

Late additions

Saturday 24 September

10.30 am - 12.30 pm	Preparing for the Inevitable No-one wants to think about losing a loved one, however, many of us will find ourselves in this situation at some point. Chris, Annette and Soulla will share their financial and practical tips on how to make this difficult time easier for the partner left behind.	The Folk Hall, Hawthorn Terrace, New Earswick YO32 4AQ Nos 1 & 13 buses stop outside Free
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Contact: Chris 01904 763335 chris@lastwishesfunerals.co.uk

Tuesday 27 September

12 - 2 pm	As above	Last Wishes, 17s Hawthorn Terrace, New Earswick, YO32 4AQ Nos 1 & 13 buses stop outside Free
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Please note these 2 events are a late addition to the brochure and are not in the printed copies therefore **booking is strongly advised** so the organiser can decide whether to go ahead or not, depending on numbers.

Events Summary September

Various	Health and Well-Being Free Taster Sessions	p. 18
Thu 8 & 22	Scrabble Club with u3a	p. 16
Thu 15	York Samaritans Ramble	p. 16
Fri 16	Stay Safe Online - Understanding the Dangers	p. 16
Wed 21	MySight York Coach Trip to Sight Village North-East - 2022, Leeds	p. 17
Sat 24	York Men's Shed Open Day Racket Sports Badminton, Tennis and Squash Gym Session Eat...Pray....Love: community open day Fit Ladies class 50+ Mindful Movement - Gentle Mat Class (online) Haxby & Wigginton u3a Open Day AWOCs Unite!	p. 19 p. 19 p. 19 p. 20 p. 20 p. 21 p. 21 p. 21
Sun 25	Indoor Bowls Taster Session Racket Sports Badminton, Tennis and Squash Gym Session Over 50s Petanque for beginners Walk and Talk: Faith and the Environment in York	p. 22 p. 22 p. 22 p. 22 p. 23
Mon 26	Fit Ladies class 50+ Walking Football Yearsley Swimming Pool Facility Tour and Consultation York Health Walks - Rawcliffe Bar Helping You Get Online Introduction to Nordic Walking Jim's Games Afternoon Cuppa & a Chorus Orienteering, Come and Try it Indoor Bowls Taster Session How to stay fit and feel younger.	p. 24 p. 24 p. 24 p. 25 p. 25 p. 25 p. 26 p. 26 p. 26 p. 27 p. 27

Events Summary

September

11

Tue 27	<p>Burnholme Sports Centre Facility Tour and Consultation p. 28</p> <p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney p. 28</p> <p>York u3a Open Day p. 28</p> <p>Save energy & money... p. 29</p> <p>York Health Walks - Hungate & Dunnington p. 29</p> <p>Tour of listed Georgian mansion plus guided meditation p. 29</p> <p>St Lawrence's Social Lunch p. 30</p> <p>Circle Dancing p. 30</p> <p>City Centre Wellbeing Walk p. 30</p> <p>More About Volunteering p. 31</p> <p>Guided Tours of the Joseph Rowntree Theatre p. 31</p> <p>York Leisure Centre - Clip 'n' Climb Taster Session p. 32</p> <p>Minster Lions Club of York CIO: Open Evening p. 32</p> <p>Circle Dance Taster p. 32</p> <p>Table Tennis p. 33</p> <p>With a Dog & an Angel p. 33</p>	
Wed 28	<p>Bereavement Café - Dunnington p. 33</p> <p>Age UK Day Club - Acomb p. 34</p> <p>NELLI (New Earswick Less Loneliness Initiative) p. 34</p> <p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney p. 34</p> <p>Introduction to Nordic Walking p. 35</p> <p>Burnholme Sports Centre - Walking Netball Taster p. 36</p> <p>Retro-passion for Sustainable Fashion! Make do and Mend: Mid-Century Values for the 21st Century p. 36</p> <p>Rolls Ups Rock and Roll Band p. 36</p> <p>Age UK Day Club - Clifton p. 37</p> <p>York Health Walks - Exhibition Square p. 37</p> <p>Scam & Fraud Awareness Session p. 37</p> <p>Helping You Get Online p. 38</p> <p>Ecocrafters at St Nicks - Drop In Event p. 38</p> <p>Walking Football p. 38</p> <p>York Leisure Centre - Clip 'n' Climb Taster Session p. 38</p>	

Events Summary September

Thu 29	<p>Over 50s Keep Fit p. 39</p> <p>Table Tennis p. 39</p> <p>Discover New Earswick – a unique garden village p. 39</p> <p>York Leisure Centre Facility Tour and Consultation p. 40</p> <p>Walking Football p. 40</p> <p>Circle Dance Taster p. 40</p> <p>Information Fair p. 41</p> <p>Interview Workshop (Women 50+) Beat the Nerves (Power Yourself Up) p. 41</p> <p>Keith Jackson on the keyboard p. 41</p> <p>Copmanthorpe Wellbeing Walk p. 42</p> <p>York Health Walks - Burnholme p. 42</p> <p>Happy to Chat Café p. 42</p> <p>Letterpress Printing Taster Session p. 43</p> <p>Explore Coffee, Chat, Games and Craft p. 43</p> <p>Orienteering, Come and Try it p. 43</p> <p>“ York in close up “ talk p. 44</p> <p>York Leisure Centre - Clip ‘n’ Climb Taster Session p. 44</p> <p>Walking Netball Taster p. 44</p> <p>Jorvik Folk Dance Club p. 45</p>
Fri 30	<p>Age UK in York - drop in p. 46</p> <p>Age UK Wills and Lasting Power of Attorney p. 46</p> <p>Energise Leisure Centre Facility Tour and Consultation p. 46</p> <p>OCAV at St. Crux p. 46</p> <p>Confidence to be Your Authentic Self Workshop p. 47</p> <p>York u3a Open Day p. 47</p> <p>York Health Walks - Foxwood p. 48</p> <p>York’s Red Brick Treasures p. 48</p> <p>Introduction to Nordic Walking p. 48</p> <p>Mindful Movement - Gentle Mat Class p. 49</p> <p>Meet and Eat - Haxby p. 49</p> <p>Indoor Bowls Taster Session p. 50</p> <p>Helping You Get Online p. 50</p> <p>Yearsley Swimming Pool - Open Swim Session p. 50</p>

Events Summary October

13

Sat 1	York Men's Shed Open Day Letterpress printing taster session Harvest Community Café York Open Eco Homes	p. 52 p. 52 p. 53 p. 53
Sun 2	Energise Leisure Centre - Open Afternoon " York Minster in close up - the exterior " talk	p. 53 p. 54
After the Festival		
5 Oct	Celebrating Wilf Ward Family Trust Care Services: learning disability in the spotlight	p. 55
7 & 14 Oct	Online Scams - Be Alert and Be Aware	p. 55
13 & 27 Oct	Scrabble Club with u3a	p. 16
11 Nov	Stay Safe Online - Understanding the Dangers	p. 55



Older? Isolated? **York Neighbours** are here to help!

Support for over 65s - How can we help?

Practical one off jobs

From changing a light bulb, taking curtains down & cleaning them.

Regular phone call to help more lonely and isolated

Can be fortnightly, monthly or even to cover an illness, family holidays etc.



Could you be our next volunteer?
Call for more info



01904 891627 / www.yorkneighbours.org.uk