



York 50+ Festival

York Older People's Assembly presents..

in association with THE PRESS

Saturday 24 September - Sunday 2 October 2022



yorkassembly.org.uk
yorkfiftyplus@gmail.com

Sponsored by



York Older People’s Assembly (YOPA) continues to support the York 50+ Festival in celebrating and publicising the range of activities available for older people in York. YOPA organises bi-monthly open meetings, publishes 4 newsletters a year, and runs Information Fairs as well as campaigning on big issues.

This year, as part of the Festival, an Information Fair will be held on Thursday 29th September from 10am - 1pm in the StreetLife Hub in Coney Street. We’re grateful to StreetLife for the free use of their space and would encourage you to visit them and take part in their other activities.

We very much appreciate the support and funding from the sponsors of the Festival who help to enable the Festival to take place, and our particular thanks go to all the many individuals, clubs, and organisations who provide the events and activities that make up the Festival. This year we have an extra focus on the International Day of Older People on 1st October.

Check out our website for information on YOPA and on the 50+ Festival programme on www.yorkassembly.org.uk or email us at yorkolderpeoplesassembly@outlook.com

We look forward to hearing from you – enjoy the Festival.

Jim Cannon, Chair, York Older People’s Assembly, Charity No. 1101018



YORK OLDER PEOPLE’S ASSEMBLY

TEL: 07856 908586

E-MAIL:

yorkolderpeoplesassembly@outlook.com

www.yorkassembly.org.uk

CHARITY NO. 1101018

Come and join us !

O C A Y

**OLDER CITIZENS
ADVOCACY-YORK**

OCA Y staff & volunteers are here to help.

We can offer face to face appointments in our office or over the telephone.

We are open Mon - Fri 10am - 3pm

Call us on 01904 676200

You Talk - We Listen - Life Changes

Looking for the right care home?

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Good



Search **JRHT** care services

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HOUSING TRUST



OPEN THIS SUMMER

Nimbuscare Acomb Garth Community Care Centre

**NHS services, social care, advice and wellbeing support.
Helping people to live better and healthier lives, in their neighbourhood.**



**“A bold vision for York -
connecting people and communities.
Treating people for more than just ill health.”**

Maddy Ruff, Nimbuscare Chief Executive.



**Nimbuscare Ltd.
Acomb Garth Community Care Centre
2 Oak Rise, York
North Yorkshire
YO24 4LJ**

**01904 943 690
nimbuscare.co.uk**



NIMBUSCARE

Nimbuscare's Acomb Garth Community Care Centre opens its doors

The centre offers a large range of NHS services for local people, as well as social care, advice and wellbeing support. This new facility is part of a bold vision to connect people and communities in York, treating people for more than just ill health. Nimbuscare is a York-based not-for-profit healthcare provider, made up of York's 11 GP Practices.

What is a Community Care Centre ?

These new centres bring services to each neighbourhood that historically, you may have had to travel to. They are a place where people can come for support which benefits their physical and mental wellbeing.

Services will include:

MSK (physiotherapy) severe muscle and joint pain clinic
Free benefit advice from Department of Work and Pensions
Wound care
Heart failure clinic
Ultrasound services
Retinal screening
NHS Health Checks
Phlebotomy (blood taking)
Weight Management service
Fertility service
Citizens Advice
Dementia drop in sessions.

Future services may include:

Menopause clinics
Other outpatient services which people have had to travel to other areas for.
Dietetics
Frailty clinic

FORESTERS FRIENDLY SOCIETY

Annual Sponsors of the York 50+ Festival since 2009!

1834

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**



**Find out about our
services for older people.**

**Tang Hall Community Centre,
Fifth Avenue, York, YO21 0UG**

Friday 30th September 9.30 am - 11.30 am

Energy and water advice

Information and Advice

Money and Benefits

Day Clubs

Hospital Aftercare

Carer Respite

York Memories Afternoon

Community Cafes

Out and About

Home care agency

Cleaning Service

Trusted Trader Directory

Befriending

Keep Your Pet

Advocacy

Wills and Power of Attorney

For free and confidential information and advice

01904 634061

Mon - Fri, 9.30 am to 3 pm



ageukyork.org.uk



SPONSORS

AGE UK

Here at Age UK York we are delighted to once again be able to sponsor this incredible event and offer a number of sessions as part of the fantastic array of events taking place.

Through the tireless efforts and passion of our staff, volunteers and supporters Age UK York supports hundreds of people each day across our city as we work together towards our vision where no one fears ageing and where older people feel connected, respected, listened to, supported, and enabled to enjoy a life of quality, opportunity, and dignity. We are so fortunate to do so in collaboration with so many incredible individuals, organisations and networks where we all strive together to help others across York.

You can find out more about many of these organisations through the wonderful sessions being kindly organised as part of the Festival. These offer a sample of some of the activities taking place each day in communities across our city.

Please do take the time to get involved and the chance to learn and get involved in something new. I am really looking forward to doing so myself and hope to see you there.

Thank you to everyone involved in making this possible and I hope you enjoy the Festival and all it has to offer.

Simon Holmes, Chief Executive Officer Age UK York
www.ageukyork.org.uk 01904 627995 @AgeUKYork



Looking after individuals, families and businesses across North and East Yorkshire

With offices conveniently located in York and a number of market towns in the surrounding area, we offer practical, friendly advice on a wide range of legal issues.

Visit www.harrowells.co.uk or call 01904 558600 for more details of your nearest office and information about our specialist services.

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HARROWELLS SOLICITORS

At Harrowells, we have always had a practical, can-do attitude and we have drawn on that ethos from the very start of the pandemic to ensure our clients received timely advice as conveniently and as safely as possible. It is great to see the York Fifty Plus Team follow the same approach in getting ‘the show on the road’ in 2022. Best wishes to everyone taking part in this year’s festival.

SPARK

SPARK is proud to sponsor this year’s York 50+ Festival. We have always aimed for our venue to appeal to people of all ages, so it seemed a natural thing to do for us to support the festival this year. We've been lucky enough to work with some of York's most passionate advocates for York's over 50s, in Jim Cannon from YOPA and Sue Lister from Ageing Without Children, amongst others.

For the past couple of years, our community office has been home to the headquarters of York Older People’s Assembly, a vital organisation connecting and supporting senior citizens across York through advocacy, social interaction and topical newsletters representing and informing on key issues. We also work closely with other affiliated groups such as Ageing Without Children who host monthly meetings, AGMs and celebration social events, all held in our community event space. Both groups receive free meeting spaces at the venue, alongside other community groups looking to make a difference to people across the city. We are passionate about doing our bit to build community cohesion across all generations in York, and promoting the opportunity for groups vital to these communities across the city to come together without financial restriction to meet and make a difference.

We see SPARK as a unique space championing the creative and independent community, providing a home for the next generation of entrepreneurs in York. You'll find the best food, drinks, retail, events and entertainment Yorkshire has to offer. All access facilities provide a comfortable space for individuals and groups to meet and enjoy, especially the 50+ community across the city. We look forward to welcoming you soon!



Spark:York
17–21 Piccadilly
York
YO1 9PB



Visit our website



- * EAT
- * DRINK
- * SHOP
- * LOCAL

SPARK* is a free to enter unique space championing the creative and independent community and next generation of entrepreneurs in York .

You'll find the best food, drinks, retail, events and entertainment Yorkshire has to offer.

All access facilities provide a comfortable space for individuals and groups to meet and enjoy, especially the 50+ community across the city. We look forward to welcoming you soon.

 @sparkyork

Late additions

Saturday 24 September

10.30 am	Preparing for the Inevitable	The Folk Hall, Hawthorn Terrace, New Earswick YO32 4AQ
- 12.30 pm	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.	Nos 1 & 13 buses stop outside
		Free

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

Contact: Chris 01904 763335 chris@lastwishesfunerals.co.uk

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

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

Events Summary September

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	York Leisure Centre Facility Tour and Consultation	p. 40
	Walking Football	p. 40
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Events Summary

October

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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

Important information

- All events are being held under current local and national guidelines re COVID and it is the responsibility of the event provider to ensure these are fully adhered to. All participants are required to fully adhere to these guidelines.
- Please check with the contact people before attending an event as details may have changed after this programme was printed.
- All venues are accessible unless stated otherwise but please check with the contact if you have any access queries.
- Many regular activities continue after the Festival but some events 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.



An information and advice community website for adults and families



www.livewellyork.co.uk

All you need to know to help you live well in York:

- Community activities and events directory
- Wide range of health and wellbeing information and advice pages
- Services and products directory
- Personalised booklet you can create for yourself or someone you know

✉ livewellyork@york.gov.uk ☎ 01904 551006

All Explore libraries have computers for public use and free WiFi



Interested in a better way of living?

Are you an older person living in York with a spare room or a younger person who would like a room?

The older person helps a young professional/mature student to avoid the challenging cost of rented accommodation in York and the younger person provides some practical help. All carefully managed by the City of York Council.

Would you like to know more?

Telephone: **01904 552898**
 Email: **melanie.elkan@york.gov.uk**
 York website:
<https://www.york.gov.uk/HomeshareYork>






Physical activity for adults and older adults

-  Benefits health
-  Improves sleep
-  Maintains healthy weight
-  Manages stress
-  Improves quality of life

Reduces your chance of

- Type II Diabetes -40%
- Cardiovascular disease -35%
- Falls, depression etc. -30%
- Joint and back pain -25%
- Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least
150
minutes
moderate intensity
per week
increased breathing
able to talk



OR
or a combination of both

at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least
2
days a
week



Yoga



Carry heavy
bags

Bowls



Tai Chi



Minimise sedentary time

Break up periods of inactivity



For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week



Dance

UK Chief Medical Officers' Physical Activity Guidelines 2019

Sports and Active Leisure team

@ sportandactiveleisure@york.gov.uk

Before the Festival

Thursday 8 & 22 September

2 - 4 pm	Scrabble Club with u3a Everyone welcome. Also on 13 & 27 October	St. Sampson's Centre Annexe. Church Street, York YO1 8BE Free
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Contact: Richard Whittaker 01904 652247
richard@stsampsoncentre.co.uk

Thursday 15 September

9 am	York Samaritans Ramble The walk is a 19 mile round trip to Beningbrough Hall and back. Walkers can do the whole walk or join at certain points along the way. This ramble is an opportunity to walk with others in lovely countryside. Booking is essential by phone or email.	Start from York Station Entrance Free. Donations can be made to York Samaritans but not obligatory
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Contact: Beverley Scott 07519 628570 bascott06@gmail.com

Friday 16 September

1 - 2.30 pm	Stay Safe Online - Understanding the Dangers An informal look at how you can keep yourself safe when on the internet, looking at ways to make sure you're shopping safely online,	Winterscale House, Winterscale Street, York YO1 4BT Free
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you're using your protection software correctly etc. **Booking essential in advance.** You can book via our website or by phone to speak to one of the team. This event is repeated on 11 November.

Contact: York Learning 01904 554277
york.learning@york.gov.uk yorklearning.org.uk

Wednesday 21 September

9.30 am from York - 3.30 pm from Leeds

MySight York Coach Trip to Sight Village North-East - 2022, Royal Armouries, Leeds

Once arrived visitors are welcome to make their own way around, should they wish. Sighted guides may also be available from the event organisers.

Visitors are welcome to discover the latest technology, equipment and support services available to people who are blind or partially-sighted. If you or a family member have a visual impairment it could be of great help to visit the show.

For meeting point location and to **book a space** on the coach please phone or email. (please call to discuss nature of coach accessibility). Donations welcome

Pre-registration advised: eventbrite.co.uk/e/sight-village-north-east-2022-tickets-198812683087?aff=ebdsoporgprofile

Contact: MySight York 01904 636269
hello@mysightyork.org mysightyork.org

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you're facing

We're here
to listen

Call free day or night on
116 123

Email
jo@samaritans.org

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SAMARITANS LETTERS

SAMARITANS

samaritans.org

Various dates

Health and Well-Being Free Taster Sessions

Take the chance of a free taster for one of our health and well being sessions. No cost for the taster, and no ongoing commitment. You can sign up for the remainder of the course if you wish to do so afterwards. You have the choice of courses on Pilates, Tap Dance for Beginners, Balletfit, Dancefit, Seated Pilates or Yoga for Life. If you're interested in booking a taster, give the team a call on 01904 554277 - you can't book free tasters on the website, only over the phone. They will run through the times, dates and courses available and sort out your booking.

Contact: York Learning 01904 554277

york.learning@york.gov.uk yorklearning.org.uk



YORK
Learning

Discover our range of courses, engage with new leisure skills or update your skills for the modern world and workplace. Venues across York and online learning.



Scan here

For more information, call: **01904 554277**

email: york.learning@york.gov.uk

visit: www.yorklearning.org.uk

 [@york.learning.cyc](https://www.facebook.com/york.learning.cyc)
 [@yorklearning](https://twitter.com/yorklearning)



9.30 am - 4 pm **York Men's Shed Open Day** Old Warden's Hut,
The York Men's Shed is a local Corner of Alcuin
community organisation set up to Avenue and
provide a place where men can Flaxman Avenue,
gather to work on projects Hull Road Park,
or socialize with fellow members. York
Please come and see our revamped YO10 3TW
and much improved venue which (What3Words:
will now host professionally led drill.photos.salads)
courses and training events. Free
Booking not necessary, numbers aren't limited but the Shed is of
limited size so queueing may be
necessary.

Contact: Mark Guilford, Chair 07725 183456
YMSChairman@outlook.com yorkmensshed.co.uk/

10 am - 2 pm **Racket Sports Badminton, Tennis and Squash** University of York
Sports Centre,
James Way,
Heslington, York
YO10 5NA

Why not try out our Badminton,
Tennis and Squash Courts.
Just turn up with someone to play
against and take advantage of free
court hire (equipment included). Free Sessions
(including Racket
and Ball Hire)

Gym Session
Why not try out our Gym. Just turn
up, complete a health form and
enjoy the range of equipment we
have to offer.

Contact: York Sport at the University of York 01904 323856
bookings@york-sport.com york-sport.com

10 am - 4 pm	Eat - Pray - Love: community open day A warm community welcome is extended to all-comers.... 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; celebrating the refurbished church fabric and fabulous 'Henry' organ installation. No booking required; covid-aware venue; precautions as appropriate.	St Denys Church, St Denis Rd, Walmgate YO1 9QD Stepped access Free
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Contact: Contact: Mary Brooks 07941 246312
stdenyschurchofthorpe@gmail.com

11 am - 12 pm	Fit Ladies class 50+ Our Fit ladies class is designed for any woman over 50 who wants to get more out of life ! Less pain, more flexibility, better shape and energy. Join us for a fun filled session where you will move, laugh and improve your overall health. You don't have to be fit, slim or flexible to attend ! That is our job. Everyone welcome.	TRTrehab Studio, Unit 1, Millstone Yard, Main Street, Shipton -by- Beningbrough YO30 1 AA Free taster Free parking and fully accessible venue.
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Numbers are limited to 5 ladies per session. **Booking essential via**
app.squarespacescheduling.com/schedule.php?owner=26374900&appointmentType=35317159

Contact: TRTrehab 01904 404729
info@trtrehab.co.uk trtrehab.co.uk/

11 am - 12 pm (45 min class & time for Q&A)

Mindful Movement - Gentle Mat Class (online)

Helps you feel good, mind, body and brain. Rediscover joy in movement, inner peace and relief from pains and strains. Introductory session for beginners of any age.

Book by email and Julie will send you a Zoom link to click to join the session.

Free

Based on comfort and ease, we use small, mindful movements for big gains. You need a phone, tablet or computer connected to the internet. You can take part lying on a mat on the floor - or even on your bed! Unlimited places. **Booking essential**

Contact: Julie Wrigley 07817 362281

julie@smoothmoveslab.org smoothmoveslab.org/

11 am - 3 pm

Haxby & Wigginton u3a Open Day

A display of our interest groups.
A short video of our activities.
Meet the members. No limit on numbers, booking not needed.

Haxby Memorial Hall,
16 The Village,
Haxby, York
YO32 3HT

Free

Contact: Haxby & Wigginton u3a 07434 887209

secretary@hawu3a.org hawu3a.org/

2 - 4 pm

AWOCs Unite!

If you are ageing without the support of children or nearby family (awoc), who is there to lend a helping hand or speak up for you in time of need ?
We will hear from peer support groups starting around the country and how the national charity can help.
All welcome!

Online
eventbrite.co.uk/e/382054664787

Free

Contact: Sue Lister 01904 488870

hello@awocyork.org.uk awocyork.org.uk

10 am - 12 pm	Indoor Bowls Taster Session Your chance to try a free introductory game of bowls. Our coaches will be on hand to give expert guidance and all equipment needed - bowls and shoes will be available free of charge. Dress comfortably. Maximum 12 people per session. Booking is advised.	New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX Free
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Contact: Michelle Gatenby 01904 750230
manager@newearswickibc.co.uk <https://newearswickibc.club>

10 am - 2 pm	Racket Sports Badminton, Tennis and Squash As Saturday 24th, see p. 19 Gym Session As Saturday 24th, see p. 19	University of York Sports Centre, James Way, Heslington, York YO10 5NA
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Contact: York Sport at the University of York 01904 323856
bookings@york-sport.com york-sport.com

12 - 2 pm	Over 50s Petanque for beginners Looking for a fun pastime that's easy to play for all ages and abilities ? Then Petanque fits the bill. Our small friendly club has all the equipment you need to give it a free try. So come along, you'll be made very welcome.	Wigginton Squash Club, Mill Lane, Wigginton, YO32 2 PY Free
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Contact: Stuart Morton 01904 769890 wiggypetanque.york52@yahoo.co.uk wiggintonpetanque.weebly.com

1.15 pm

Walk and Talk: Faith and the Environment in York

A talk about the importance of caring for the environment in Islam, followed by discussions by participants of all faiths and none as we walk together in the neighbouring St. Nick's Fields Environment Centre. After enjoying nature in company, we will congregate back at the mosque for refreshments and conclusions.

Booking advised

York Mosque,
Bull Lane, York
YO10 3EN

Please bring a
food donation
for York
Foodbank

Contact: Dr. Rasha Salah Rasha.salah.ibrahim@gmail.com



Fed up with pain?

- Frustrated you feel tired more than before?
- Would you like to have fitter and stronger body?
- Would you like to have more energy and feel younger?

As part of *York 50+ Festival* we offer you a free 1hr consultation.

Home visits available

To book your Free consultation
visit trtrehab.co.uk or
call **01904 404 729** now



TRTrehab



9.30 - 10.30 am	Fit Ladies class 50+ As Saturday 24th, see p. 20	TRTrehab Studio, Unit 1, Millstone Yard, Main Street, Shipton-by- Beningbrough YO30 1AA
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Contact: TRTrehab 01904 404729
info@trtrehab.co.uk trtrehab.co.uk

10 - 11 am	Walking Football Walking Football has risen in popularity in the UK and York City Football Club Foundation has spearheaded this social sport's prominence in York since 2015.	Burnholme Sports Centre 3G Pitch, Mossdale Avenue, York, YO31 0GW Free, normally £5 per session
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Catering to a vast range of demographics, it offers participation opportunities for those who may have previously felt unable to cope with the physical demand of the beautiful game, but played at a slower pace which levels the playing field for everyone to take part. Feel free to turn up and register on site on the day, or contact us in advance if you prefer to chat through any questions you may have.
 Contact: York City FC Foundation 01904 559508
inclusion@yorkcityfcfoundation.co.uk

10 - 11 am	Yearsley Swimming Pool Facility Tour and Consultation Tour Yearsley Swimming Pool and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. Limited numbers, please email to confirm a place. *This is an organised tour, but centre tours are available anytime.	Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB Free
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Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

<p>10.15 for 10.30 start 90 mins moderate walk & 90 mins fast walk.</p>	<p>York Health Walks Rawcliffe Bar We love our walks and we're sure you will too. They are great for getting some fresh air and giving you a boost. All are led by trained volunteers. They are free, no need to book, simply turn up on the day.</p>	<p>The Country Park Office, Rawcliffe Bar Park and Ride, Shipton Road, York YO30 5XZ Free</p>
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Contact: York Health Walks 07983 945869
yorkhealthwalks@gmail.com ramblers.org.uk/wellbeing-walks/

<p>10.30 am - 12.30 pm</p>	<p>Helping You Get Online Find out more about accessing services online or bring along your questions. Drop-in session for people who want to find out how to get online or are looking for support accessing services. 1-1 support on getting started, and how to build your online skills and confidence.</p>	<p>Bramley Room, New Earswick Folk Hall, Hawthorn Terrace, New Earswick YO32 4AQ Free</p>
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Contact: Age UK York, St Edmunds House, Margaret Street, York, YO10 4UX 01904 634061
ageukyork@ageukyork.org.uk ageuk.org.uk/york

<p>1 - 2 pm</p>	<p>Introduction to Nordic Walking A gentle introduction to Nordic Walking. Experience the benefits of walking with Nordic Walking poles for yourself. See how they can help improve balance, posture, mobility and general fitness. Enjoy a very</p>	<p>All Saints Church carpark, Church Lane, Huntington, YO32 9RE £5 per person</p>
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sociable exercise; you can chat whilst you walk! Poles provided. Places limited to 12 per session. **Booking essential**
 Contact: Rebecca Gospodarczyk 07912 867823
info@nordicstrides.co.uk nordicstrides.co.uk/

1.30 - 4 pm	Jim's Games Afternoon Come along for a fun afternoon of table top games and quizzes with your genial host Jim. Every Monday in September and October.	St Sampson's Centre, Church St, York YO1 8BE Free
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Contact: Richard Whittaker 01904 652247
richard@stsampsonscentre.co.uk

2 - 4 pm	Cuppa & a Chorus... ..gives you the chance to sing songs you know and love, and also explore new ones from around the world. You don't need to have sung before or consider yourself musical, just enjoy taking part. You'll also be	National Centre for Early Music, Walmgate, York YO1 9TL £3.50
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able to enjoy the all-important Cuppa in the break so you can chat to friends, new and old.

More info is here www.ncem.co.uk/cuppa-chorus/

The **booking link** is here - www.ncem.co.uk/events/cuppa-and-a-chorus-14/

Contact: boxoffice@ncem.co.uk 01904 658338

6.30 pm	Orienteering, Come and Try it Orienteering is an exciting and challenging outdoor sport that exercises mind and body. Join the local orienteering club, Eborienteers, at their regular Monday night training sessions. You will receive a complete guide to the	Millthorpe School Sports Hall, (access via Philadelphia Terrace), York YO23 1DH Free
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essentials of map reading using large scale specialist orienteering maps. Wear comfortable clothing and trainers. **Please email us to let us know you are coming along or have other queries.**

Contact: Simon Brook
info@eborienteers.org.uk eborienteers.org.uk

6 - 8 pm	Indoor Bowls Taster Session Your chance to try a free introductory game of bowls. Our coaches will be on hand to give expert guidance and all equipment needed - bowls and shoes will be available free of charge. Dress comfortably. Maximum 12 people per session. Booking is advised.	New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX Free
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Contact: Michelle Gatenby 01904 750230
manager@newearswickibc.co.uk <https://newearswickibc.club>

7 - 8.30 pm	How to stay fit and feel younger. Workshop for Ladies 50+ Feeling frustrated with yourself? Fed up of getting older? This Free Workshop is for you! Dedicated specially for ladies over 50. 90 min of fun and informal education to modern approach for women. Everyone welcome.	TRTrehab Studio, Unit 1, Millstone Yard, Main Street, Sipton - by - Beningbrough YO30 1AA Free
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Topics covered:

- Mindset of a happy woman.
- Pain control.
- New approach to osteoporosis prevention.
- How to stay fit and feel younger for as long as possible
- New approach to functional fitness and muscle tone in women.

Numbers are limited to 15 ladies. **Booking essential at:**
<https://app.squarespacescheduling.com/schedule.php?owner=26374900&appointmentType=35381858>

Contact: TRTrehab 01904 404729
info@trtrehab.co.uk trtrehab.co.uk/

10 - 11 am Burnholme Sports Centre Facility Tour and Consultation Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA (behind the Explore Library)
 Tour Burnholme Sports Centre and talk to our Community Manager about what you would like in the community. 1 hour drop in session. **Limited numbers, please email to confirm a place.** *This is an organised tour, but centre tours are available anytime. Free

Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

10 am - 4 pm Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ
 Matthew Railton at Crombie Wilkinson Solicitors York is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. Pre-book your 30 minute appointment with Matthew by Monday 26 September, on a first come, first served basis. Free

Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk crombiewilkinson.co.uk

10 am - 4 pm York u3a Open Day Friends Meeting House, 15 Clifford Street, York YO1 9RG
 Retired but uninspired? Why not drop by and find out all there is to know about York u3a. We offer interest groups, talks, travel opportunities and much more - it's a great way to make new friends. Free

Our Welcome Team will be on hand to answer all your questions and help with registration. We look forward to meeting you!

Contact: York u3a 01904 289293
membership@yorku3a.com yorku3a.com

10.30 am - Save energy & money...
1 pm ...And help the planet too! Energy prices and the global temperature keep rising, making life much harder for many.

York Explore Library, Library Square, York YO1 7DS
 Free

Pop along for free support on saving energy, managing bills and related issues through short talks, info stalls, free LED bulbs for eligible residents, cooking tips and more.

Contact: Ivana Jakubkova 01904 922249

info@yorkenergyadvice.org.uk hyorkenergyadvice.org.uk/

10.15 for York Health Walks
10.30 am Dunnington
start 90 As Monday 26th, see p. 25
mins. walk

Cross Keys Pub,
 Common Road,
 Dunnington, York
 YO19 5NG

10.45 for York City
11 am start As Monday 26th, see p. 25
- 60 mins.
walk

Hungate Reading
 Cafe, Hungate,
 York
 YO1 7AF

Contact: York Health Walks 07983 945869

yorkhealthwalks@gmail.com ramblers.org.uk/wellbeing-walks/

11 am - Tour of listed Georgian mansion plus
12.45 pm guided meditation
 Enjoy an informative tour followed by a relaxing fifteen minute guided meditation. Wander in the beautiful grounds and enjoy refreshments from our idyllically-situated World Peace Café. **Numbers are limited so booking is essential by email.**

Madhyamaka KMC, Kilnwick Percy Hall, Kilnwick Percy, Pocklington YO42 1UF
 £4

Contact: Ann Harland 01759 304832

group.visits@madhyamaka.org

12.30 - 2 pm **St Lawrence's Social Lunch** St Lawrence's Church Hall, Lawrence Street, York YO10 3WP

Come along for a sandwich and cake lunch and have a chat with your Local Area Coordinator from the City of York Council. A member of trading standards will be there to discuss how to spot and keep yourself safe from scams. For further information please contact Father Adam on 07913 891221.

Free

Contact: Jane Aird 01904 551598 jane.aird@york.gov.uk

12.45 - 1.45 pm **Circle Dancing** St. Olave's Church Hall, Marygate Lane York YO30 7BJ

Dancing in a circle to Balkan and contemporary music. Session one hour. Booking not necessary. Numbers limited to twenty. Just turn up. No experience or partner necessary.

£1

Contact: Sally Lewis 07951 368234 lewissally439@gmail.com

1 pm **City Centre Wellbeing Walk** We meet outside the Museum Garden Gates (Lendal side) - the what3words location is [///enhancement.dru.ms.commented](#)

Our monthly City Centre Wellbeing Walk is a gentle and sociable activity, aimed towards people who cannot (or do not want to) walk very far or very fast. The walk is approximately one mile with plenty of opportunity to stop and rest. Walks are accessible for those using walking aids, such as wheeled walkers or sticks.

Booking essential, numbers limited.

Free

Contact: Move Mates 01904 373017
york@movemates.org.uk movemates.org.uk

1.30 - 3 pm	More About Volunteering You may be building up your CV by developing some skills and experience; you may be working part-time and have some time to spare; you may be retired and looking for a rewarding way to use the life skills you have built up. Why not try volunteering? Please email info@ocay.org.uk to book your place.	OCAY (Older Citizens Advocacy York), Priory Street Centre, 15 Priory Street, York YO1 6ET Free
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Contact: Abi.Willis 01904676200
abi@ocay.org.uk oldercitizensadvocacyyork.org.uk/

2 pm & 3.30 pm	Guided Tours of the Joseph Rowntree Theatre A guided tour and history of York's Art Deco theatre built by Seebohm Rowntree for the benefit of Rowntree workers, their families and the community. Booking via theatre Box Office / website. Party size limited to 10 per tour, the tour involves stepped access and the ability to use stairs is necessary.	Joseph Rowntree Theatre, Haxby Road, York YO31 8TA Free
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Contact: Joseph Rowntree Theatre Box Office 01904 501935
josephrowntreetheatre.co.uk

6 - 7 pm	York Leisure Centre - Clip 'n' Climb Taster Session Try out climbing at Clip 'n' Climb! Colourful and adventurous climbing walls designed to be multi-generational. Please wear suitable clothing and footwear. Dresses, skirts, hooded tops not recommended. 20 places per session; please email to confirm a place	York Leisure Centre, Kathryn Avenue, Monks Cross, York YO32 9AF Free
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Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

7 - 10.30 pm	Minster Lions Club of York CIO: Open Evening - a view of what we Lions do and achieve. Minster Lions- Our Mission is "We Serve". Lions Clubs are where individuals with similar enthusiasm come together to give their valuable time and effort in	Acomb Conservative Club, 12A Front Street, Acomb, York YO24 3BZ Free
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aiding those less fortunate for many different reasons but who need help. You'll be most welcome to come and see what we do.

Contact: Robert James 01904 693586 robert.james@zen.co.uk

7.15 - 9.15 pm	Circle Dance Taster Circle dance is a mixture of traditional & modern circle dances from around the world. Great music. Wonderful rhythms. Meet a fun and friendly group. Suitable for beginners	Priory St. Centre, Main Hall, Priory St. York YO1 6ET Free
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and no partner is needed but suitable for able bodied only. **Booking essential as numbers are limited.** There may be places available to join the ensuing Tuesday classes.

Contact: Karen Michaelsen 01904-788058 or TEXT 0795-821-3955
karen@circledancer.plus.com

7.30 pm **With a Dog and an Angel** St Aelred's
Extracts from a new musical based Community
on the story of Tobias and the Angel. Centre,
Funerals, self-isolation, family 216 Fifth Ave,
meltdown force the younger Tang Hall, York
generation to step up to the mark, YO31 0PN
accompanied by an under-cover Enter from the
angel and the family dog. Singable church carpark
songs, happy endings. All welcome. Donations
A BLAZING GRANNIES' production.

Contact: F.Mary Callan 07596 714382 blazinggrannies@gmail.com

7.30 - **Table Tennis** Dunnington &
9.30 pm Play a game of social table tennis, Grimston Sports
no previous experience required. Club,
Friendly group. Benefits of table Common Road,
tennis include improving reflexes, Dunnington,
easy on the joints, burns calories, York
offers a social outlet, improves YO19 5NG
coordination and keeps brain sharp. Free
**Numbers are limited so booking is
essential.**

Contact: Ron Willits 01904 489046 ronwillits48@gmail.com

Wednesday 28 September

9.45 - **Bereavement Café** Tower Room, St
11. 15 am You are welcome to come and talk Nicholas Church,
about your loved one and to light a Church Street
candle as you remember them. Dunnington,
York YO19 5PW
Free

Contact: Judith Hewitt 01904 488331

10 am - 12 pm **Age UK Day Club** Gale Farm Court,
 Find out whether an Age UK Day Club Front Street,
 is right for you by joining this half day Acomb
 session in Acomb. YO24 3DR
 Places limited, **booking essential.**
 Call Marie on 01904 933616 to reserve £4
 your place.

Contact: Age UK York, St Edmunds House, Margaret Street, York,
 YO10 4UX 01904 634061

ageukyork@ageukyork.org.uk ageuk.org.uk/york

10 am - 12 pm **NELLI (New Earswick Less Loneliness Initiative)** Folk Hall,
 NELLI is a community group who aim Hawthorn
 to reduce loneliness in New Earswick. Terrace, New
 We run a community cafe every Earswick, York
 Wednesday, 10 - 12, at the Folk Hall. YO32 4AQ
 Free

Please come and join us, enjoy drinks and cake with our welcoming
 group, make new friends, or help with a jigsaw.

Contact: Folk Hall 01904752211

folkhall@jrf.org.uk www.newearswickfolkhall.com/

10 am - 4 pm **Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney** Crombie
 Matthew Railton at Crombie Wilkinson Wilkinson
 Solicitors,
 Solicitors York is providing a legal 19 Clifford Street,
 advice drop-in clinic to take questions York
 about making your Will and Lasting YO1 9RJ
 Powers of Attorney. Free

Pre-book your 30 minute appointment with Matthew by Monday 26
 September, on a first come, first served basis.

Contact: Matthew Railton

m.railton@crombiewilkinson.co.uk crombiewilkinson.co.uk

11 am - 12 pm	Introduction to Nordic Walking A gentle introduction to Nordic Walking. Experience the benefits of walking with Nordic Walking poles for yourself. See how they can help improve balance, posture, mobility and general fitness. Enjoy a very sociable exercise; you can chat whilst you walk! Places limited to 12 per session. Poles provided. Booking essential	Knavesmire Racecourse, Knavesmire Road, York YO23 1EX £5 per person
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Contact: Rebecca Gospodarczyk 07912 867823
info@nordicstrides.co.uk nordicstrides.co.uk/



Minster Lions Club of York CIO

How would you like to connect with others?
Would you like to give some of your time?

Lions get involved with six common causes:
**Needs of our local community, diabetes, vision, hunger,
environment and childhood cancer**

We have more volunteers in more places than any other service organisation.
As Lions we step forward to tackle local community challenges, wherever they occur.

Our Mission: **We Serve**

It's that simple. Lions clubs are places where individuals join together to give their valuable time and effort in aiding and supporting people who are desperate for help in their communities.

Join Us – you will be made very welcome! We meet on the 2nd and 4th Tuesday of each month at 19.30 at Acomb Conservative Club, 12A Front Street, York YO24 3BZ

[Info@minster-lions.org.uk](mailto:info@minster-lions.org.uk)

Minster Lions Club of York is a charitable incorporated organisation (CIO)
Registered in England and Wales with charity number: 1185813
Charitable Trust registration number: 1105292

1 - 2 pm	Burnholme Sports Centre - Walking Netball Taster Session Try out Walking Netball, the slower and lower impact version of the much loved team sport. Netball, at walking pace. Walking Netball has been designed so anyone can play regardless of age or fitness level. Please wear comfortable clothes and trainers.	Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA (behind the Explore Library) Free
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Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

1 - 3 pm	Retro-passion for Sustainable Fashion ! Make do and Mend: Mid-Century Values for the 21st Century Bring along your old but loved clothes for a hand sewing re vamp. Our world cannot afford the excesses of fast fashion and we can behave responsibly, whilst enjoying individual style now more than ever before if we really get creative about it!	Fabrication, 19 Coney St, York YO1 9ND Workshop is on ground floor, but no accessible toilets Pay as you feel
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8 places, book by emailing events@fabricationcrafts.co.uk

Contact: Dawn Wood info@fabricationcrafts.co.uk
 Emma Manners manners.e@gmail.com

1 - 3.30 pm	Rolls Ups Rock and Roll Band Local rock and roll band will get you dancing to 60s and 70s hits.	St Sampson's Centre, Church St, York YO1 8BE Free
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Contact: Richard Whittaker 01904 652247
richard@stsampsoncentre.co.uk

1.30 - 4 pm **Age UK Day Club** Marjorie Waite
Find out whether an Age UK Day Club is right for you by joining this half day session in Clifton. **Places limited** Court, Evelyn Crescent, Clifton YO30 6DX
Booking essential. Call Marie on 01904 933616 to reserve your place.

Contact: Age UK York, St Edmunds House, Margaret Street, York, YO10 4UX 01904 634061

ageukyork@ageukyork.org.uk ageuk.org.uk/york

1.45 for 2 pm start 30 mins. walk **York Health Walks** York Art Gallery, Exhibition Square, York YO1 7EW
York Art Gallery
We love our walks and we're sure you will too. They are great for getting some fresh air and giving you a boost. All are led by trained volunteers. They are free, no need to book, simply turn up on the day. Free

Contact: York Health Walks 07983 945869

yorkhealthwalks@gmail.com ramblers.org.uk/wellbeing-walks/

2 - 3 pm **SCAM & Fraud Awareness Session** 1 Chessingham Court, George Cayley Drive, Clifton Moor York YO30 4WQ
Millions of people are affected by scams, it's a global problem that's growing. Our Scam & Fraud Awareness Session gives examples of scams to be looking out for to keep yourself, older loved ones and friends safe who are among the most vulnerable to scams. **Booking Advised.** 1 step at entrance
Free

Contact: Home Instead 01904 690884

info@york.homeinstead.co.uk homeinstead.co.uk/york/

2 - 4 pm Helping You Get Online Oak Room,
 Find out more about accessing services Gateway Centre,
 online or bring along your questions. Front Street,
 Drop-in session for people who want Acomb
 to find out how to get online or are YO24 3BZ
 looking for support accessing services. Free

1-1 support on getting started, and how to build your online skills and confidence.

Contact: Age UK York, St Edmunds House, Margaret Street, York, YO10 4UX 01904 634061

ageukyork@ageukyork.org.uk ageuk.org.uk/york

2 - 4 pm Ecocrafters at St Nicks - Drop In Event St Nicks
 We meet weekly and have an ethos Environment
 of reusing, recycling and repurposing Centre, Rawdon
 to our crafting. We are a welcoming Avenue, York
 group sharing skills and ideas to help YO10 3FW
 raise funds for work of St Nicks. Free

Contact: Jo Young jo@stnicks.org.uk

6 - 7 pm Walking Football Huntington
 As Monday 26th, see p. 24 Secondary School
 Astroturf Pitch,
 Huntington Rd,
 York
 YO32 9WT

Contact: York City FC Foundation 01904 559508

inclusion@yorkcityfcfoundation.co.uk

6 - 7 pm York Leisure Centre - Clip 'n' Climb York Leisure
Taster Session Centre, Kathryn
 As Tuesday 27th, see p. 32 Avenue, Monks
 Cross, York
 YO32 9AF
 Free

Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

9 - 9.45 am & 10 - 10.45 am **Over 50s Keep Fit** Folk Hall,
Low impact fitness and movement class, designed to be suitable for all ages and fitness types. Keep Fit is a weekly exercise class that is a low-risk movement session to help you keep moving or to help build up strength and confidence. **Limited numbers - booking is advised.** Hawthorn Terrace,
New Earswick,
York
YO32 4AQ
£5 per session

Contact: Folk Hall 01904752211 folkhall@jrf.org.uk
newearswickfolkhall.com

9.30 - 11.30 am **Table Tennis** Dunnington &
Play a game of social table tennis, no previous experience required. Friendly group. Benefits of table tennis include improving reflexes, easy on the joints, burns calories, offers a social outlet, improves coordination and keeps brain sharp. Grimston Sports Club,
Common Road,
Dunnington, York
YO19 5NG
Free

Numbers are limited so booking is essential.

Contact: Ron Willits 01904 489046 ronwillits48@gmail.com

10 - 11 am **Discover New Earswick - a unique garden village** New Earswick Folk Hall, Hawthorn Terrace,
A Rowntree Society led walk round New Earswick, a new village built by the Rowntree family to provide improved dwellings with open spaces. New Earswick,
York
YO32 4AQ
Free

Numbers are likely to be limited so booking is strongly advised.

Contact: The Rowntree Society 01904 543384
info@rowntreesociety.org.uk rowntreesociety.org.uk/

10 - 11 am **York Leisure Centre Facility Tour and Consultation.**
 Tour York Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop in session. **Limited numbers, please email to confirm a place.** *This is an organised tour, but centre tours are available anytime.

York Leisure Centre,
 Kathryn Avenue,
 Monks Cross,
 York
 YO32 9AF
 Free

Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

10 - 11 am **Walking Football**
 As Monday 26th, see p. 24

Burnholme Sports Centre
 3G Pitch,
 Mossdale Avenue, York
 YO31 0GW
 Free, normally £5 per session

Contact: York City FC Foundation 01904 559508
inclusion@yorkcityfcfoundation.co.uk

10 am - 12 pm **Circle Dance Taster**

Circle dance is a mixture of traditional & modern circle dances from around the world. Great music. Wonderful rhythms. Give it a try and meet a fun and friendly group. Suitable for beginners and no partner is needed but suitable for able bodied only. **Booking advised.** Enjoyed it? You can join the ensuing Thursday class.

Huntington Memorial Hall,
 Strensall Road,
 Huntington,
 York YO32 9SH
 Free

Contact: Karen Michaelsen 01904-788058 or TEXT 07958 213955
karen@circledancer.plus.com

10 am - Interview Workshop (Women 50+) Quaker Friends
1 pm Beat the Nerves (Power Yourself Up) Meeting House,
Our Interview Workshop is a (face to Friargate, York
face) interactive workshop for women YO1 9RL
50+ struggling to return to work after £5

years on a break, it will help you identify your fears and anxieties, giving you confidence and practical skills to impress employers to get more potential job offers.

Numbers 18 max **Booking essential - via email**

Contact: Liz Hempshall 07495 731958

lizhempshall@futureintentions.co.uk

futureintentionsyorkshire.org.uk/

10 am - Information Fair StreetLife Hub,
1 pm York Older People's Assembly is 29 / 31 Coney
holding an Information Fair offering Street, York
16 stalls with organisations providing YO1 9QL
services, advice and support for older Free
people in York. Our venue is
"StreetLife" where exhibitions and
activities feature the past and future
of Coney Street. Free refreshments
available.

Contact: Bob Towner 07779 642343

bob.towner@essentiallyhousing.co.uk

1 - 3.30 Keith Jackson on the keyboard St Sampson's
pm Keith Jackson performs songs from the Centre, Church
50s and 60s live on the keyboard St, York
YO1 8BE
Free

Contact: Richard Whittaker 01904 652247

richard@stsampsoncentre.co.uk

1.30 pm Copmanthorpe Wellbeing Walk We meet outside
 Our monthly Copmanthorpe Wellbeing Copmanthorpe
 Walk is a gentle and sociable activity, Recreation
 aimed towards people who cannot (or Centre, Barons
 do not want to) walk very far or very Crescent,
 fast. The full walk is approximately one Copmanthorpe
 mile with plenty of opportunity to stop YO23 3YR -
 and rest. Walks are accessible for those [https://
 using walking aids, such as wheeled what3words.com/
 walkers or sticks. **Booking essential, darts.business.starfish**
numbers limited. \[movemates.org.uk/ish\]\(https://what3words.com/darts.business.starfish\)
\[events/copmanthorpe-september-group\]\(https://what3words.com/darts.business.starfish\)
\[-walk/\]\(https://what3words.com/darts.business.starfish\) or give us a call. Free](https://what3words.com/darts.business.starfish)

Contact: Move Mates 01904 373017 york@movemates.org.uk
[movemates.org.uk](https://www.movemates.org.uk)

1.45 for York Health Walks The Centre @
2 pm Tang Hall Explore Library Burnholme,
start As Monday 26th, see p. 25 Mossdale Avenue,
 60 mins. York, YO31 0HA
 walk

Contact: York Health Walks 07983 945869
yorkhealthwalks@gmail.com [ramblers.org.uk/wellbeing-walks/](https://www.ramblers.org.uk/wellbeing-walks/)

2 - 3 pm Happy to Chat Café Waitrose Café,
 Age Friendly York is an opportunity Foss Islands Retail
 to chat about what is important to Park, Foss Islands
 you and discuss what we should be Rd, York
 prioritising to make the city as age YO31 7UL
 friendly as possible. If you fancy a
 natter, then why not come along and
 together we can make a difference. Free - just buy
 Wheelchair accessible, Assistance Dogs your own drinks,
 welcome.

Contact: Carl Wain 01904 554595 AgeFriendlyYork@york.gov.uk

2 - 4 pm Letterpress Printing Taster Session StreetLife Hub,
Try your hand at letterpress printing 29-31 Coney
with Professor Helen Smith of the Street, York
University of York. In this hands-on YO1 9QL
session, you will learn the basics of Building is
typesetting, locking up a forme, and accessible; we do
operating an Adana tabletop press. not have toilet
All materials will be provided. facilities.
Numbers are capped at 6; booking is Free
essential.

Contact: StreetLife Project info@streetlifeyork.uk streetlifeyork.uk/

**2 - 4 pm Explore Coffee, Chat, Games and Folk Hall,
Craft Hawthorn**
Adult Social Afternoon with Crafts / Terrace, New
Board Games, drop-in every Earswick, York,
Thursday. YO32 4AQ
Free

Contact: Folk Hall 01904 752211
folkhall@jrf.org.uk newearswickfolkhall.com

2 - 6.30 pm Orienteering, Come and Try it Rowntree Park
Try orienteering in the safe area of Cafe, Rowntree
Rowntree Park. Short courses will Park Lodge,
be available and full advice will be Richardson St,
available from club members. York
If you came to the Monday evening YO23 1JU
session you can put some theory you Free
learned into practice!

Contact: Simon Brook
info@eborienteers.org.uk eborienteers.org.uk

5 - 6.30 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. Please book so I know how many people to expect.	StreetLife Hub, 29-31 Coney Street, York YO1 9QL Building is accessible but no toilet facilities. Donations optional
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Contact: Catherine Sotheran 01904 411845

CSotheran@aol.com [facebook.com/catherine.sotheran/](https://www.facebook.com/catherine.sotheran/)

6 - 7 pm	York Leisure Centre - Clip ‘n’ Climb Taster Session Try out climbing at Clip ‘n’ Climb! Colourful and adventurous climbing walls designed to be multi-generational. Please wear suitable clothing and footwear. Dresses, skirts, hooded tops not recommended. 20 places per session; please email to confirm a place.	York Leisure Centre, Kathryn Avenue, Monks Cross, York, YO32 9AF. Free
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Contact: Natalie Thomas natalie.thomas@gll.org [better.org.uk](https://www.better.org.uk)

6 - 7.30 pm	Walking Netball Taster We will host a taster session of Walking Netball, great for anyone wanting to join in a team game at a slower pace.	York RI Sports Ground, New Lane, Acomb, YO24 4NX Free
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Our sessions are very sociable and cater for differing abilities.

Booking is essential as our courts are outdoor and in bad weather we sadly have to cancel.

Contact: Janet Ivel 07949 948358 Janetivel@aol.com

7.45 - 9.45 Jorvik Folk Dance Club

pm

Jorvik F.D.C. Like the style of dance in “period dramas”? Then why not join our friendly group ? No need for experience or a partner. We have a walk through before each dance and instructions are given as we dance to recorded music.

Booking essential

Acomb Parish Church Hall,
18A Front Street,
York
YO24 2SH

£3

Contact: Annette Soothill 07719 675242

annette@soothill.com [Jorvik Folk Dance Club \(weebly.com\)](http://Jorvik Folk Dance Club (weebly.com))

RETIRED BUT UNINSPIRED ?

JOIN YORK u3a !

We have over 140 interest groups including:

- | | |
|------------|--------------|
| Chess | History |
| Cinema | IT and iPads |
| Croquet | Languages |
| Cycling | Literature |
| Folk Music | Travel |
| Gardening | Walking |

Whatever your pursuits, you'll find like-minded individuals to learn with and shared activities to enjoy.

With over 1600 members this is also a great way to make friends. Live Life to the Full with the u3a !

Email membership@yorku3a.com for details or drop in to meet us from 10 am - 4 pm on 27th or 30th September. Friends Meeting House, 15 Clifford Street, York YO1 9RG

**Live Life to
the Full**



yorku3a.com
01904 289293

9.30 - 11.30 am	Age UK in York Drop-in to find out about the range of services offered by Age UK for older people in York including Money and Benefits advice. Age UK Wills and Lasting Power of Attorney Find out about Age UK's affordable will writing and power of attorney service.	Tang Hall Community Centre, Fifth Avenue, York YO31 0UG Free
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Contact: Age UK York, St Edmunds House, Margaret Street, York, YO10 4UX 01904 634061

ageukyork@ageukyork.org.uk ageuk.org.uk/york

10 - 11 am	Energise Leisure Centre Facility Tour and Consultation Tour Energise Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop in session. Limited numbers, please email to confirm a place. *This is an organised tour, but centre tours are available anytime.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
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Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

10 am - 3 pm	OCA Y at St. Crux Please come along for light refreshments including cake with various stalls such as books and bric-a-brac. OCA Y (Older Citizens Advocacy York) is a small local charity which helps older people to take control of their own lives, be independent, have reduced levels of poverty and have their voices heard.	St. Crux Parish Hall. Pavement. York YO1 9UP Free entry
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Contact: Abi.Willis 01904 676200 abi@ocay.org.uk
oldercitizensadvocacyyork.org.uk/

10 am - 4 pm **Confidence to be Your Authentic Self Workshop (online)** Via zoom- link will be sent via email the day prior to the workshop

A full day online interactive workshop for (women) empowering insight into what is your 'authentic self'? Many of us live a version of oneself known as our 'adaptive self', learn about your 'adaptive self' and how it can end up running your life. Numbers 18 max **Booking essential - via email.**

£5

Contact: Liz Hempshall 07495731958
lizhempshall@futureintentions.co.uk
futureintentionsyorkshire.org.uk/

10 am - 4 pm **York u3a Open Day** Friends Meeting House,
Retired but uninspired? 15 Clifford Street,
Why not drop by and find out all there is to know about York u3a. York
We offer interest groups, talks, travel opportunities and much more - it's a great way to make new friends. Our Welcome Team will be on hand to answer all your questions and help with registration. We look forward to meeting you! No Booking required. YO1 9RG

Free

Contact: York u3a 01904 289293
membership@yorku3a.com yorku3a.com

10.30 for 10.45 am start - 60 mins. walk	York Health Walks for Foxwood As Monday 26 September, see p. 25	Community Centre, Cranfield Place, Foxwood, York YO24 3HY Free
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Contact: York Health Walks 07983 945869

yorkhealthwalks@gmail.com ramblers.org.uk/wellbeing-walks/

11 am	York's Red Brick Treasures A free walking tour celebrating York's important red brick buildings and the city's history. The tour takes in Duncombe Place, Deans Park, Aldwark and Hungate.	Starting outside King's Manor in Exhibition Square Free
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The tour concludes at the Red Tower on Foss Islands Road and highlights houses, religious buildings, guildhalls, offices and hotels.

Booking via email essential - maximum 15 people

Contact: Ian Tempest 07821 926553 ian.tempest1@btinternet.com

11 am - 12 pm	Introduction to Nordic Walking A gentle introduction to Nordic Walking. Experience the benefits of walking with Nordic Walking poles for yourself. See how they can help improve balance, posture, mobility and general fitness. Enjoy a very sociable exercise; you can chat whilst you walk! Places limited to 12 per session. Poles provided. Booking essential	Rawcliffe Country Park, Shipton Road, Rawcliffe, York YO30 5XZ £5 per person
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Contact: Rebecca Gospodarczyk 07912 867823

info@nordicstrides.co.uk nordicstrides.co.uk/

12 - 1 pm **Mindful Movement - Gentle Mat Class** Supersonic
 Feel good, mind, body and brain. Fitness,
 Rediscover joy in movement, inner 8-10 Stonebow,
 peace and relief from pains and strains. York
 Introductory session for beginners of YO1 7NP
 any age. Based on comfort and ease, Lift provided to
 we use small, mindful movements the studio on the
 for big gains. 1st floor.
 Mats provided. Class is suitable if you £5
 can get up and down from a mat on try the online event (24th Sep) lying
 the floor (slowly is fine). Otherwise, on your bed!
 try the online event (24th Sep) lying 6 places only. **Booking essential.**

Contact: Julie Wrigley 07817 362281

julie@smoothmoveslab.org smoothmoveslab.org/

12.30 - 2 pm **Meet and Eat** Haxby Memorial
 Come along for a hot meal / coffee Hall,
 and cake and a chat with your Local 16 The Village,
 Area Coordinator from the City of Haxby, York
 York Council. A member of trading YO32 3HT
 standards will be there to discuss (ramp)
 how to spot and keep yourself safe Pay-as-you-feel
 from scams.
Hot meals must be pre booked -
 please contact Natalie Greaves (Local
 Area Coordinator - 07957 455359).

Contact: Jane Aird 01904 551598 jane.aird@york.gov.uk

12.30 - Indoor Bowls Taster Session New Earswick &
2.30 pm Your chance to try a free introductory District Bowling
& game of bowls. Our coaches will be Club, Huntington
6 - 8 pm on hand to give expert guidance and Road,
all equipment needed - bowls and Huntington, York
shoes will be available free of charge. YO32 9PX
Dress comfortably. maximum 12
people per session. **Booking is advised.** Free

Contact: Michelle Gatenby 01904 750230
manager@newearswickibc.co.uk newearswickibc.club

1.30 - Helping You Get Online St Sampson's
3.30 pm Find out more about accessing services Centre,
online or bring along your questions. Church Street,
Drop-in session for people who want York
to find out how to get online or are YO1 8BE
looking for support accessing services,
1-1 support on getting started and Free
how to build your online skills and
confidence.

Contact: Age UK York, St Edmunds House, Margaret Street, York,
YO10 4UX 01904 634061
ageukyork@ageukyork.org.uk ageuk.org.uk/york

4 - 5 pm Yearsley Swimming Pool - Open Swim Yearsley
Session Swimming Pool,
Come and try swimming at York's Haley's Terrace,
longest swimming pool! Yearsley is York
50 yards in length and has accessible YO31 8SB
entry into the pool if required.
This is a 1 hour drop in session. Free
Limited numbers, **please email to**
confirm a place.

Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

York Celebrates

The United Nations International Day of Older People

Saturday, 1 October 2022

Why a special day about older people ?

An opportunity to showcase the resilience and (continuing) contribution of older people in a changing and challenging world

An opportunity to talk about and share memories and ambition with older people...we are many !

A focus for signposting the creative and diverse ways older people can give and secure the support they need to live their best lives

Who is getting involved in York ?

YOPA; OCAY; AgeUK; St. Sampson's - supported by
York Museums Trust; York Theatre Royal;
York Hospital; Radio York

Where are the voices of real older people ?

A rich collection of memories is being assembled using text and voice to preserve the storytelling of different elders across the city

What might we see and hear ? where might we visit ?

An exhibition and talks at Castle Museum in collaboration
with Herstory

A musical treat at St Sampson's
Radio York

Hospital Radio talks and dialogue
YOPA website video clips

Twitter takeover at YMT and YTR

Posters and info points in a range of venues:
StreetLife / York Hospital / York Theatre Royal

Keep a lookout for more information coming soon

<p>9.30 am - 4 pm York Men's Shed Open Day</p> <p>The York Men's Shed is a local community organisation set up to provide a place where men can gather to work on projects or socialise with fellow members. Please come and see our revamped and much improved venue which will now host professionally led courses and training events. Booking not necessary, numbers aren't limited but the Shed is of limited size so queueing may be necessary.</p>	<p>Old Warden's Hut, Corner of Alcuin Avenue and Flaxman Avenue, Hull Road Park, York YO10 3TW (What3Words: drill.photos.salads)</p> <p>Free</p>
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Contact: Mark Guilford, Chair 07725 183456
YMSChairman@outlook.com yorkmensshed.co.uk/

<p>10 - 11 am Letterpress Printing Taster Session</p> <p>Try your hand at letterpress printing, with Professor Helen Smith of the University of York. In this hands-on session, you will learn the basics of typesetting, locking up a forme, and operating an Adana tabletop press. All materials will be provided. Numbers are capped at 6; booking is essential</p>	<p>StreetLife Hub, 29-31 Coney Street, York YO1 9QL</p> <p>Building is accessible; we do not have toilet facilities.</p> <p>Free</p>
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Contact: StreetLife Project info@streetlifeyork.uk streetlifeyork.uk/

10 - 11.30 am	Harvest Community Café Come and share your memories of Harvest and Harvest Festivals, perhaps as a farmer, as a child at school, or as adults today	Tower Room, St Nicholas Church, Church Street Dunnington, York YO19 5PW Donation for refreshments
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Contact: Judith Hewitt 01904 488331

10 am - 4 pm	York Open Eco Homes Visit homes that don't cost the Earth to run. A third of York's carbon emissions come from homes; few are well insulated. Upgrading for energy saving is a triple win: lower bills and carbon footprint, and better comfort.	Several local homes, addresses provided after booking. Partly accessible. Free
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Book a visit to get inspired and learn from hosts' experiences.

Contact: Ivana Jakubkova 07912 432819

ivana@stnicks.org.uk stnicks.org.uk/ecohomes

Sunday 2 October

1 - 3 pm	Energise Leisure Centre - Open Afternoon Come along to Energise Leisure Centre and have the opportunity to try out the gym and swimming pool. During the open afternoon participants will be able to try different equipment and see the facilities. Limited numbers, please email to confirm a place.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
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Contact: Natalie Thomas natalie.thomas@gll.org better.org.uk

2 - 3.30
pm

“York Minster in close up - the exterior ”

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.

Please book so I know how many people to expect.

StreetLife Hub,
29-31 Coney
Street, York
YO1 9QL

Building is
accessible; we do
not have toilet
facilities.

Donations
optional

Contact: Catherine Sotheran 01904 411845

CSotheran@aol.com [facebook.com/catherine.sotheran/](https://www.facebook.com/catherine.sotheran/)



Better 50+ Activities

Yearsley Pool:

Facility Tour and Consultation (26/09/22 10 - 11am)
Open Swim Session (30/09/22 4 - 5pm)

Burnholme Sports Centre:

Facility Tour and Consultation (27/09/22 10 - 11am)
Walking Netball Taster Session (28/09/22 1 - 2pm)

York Leisure Centre:

Facility Tour and Consultation (29/09/22 10 - 11am)
Clip 'n' Climb Taster Session (27, 28, 29/09/22 6 - 7pm)

Energise Leisure Centre:

Facility Tour and Consultation (30/09/22 10 - 11am)
Open Afternoon (02/10/22 1 - 3pm)

Better has much more to offer at each of the centres in York, for more information please visit any of the centres or find more online at:

<https://www.better.org.uk/leisure-centre/york>

BETTER

Wednesday 5 October

6 - 8 pm	Celebrating Wilf Ward Family Trust Care Services: learning disability in the spotlight. Showcasing creative and caring places where adults with learning disability are supported to live lives to the full; where we prioritise the health and wellbeing of staff and the amazing individuals we support; and where we work with educational partnerships, community groups and commissioners to achieve excellence. Maximum number is 75, booking is advised via Louise.	York CVS Centre, 15 Priory Street, York YO1 6ET Full access available, please advise special requirements. Free event with light refreshment
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Contact: Louise Bean l.bean@wilfward.org.uk wilfward.co.uk/

Friday 7 & 14 October

9.30 - 11.30 am	Online Scams - Be Alert and Be Aware A two week workshop looking at online and digital scams, giving you information about what to spot and avoid and ways that you can help to keep yourself safe.	Acomb Explore Library, Front Street, Acomb YO24 3BZ Free
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Places are limited. **Booking is essential in advance.** You can book via our website or by phone to speak to one of the team.

Contact: York Learning 01904 554277
york.learning@york.gov.uk yorklearning.org.uk

Friday 11 November

1 - 2.30 pm	Stay Safe Online - Understanding the Dangers As 16 September, see p. 16
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York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 17th York 50+ Festival. We hope you will enjoy taking part in these events and will help to create next year's Festival.

This year's Festival is brought to you by: Mary Cannon (coordinator), Catherine Sotheran (brochure editor) Sue Lister (publicity), Paul Mangan (website) and many other volunteers.

We would welcome more solid support in all these areas plus willing helpers on social media and distribution. If having a 50+ Festival in our city is important to you, please now consider lending a hand and phone Mary for a chat on 01904 332613 or 07920 162034 .

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 THIS BROCHURE
PHONE 01904 636269 .**

www.yorkassembly.org.uk
yorkolderpeoplesassembly@outlook.com
York Older People's Assembly
Registered Charity 1101018

**SPARK, 17 - 21 Piccadilly, York YO1 9PB
Tel: 07856 908586**

E N J O Y !

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