see p. 86 Booking essential.	York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road York YO10 5AJ
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Contact: Lesley Glover 01430 432986 / 07941 668026
lesleyglover15@gmail.com www.lesley-glover.co.uk

2 - 4 pm	The Power of Art A presentation on the Power of Art on Human Soul, discussion and workshop, light refreshment...(10 - 15 people).	Cut & Chase, 39 Goodramgate, York YO1 7LS Free
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Contact: Baha'i Faith 07779 609628 Earswickbahais@gmail.com

2 - 5 pm	Create & Connect Café Bridging the gap of young and old through conversation, activities and sharing of food and drink. This months activities include cookery demonstration, arts and crafts.	4 Millers Yard, Gillygate, York, YO31 7EB Free
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Contact: Dylan George 01904 655550 info@millersyard.co.uk

2.30 - 4.30 pm	Famous UK People Past & Present Ageing Without Children This applies to so many men and women including Elizabeth 1, William Blake and Helen Mirren. AWOC York invites you to do some research on your favourites and bring it to share. If you want to show images – contact Sue. All welcome. It will make for a fascinating afternoon.	Fox Room, Quaker Meeting House, Friargate, York YO1 9RL Free
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Contact: Sue Lister 01904 488870

Friday 4 October

4 - 5 pm	Walking Football As Fri 20 September see p. 32 Average age 60, range 30 - 80.	Burnholme Community Hub, Mossdale Avenue, York YO31 0GW
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Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

4 - 5.30 pm	The music of the York accent Come along to learn about the music of the York accent and how it may be changing. The talk will also review evidence that speaking more than one dialect may be as beneficial for brain health as learning to speak a different language. Booking recommended (http://bit.ly/yopa-york-accent-lecture).	University of York Kings Manor Campus, Exhibition Square, York YO1 7EP. Free (tea/coffee provided)
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Contact: Dr Sam Hellmuth 01904 322657
sam.hellmuth@york.ac.uk www-users.york.ac.uk/~sh581/yopa

Saturday 5 October

9 am	Heslington parkrun As Sat 21 September see p. 33 Open to all ages.	York Sport Village, Lakeside Way, Heslington, York YO10 5FG
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Free

Contact: Heslington Team heslington@parkrun.com
www.parkrun.org.uk/heslington/

9 am	York parkrun As Sat 21 September see p. 33 Open to all ages.	York Racecourse Cherry Lane/ Tadcaster Road side of the racecourse YO23 1EX Free
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Contact: York parkrun Team york@parkrun.com
www.parkrun.org.uk/York/

10 - 11.15 am	Coffee Morning Come along to our regular monthly coffee morning held in the back Hall on the first Saturday of every month. We have hot drinks, buns, a couple of stalls and a raffle. All welcome.	Lidgett Methodist Church, Wheatlands Grove, Acomb, York, YO26 5NH free, just pay for drinks
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Contact: Lin Hudson 01904 890321 lin.lidgett@outlook.com
www.lidgettmethodistchurch.org.uk

10 am - 2 pm	Supportive Sewers - pillows for Breast Cancer Patients Workshop The workshop will demonstrate the pillows that we make for Breast Cancer patients at YDH. Participants will be able to take part in making	The Viking Loom, Wigginton Road, YO32 2RHA 1st floor
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some of these which will be donated to the hospital.

There are jobs for machinists, hand sewers and non sewers alike.
 Feel free to bring your own machine or sewing kit. Come for as
 much or as little of the session as you like. If coming for the whole
 session please bring a lunch with you.

Spaces may be limited so please book.

Contact: Zoe Bounds 07725194907 zoe_bounds@yahoo.co.uk

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- 10.30 am - 12 pm** **‘Healthy Backs for Gardening Delight’** York Alexander Technique Centre, The Gatehouse, York Cemetery, Cemetery Road, York YO10 5AJ
 Is gardening a pain in the neck?
 Does digging do your back in?
 Take the strain out of gardening with the Alexander Technique. Learn to avoid tension habits that cause pain. Find balance and ease as you weed, dig and barrow.
Numbers limited. Booking Essential.
 £12

Contact: Mary Greene 01904 414793 or 07940 070950
 mariaverdi@btopenworld.com www.marygreene.co.uk

- 2 - 4 pm** **Impressions of a Tibetan community in exile** Friargate Quaker Meeting House, Friargate, York YO1 9RL
 A place of pilgrimage steeped in myth and mysticism from the mists of time where Sikhism, Hinduism and Buddhism coexist in peaceful harmony. A microcosm of the Tibetan diaspora provides a network of mutual support with a little help from their friends in York.
Booking advisable.
 Suggested donation £5 / £3

Contact: Rowena Field (Tibet Support Group York) 07552 47249
1rfield151@yahoo.co.uk

- 8 - 11 pm** **Jorvik Folk Dance Club** Huntington Memorial Hall, Huntington, York YO32 9SH
 These monthly dances are for the more experienced folk dancer. We occasionally have musicians playing, otherwise recorded music is used. Guest callers are booked for these evenings. Faith supper, please.
Booking advised.
 £5

Contact: Annette Soothill 01904 705261 annette@soothill.com
<http://jorvikfdc.weebly.com/>

11 am	October Social Ride to Moorlands Nature Reserve Join our October Social Ride to the beautiful Moorlands Nature Reserve, just past Skelton village. It's a lovely, mostly traffic-free route along the riverside greenway, taking about an hour. We'll have a walk around the	Meet at the Minster Tree (main entrance to the Minster). Free
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nature reserve and stop on the way back at Skelton Garden Centre café for refreshments and chat. We are a friendly group and go at a steady pace with breaks. Everyone welcome! Age range 12 - 100.

Contact: yorkbikebelles@gmail.com
www.yorkbikebelles.community

11.45 am -	Swimability	Better Energise
12.40 pm	As Sun 22 September see p. 38 Open to all ages.	Leisure Centre, Cornlands Road, Acomb, York, YO24 3DX

Contact: Better Energise Leisure Centre 01904 403900
Energise@Gll.org www.better.org.uk

1 - 3 pm	Wellbeing Drop -in A chance to ask questions about homeopathy in general and about your own health specifically, mainly for acute ailments. Also available: nutritional advice, self help kinesiology techniques and healing. No need to book. Just drop – in.	Wellbeing in York, The Raylor Centre, James Street, York YO10 3DW £3
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Contact: June Tranmer 01904 927157
enquiries@wellbeinginyork.org www.wellbeinginyork.org

York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 15th 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 14 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
yorkolderpeoplesassembly@outlook.com

Wilberforce Trust,
49 North Moor Road,
Huntington, York
YO32 9QN
Tel: 01904 202293

ENJOY !

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