

York Older People's Assembly
presents...



OVER 80 EVENTS!
YORK 50+ FESTIVAL
25 SEPTEMBER – 3 OCTOBER

In and around the celebration on 1st October of International Older Person's Day, out of the Covid miasma come over 80 lively events organised by a small team of volunteers at YOPA (York Older People's Assembly). This will be the 16th annual festival, the city is proud of its resilience, and the three sponsors (Later Life Hub, Harrowells Solicitors and the Foresters Friendly Society) are proud to support such a worthwhile initiative.

Of the over 80 events, there are around 35 in-person indoor events, 25 outdoor events and 20 online events which provide a good balance and something for everyone to enjoy, both in the local area and from wherever in the world you happen to have heard of the York 50+ Festival and can zoom in!

People of all ages are welcome as the festival encourages the exchange of skills, ideas and discussions between older and younger people as well as offering activities for peers.

“The 50+ Festival is a grassroots affair put on by people who want to share what they have to offer. What is a taster session today may well become a regular weekly hobby as people discover new interests and ways of keeping healthy in body and mind.”

There is advice & displays from a dozen local groups such as Live Well York, Age UK, Joseph Rowntree Housing Trust, Older Citizens Advice, Homeshare, Dementia Forward, St Sampson's Centre, Age Friendly York Citizen Group and Harrowells.

Health & Wellbeing is represented by Wellbeing In York, York Natural Health, York Yoga Studio, and a guided tour (and meditation) of the Buddhist centre at Kilnwick Percy near Pocklington.

Social events include welcoming chats and refreshments at St Sampson's Centre, St Nicholas Church in Dunnington and St Denys Church (Walmgate) as well as a behind the scenes tour of the Joseph Rowntree Theatre on the Haxby Road. You are also invited to the open days at the Red Tower (Bar Walls), Minster Lions Club, York Men's Shed, as well as a Furious Five Quiz Night, and an evening of memories with the York City Knights.



If you are seeking sport and active leisure, there is a plethora of opportunity: walks, tai chi, bowls, boxing, walking football, tag rugby, hockey, Nordic Walking, basketball, tennis, and folk dancing. Energise is holding an “inclusive fitness” open afternoon, Burnholme Sports Centre is holding an open afternoon and there is even a GOTri Family Triathlon in Acomb!

For those with historical interests there are “Bringing the Rowntree Post-War Leisure Surveys to Life”, “Walls and floods, a thousand years in York's history”, “York in Close Up” and “York Minster in close up.”



You will also find a wide diversity of workshops and classes including autumn planting, confidence building for women returning to work, an eco-crafter taster, researching family history, French taster sessions, painting and drawing, fun with Google and social media, and spiritualism and mediumship. And if you are ageing alone and have a cherished item around your home with a story to share, join AWOC York for their online event, KEEPSAKES, on Thurs. 30 September.

Don't forget the Chatty Benches, a City of York initiative to foster friendliness and an exchange of information with local area coordinators and groups working with more isolated people - Acomb Front Street, Acomb Gateway Centre, Folk Hall New Earswick, Glen Gardens Heworth, King George's Field Fossway, Poppleton Green, Rowntree Park, St. Lukes Burton Stone Lane, The Village Haxby.

The full programme is on the YOPA website from 2nd September (www.yorkassembly.org.uk/50-festival) and available in all libraries, community centres, at local hubs and around the city centre from early September. Copies are also available from the YOPA Office at Spark York and from the Tourist Information Centre. Do make sure you can access a copy in whatever format so you can keep all the organiser and course details to hand for later use. You can get in touch with Festival Coordinator, Mary Cannon, on 01904 332613 or yorkfiftyfestival@gmail.com, with enquiries or to offer support with programme distribution, phoning, photography of events, etc.

It's a hugely popular annual festival – do get involved, make the most of it and enjoy yourself!



xxxx ENDS xxxx

Sue Lister 2 Sept. 21
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