

Events Summary September

25 Sep - 3 Oct	NELLI Chatty Bench - New Earswick York City Knights Memories Club	p.11 p.11
27 Sep - 1 Oct	Celebrating Life with Friends Open Week	p.12
27 Sep - 18 Oct	At home with Qi Gong: movement to soothe and calm (4-week course)	p.12
Sat 25	French Taster session for complete / post beginners Red Tower on the Bar Walls - Open Day Qi gong for challenging times (both in the studio and online) Eat...Pray...Love: open day at St Denys Church, Walmgate Family History Workshop French Taster session for Improvers / intermediate French Taster session for Intermediate / advanced	p.13 p.13 p.14 p.14 p.15 p.13 p.13
Sun 26	Play basketball for FREE GOTri Acomb Family Triathlon Masters Hockey Session “ York Minster in close up - the exterior” - talk	p.16 p.16 p.16 p.17
Mon 27	Walking Football Happy to Chat Bench - Fossway Confidence Building for Women Returners Workshop (Online) Bowling Green Taster Sessions Bringing the Rowntree Post-War Leisure Surveys to Life	p.17 p.18 p.18 p.19 p.19

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Tue 28	<p>Free Employability and Careers Advice Telephone Drop In</p> <p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney</p> <p>Finding out about Homeshare York</p> <p>Confidence To Be Your Authentic Self (Online Women Workshop)</p> <p>York Men’s Shed Open Day</p> <p>Happy to Chat Bench - Rowntree Park</p> <p>Action For Elders - A York Walk</p> <p>Guided House Tour and Meditation</p> <p>Minster Lions Club of York Open Day</p> <p>Fun With Google</p> <p>Burnholme Sports Centre Open afternoon</p> <p>Painting and Drawing ONLINE</p> <p>Can you ‘ Play your Cards Right ’?</p> <p>“York in close up “ - talk</p>	<p>p.20</p> <p>p.20</p> <p>p.21</p> <p>p.21</p> <p>p.22</p> <p>p.22</p> <p>p.22</p> <p>p.23</p> <p>p.23</p> <p>p.23</p> <p>p.24</p> <p>p.24</p> <p>p.25</p> <p>p.25</p> <p>p.26</p>
Wed 29	<p>Fitness and Boxing session</p> <p>‘ Light A Candle Café ’</p> <p>Dementia Awareness Session</p> <p>Happy to Chat Bench - Glen Gardens, Heworth</p> <p>Live Well York</p> <p>Chatty Bench, AGE UK - Acomb Front Street</p> <p>Want to feel more confident with your smartphone or tablet?</p> <p>Interested in Volunteering with OCAY?</p> <p>Experience Nordic Walking</p> <p>Painting and Drawing ONLINE</p> <p>Behind the scenes tours of York's Art Deco theatre</p> <p>Eco-Crafters Taster</p> <p>Walking Football</p>	<p>p.26</p> <p>p.26</p> <p>p.27</p> <p>p.27</p> <p>p.28</p> <p>p.28</p> <p>p.29</p> <p>p.29</p> <p>p.29</p> <p>p.30</p> <p>p.30</p> <p>p.30</p> <p>p.31</p> <p>p.31</p>

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Thu 30	Walking Football Happy to Chat Bench - Fossway Age Friendly York Citizen Group Autumn Planting Experience Nordic Walking Get Your Kit On – Recreational Football KEEPSAKES Haxby Happy to chat bench Acomb Chatty Bench Getting to Grips With Using Zoom Social Media and Using QR Codes – The Basics Jorvik FDC of Traditional English folk dancing Action For Elders - The Furious Five Quiz Night	p.32 p.32 p.33 p.33 p.34 p.34 p.35 p.35 p.36 p.36 p.37 p.37 p.39
<h3>October</h3>		
Fri 1	Fitness and Boxing session Live Well York Nordic Walking - Full Lesson Age UK York – open house Action For Elders - Balanced Lives: Healthy Older People Walls & floods – a thousand years in York’s history - walk Happy to Chat Bench - Poppleton Happy to Chat Bench - Burton Stone Lane Tag rugby Resolving Pain Using The Mind Body Connection Action For Elders - Balanced Lives Tai Chi and Chat JRHT Care Services - We show we care: homes for older adults	p.39 p.39 p.40 p.40 p.40 p.41 p.41 p.41 p.42 p.42 p.42 p.43
Sat 2	Play basketball for FREE JRHT Care Services - We show we care: homes for older adults ‘ Cuppa, Cake and Chatter ’ Red Tower open Day Inclusive Fitness Open Afternoon Introduction to Spiritualism / Mediumship	p.43 p.43 p.44 p.44 p.44 p.45
Sun 3	Play Tennis for FREE The Buddhist Way to Inner Peace & Guided Meditation - talk Winter Wellbeing for the over 50s	p.45 p.46 p.46