



York Older People's
Assembly presents..

York 50+ Festival

in association with THE PRESS

Saturday 21 September - Sunday 6 October 2024



yorkassembly.org.uk
yorkfiftyplus@gmail.com

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Age UK York's **Care at Home** team made 16,884 home visits last year helping older people in York to continue to live at home.

We offer both a home help cleaning service and our regulated care service providing person led packages of care delivered by our charity's local professional team.

Please call us on 01904 627995 to find out more.

Age UK York can also help and support you with:

Information and Advice

Money and Benefits

Day Clubs

Befriending

Getting Out and About

Care at Home

Keep Your Pet

Hospital aftercare

Carer Respite

Legal Power of Attorney

Home Help and Cleaning

01904 627995

ageukyork@ageukyork.org.uk

www.ageukyork.org.uk

Regulated by



SCAN ME



As Age UK York we are a local independent charity who for over 50 years have supported older people across our communities in York. With huge thanks to our staff, volunteers and generous supporters, we want to be here when you need us and you can find out more online, including our local services, at ageuk.org.uk/york

We think that older age is something to celebrate and we are delighted to again be supporting York's incredible 50+ Festival. There is so much on offer in York and the festival gives a brilliant taster. Please do enjoy a read through of what is taking place and give something new a try.

In working to actively represent the voices of local older people and those around them we recognise the range of issues impacting our older residents each day here in York. Age UK York exists to help address these and we are fortunate to offer a range of services and work with many fellow organisations to do just that.

From our Befriending and Keep Your Pet services in helping to reducing loneliness and social isolation to tackling poverty through our Information and Advice and Money and Benefits teams. We also provide vital help to those experiencing Dementia including those unpaid Carers who provide such essential support each day.

Our Care at Home service is there to help our older residents to be able to continue living at home recognising that family and friends cannot always be there. Our local caring Age UK York team can be there when needed and the person led service supports people across York. Please call us on 01904 627995 to find out more.

We are finalising our new strategy to make sure we continue to be there when needed in being the first point of call for anyone with an age-related need and work to best support local people. Please do get in touch with us for any support or to share your views.

Thank you to everyone involved in making the Festival a reality and such a positive part of the calendar here in York. I hope you enjoy it.

Simon Holmes
Chief Executive | Age UK York



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



SPARK is proud to sponsor the York 50+ Festival for the third year in a row. We have always aimed for our venue to appeal to people of all ages, so it seemed a natural thing 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, including Jim Cannon from YOPA and Sue Lister from Ageing Without Children, amongst others.

We work closely with Ageing Without Children, providing our community event space for their monthly meetings, AGMs and celebration social events. The group receives 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 !

Important information

- Please check with the contact people before attending an event as details may have changed after this programme was printed.
- 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.
- We have tried to include accessibility information where we have it but it might be best to check with the contact person if you have any specific needs. See the codes below.

Wheelchair access = WA Accessible toilet = AT Hearing loop = HL BSL interpreter = BSL Blue Badge Parking = BBP

A few words from YOPA's Chair

York Older People's Assembly (YOPA) continues to support the York 50+ Festival, now in its 19th year, in celebrating 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 take place on Thursday 26th September from 10 am - 1.30 pm in the New Earswick Bowls Club on Huntington Road, YO32 9PX.

Thanks for the support and funding from the sponsors of the Festival, who help to enable the Festival to take place, and our special thanks go to the many individuals, clubs, and organisations who provide the events and activities that make up the Festival. This year we have more focus on the International Day of Older People on 1st October with our main events on Saturday 28th September - come and join our parade through the City to celebrate the contribution of older people. Check the events in the programme which includes the many organisations involved in IDOP this year.

Check out our website for information on YOPA and on the 50+ 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
Supported by the National Lottery



YORK ENVIRONMENT WEEKS 2024

We're back for a fifth year of events showcasing climate and environmental action in York, helping to raise awareness of how people and groups across the city are working hard to tackle climate change, increase biodiversity and make the city more sustainable. Spread across four weeks - **14th September to 12th October** - this year there are more opportunities than ever to connect with others and get involved. More information at yorkenvironmentweek.org.uk

Events Summary

September

Before the Festival		
16 - 24	Walking Festival	p. 14
Thu 19	Talk on ‘ Who saved York Walls’ by Jonathan French	p. 14
Fri 20	‘Images of York: the Evelyn and Hanstock Collection’, a talk by John Shaw of YAYAS	p. 14
During the Festival		
Sat 21	Eat...Pray...Love: open day at St Denys Church, Walmgate	p. 15
	York Open Eco Homes	p. 15
	Urban River Foss walk	p. 15
	Introduction to whittling	p. 16
	Lawn Bowling Introduction & Taster Session	p. 16
	“Casablanca”	p. 16
	LIGHTBULB MOMENT!	p. 17
Sun 22	York Open Eco Homes	p. 18
	Lawn Bowling Introduction & Taster Session	p. 18
	York in close up	p. 18
Mon 23	Planning for Later Life	p. 20
	Line Dance Workshop	p. 20
	Walking Football	p. 20
	Health Walks : Rawcliffe Bar	p. 21
	Pickleball for Fun	p. 21
	Sporting Memories	p. 21
	Silver Swans Ballet Classes	p. 22
	Games Afternoon	p. 22
	Cuppa & a chorus	p. 23

Tue 24	MySight York Coach Trip to Sight Village North East 2024	p. 24
	Digital Cafe	p. 24
	Deal or No Deal	p. 24
	York Leisure Centre Facility Tour and Consultation	p. 25
	Senior Club 60+ Session	p. 25
	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney	p. 25
	Health Walks : Dunnington	p. 26
	Health Walks : York City	p. 26
	Tuesday Midday Circle Dance Group	p. 26
	FnT Club Afternoon	p. 27
	Table Tennis	p. 27
Wed 25	Energise Leisure Centre Facility Tour and Consultation	p. 29
	Energise Open Gym	p. 29
	York u3a Open Day	p. 29
	“Community Activism for the over 50s”	p. 30
	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney	p. 30
	Move It or Lose It exercise class	p. 31
	‘Reducing your Risk of Dementia’	p. 31
	OCAV Volunteering Drop in Session	p. 31
	Open Mic	p. 32
	Health Walks : York Art Gallery	p. 32
	Walking Football	p. 32
	The Fringe & Beyond	p. 33

Events Summary

September

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Thu 26	Table Tennis Walking Football Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Information fair Health Walks : New Earswick Health Walks : Tang Hall Explore Library Musical Afternoon Tea Games Afternoon Yearsley Open Swim Jorvik Folk Dance	p. 34 p. 34 p. 34 p. 35 p. 35 p. 35 p. 36 p. 36 p. 36 p. 37
Fri 27	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Sporting Memories Move It or Lose It exercise class Health Walks : Foxwood OCAV Volunteering Drop in Session Wigginton Brain Health Café Guitarist Neil Morgan Burnholme Open Gym	p. 39 p. 39 p. 40 p. 40 p. 40 p. 41 p. 41 p. 41
Sat 28	International Day of Older People Red Tower Open days "Oklahoma"	p. 42 p. 44 p. 44
Sun 29	Croquet taster session Indoor Bowls Taster Session York Minster in close up	p. 45 p. 45 p. 45

Events Summary

September

Mon 30	Yearsley Swimming Pool Facility Tour and Consultation	p. 47
	Walking Football	p. 47
	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney	p. 48
	Health Walks : Rawcliffe Bar	p. 48
	Burnholme Sports Centre Facility Tour and Consultation	p. 49
	Sporting Memories	p. 49
	Games Afternoon	p. 49
	Silver Swans Ballet Classes	p. 49
	OCAV Volunteering Drop in Session	p. 50
October		
Tue 1	St. Sampson's 50th Celebration	p. 51
	Health Walks : Holtby Church	p. 51
	Health Walks : York City	p. 51
	Nature Ride	p. 52
	Cycling Without Age Nature Rides	p. 52
	Tuesday Midday Circle Dance Group	p. 53
	Yearsley Aqua Aerobics Class	p. 53
Wed 2	"Community Activism for the over 50s"	p. 53
	Becoming a Community Health Champion	p. 54
	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney	p. 54
	Move It or Lose It exercise class	p. 55
	Health Walks : Haxby	p. 55
	Health Walks : York Art Gallery	p. 55
	Age UK at St Sampsons	p. 56
	Welcome to the Wilberforce Trust	p. 56
	Nature Walks	p. 57
	Social Handling Sessions - The Romans of York	p. 57
	Walking Football	p. 58

Events Summary

October

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Thu 3	Walking Football Save energy & money Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Games Afternoon Health Walks : Tang Hall Explore Library Jorvik Folk Dance	<p>p. 58</p> <p>p. 58</p> <p>p. 59</p> <p>p. 59</p> <p>p. 60</p> <p>p. 60</p>
Fri 4	York Leisure Centre Open Gym Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Sporting Memories Move It or Lose It exercise class Health Walks : Dringhouses Wigginton Brain Health Café FnT Club Night	<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>
Sat 5	Indoor Bowls Taster Session Creative and Meaningful Funeral Planning Red Tower Open days Welcome to YorEnergy: Energy Solutions for Every York Home Tennis Taster Session	<p>p. 64</p> <p>p. 64</p> <p>p. 64</p> <p>p. 65</p> <p>p. 65</p>
Sun 6	Red Tower Open days Energise Open Swim	<p>p. 66</p> <p>p. 66</p>
After the Festival - October		
Wed 9	Sewn with love - Pillow making workshop	p. 67
Sun 13	York Open Eco Homes	p. 67

14 - 22 September

York Walking Festival 2024

A 9 day long Festival 14 - 22 September, including walks in various locations, distances and interests. Go to the website to see the schedule. itravelyork.info/walk/york-walking-festival-timetable

Contact: Guy Wallbanks 01904 553694
guy.wallbanks@york.gov.uk

19 September

10 am - 12 pm	Talk on ‘ Who saved York Walls ‘ by Jonathan French of YAYAS. Come along to our monthly meeting of the Tang Hall Local History Group to hear speaker Jonathan French of the Yorkshire Architectural and York Archaeological Society give an interesting talk on the walls of York.	St Aelred’s Community Centre, 216 Fifth Avenue, Tang Hall, York YO31 OPN £3 for non members
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Contact: Jane Burrows 07522402945
tanghallhistory@gmail.com tanghallhistory.com/

Accessibility: Yes - WA, AT, HL, BBP NO - BSL

20 September

7.45 pm	‘Images of York: the Evelyn and Hanstock Collection’, a talk by John Shaw of YAYAS. John will show us some fascinating images of York and Yorkshire from the late 19th into the 20th century. Booking advisable.	Clements Hall Local History Group, Clements Hall, Nunthorpe Road, York YO23 1BW £1 members £3 non-members
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Contact: Clements Hall 01904 466086
clemhallhistory@gmail.com clementshallhistorygroup.org.uk/

Accessibility YES - WA, AT, HL, local parking NO - BSL

Saturday 21 September

10 am - 3 pm	Eat...Pray...Love: open day at St Denys Church, Walmgate A warm community welcome is extended to all-comers. We will offer tea, tours, talks and entertainment under the theme of "Eat-Pray-Love"	St Denys Church, Walmgate, York YO1 9QD Free
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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.

Contact: Mary Brooks 07941 246312
stdenyschurchyork@gmail.com

Accessibility Yes - HL, AT, BBP No - WA, stepped access, BSL

10 am - 4 pm	York Open Eco Homes Visit local homes that don't cost the Earth to run and have improved comfort. See a great variety of energy saving measures, from draught-proofing and insulation to heat pumps and solar panels. Learn from the hosts' experiences and find inspiration for your own home. Booking is essential.	Home addresses supplied after booking Free
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Contact: Ivana Jakubkova 07966 720347 buytickets.at/yce

Accessibility: YES - WA & AT in 1 home NO - HL, BSL, BBP

10.30 am	Urban River Foss walk A look at the wildlife and history of the River Foss as it passes through the city centre. Distance 1 mile. Start - beside the River Foss on Foss Islands Road at the junction with Peaseholme Green & Layerthorpe. Finish - at The Blue Bridge / New Walk. The route has steps and is not wheelchair accessible. Organized by iTravel York/City of York Council.	
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Contact: itravelyork.info/yorkwalkingfestival

11 am - Introduction to whittling	Lower Meadow,
2 pm	Homestead Park,
Carving freshly cut wood into a range	Shipton Road,
of objects such as plant markers,	Clifton, York
spreaders, dibbers etc. in a lovely	YO30 6WP
woodland setting with campfire. Hot	Free
drinks and biscuits will be provided.	

15 people max. Booking essential via eventbrite.co.uk/e/york-50-festival-thrive-outside-tickets-979949353897

Contact: Thrive Outside

thriveoutsidecic@gmail.com thriveoutsidecic.org.uk/

Accessibility: YES - AT, BBP, WA (part of the path is a grassed slope so may need assistance, contact us to discuss)

11 am - Lawn Bowling Introduction & Taster	Wigginton Bowling
3 pm Session	Club, Wigginton
Introduction to Lawn Bowling to be	Sports and Playing
held in WBC Clubhouse with possible	Fields, Mill Lane,
practical access to bowling on the	Wigginton
Green - weather dependant.	YO32 2PY
Prior booking would be helpful but not essential.	Free

Contact: John Graham 07785 921226

secretary.wbc@btinternet.com

Accessibility NO - WA, AT, HL, BSL, BBP

2.30 - "Casablanca"	The Joseph
4.30	Rowntree Theatre,
pm	Haxby Road, York
Indulge in a little black and white	YO31 8TA
nostalgia watching this classic film	
starring Humphrey Bogart. Remember	£5
when the Rowntree Factory used to	
show their workforce films in their	
lunch breaks, over the course of a	
week. Booking advised but not essential.	

Contact: Box Office 01904 501935

Accessibility YES - WA, HL, AT, BBP NO - BSL

3.30 - LIGHTBULB MOMENT!

5.30 Aha! That's It! Now I see! It worked! I did it! Something has changed... and it's for the better. From the smallest achievement to the biggest step forward, add your story - positive experiences of older people living without the support of nearby children need to be heard. **Please contact Sue for the Zoom link by 14 Sept.**

SPARK York,
17-21 Piccadilly,
York
YO1 9PB

also online

Free / Donations
to AWOC York
welcome (see
website Home)

Contact: Sue Lister 01904 488870

hello@awocyork.org.uk

awocyork.org.uk

Accessibility: YES - WA, AT, BBP NO - HL, BSL

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Call: 01904 553377

Fill in the form online:
york.gov.uk/CYCHHealthTrainers

CITY OF YORK COUNCIL

A CYC Health Trainer will be at York Leisure Centre on 24 Sept. 10 am - 1.30 pm, during the centre tour and Seniors Club session and Energise Leisure Centre on 25 Sept. 10 am - 2 pm, during the centre tour and Open swim to advise about stopping smoking.

10 am - 4 pm	York Open Eco Homes Visit local homes that don't cost the Earth to run and have improved comfort. See a great variety of energy saving measures, from draught-proofing and insulation to heat pumps and solar panels. Learn from the hosts' experiences and find inspiration for your own home. Booking is essential.	Home addresses supplied after booking Free
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Contact: Ivana Jakubkova 07966 720347 buytickets.at/yce

Accessibility: NO - WA, AT, HL, BSL, BBP

11 am - 3 pm	Lawn Bowling Introduction & Taster Session Introduction to Lawn Bowling to be held in WBC Clubhouse with possible practical access to bowling on the Green - weather dependant. Prior booking would be helpful but not essential.	Wigginton Bowling Club, Wigginton Sports and Playing Fields, Mill Lane, Wigginton YO32 2PY Free
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Contact: John Graham 07785 921226
secretary.wbc@btinternet.com

Accessibility NO - WA, AT, HL, BSL, BBP

2.15 - 4 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. Books will be on sale afterwards. Please book so I know how many people to expect.	The WORK Space, SPARK, 17 -21 Piccadilly, York YO1 9PB Free
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Contact: Catherine Sotheran **Text** 07941 972006
CSotheran@aol.com facebook.com/catherine.sotheran/

Accessibility YES - WA, AT NO - HL, BSL, BBP



York Talking News

**Does someone you
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York Talking News offers
anyone with impaired sight a
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Through our volunteer drivers we provide a pre-booked car service for those who may not be able to use public transport. Whilst a lot of our journeys are for medical appointments, we also take our customers wherever they want to go. We are a non-profit charity therefore we only make a small charge to cover the drivers' expenses and the admin costs.

Please call 01904 630080 for a quote or more information.

Charity No: 1096926

9.30 am - 12.30 pm Planning for Later Life

Age UK, Crombie Wilkinson solicitors and City of York Council Housing will be offering expert advice on Planning for Later Life on a range of issues including making a will, lasting power of attorney, and housing options. The session will include presentations at 10am and 11am, and bookable 1 to 1 advice sessions.

Contact FirstCall@ageukyork.org.uk or **01904 634061 to book.**

York Explore Marriot Room, Library Square, York YO1 7DS

Free

Contact: FirstCall 01904 634061

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

Accessibility YES - WA,AT, BBP NO - HL, BSL

10 - 10.45 am Line Dance Workshop

Line Dance is a great way to meet new people and have fun ! Free Taster Workshop - suitable for beginner line dancers, even if you have never danced before, come and give it a try. Want to learn more ? Sign up for our 6 week Beginner Course, £25. **Booking by email advised, but not essential.**

St. Mark's Church Hall,
St Mark's Grove,
Rawcliffe, York YO30 5UZ

Free

Contact: Ami Carter 07891 510646 blackvelvetdance@yahoo.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

10 - 11 am Walking Football

This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book !

Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA (3G Pitch)

£5

Contact: Steph Aksel 01904 559508

inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

10.30 am 90 mins. walk	Health Walks : Rawcliffe Bar (1 x moderate, 1 x fast) 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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Meet: The Country Park Office, Rawcliffe Bar Park and Ride, Shipton Road, York YO30 5XZ Free
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Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

12 - 3 pm	Pickleball for Fun Your chance to try this growing sport, now played at many sites around the York area. Played on a Badminton court, 3' net, under arm serve. Equipment and guidance provided. If you can't make it this time, there are sessions every week day. Booking advised.	The Rec. Barons Crescent, Copmanthorpe, York YO23 3XJ Free
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Contact: Keith Grainge 07804 290232 keith1941@gmail.com

Accessibility YES - WA, AT NO - HL, BSL, BBP

1 - 2.30 pm	Sporting Memories This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up !	Wigginton Old School, Mill Lane, Wigginton, York YO32 2PU Free
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Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

1.30 - 2.30 pm	Silver Swans Ballet Classes Silver Swans Ballet taster. All ages and abilities welcome from 50 upwards. We can make many adaptations for class safety and enjoyment which can be discussed at the time of booking. Plus join us for a cuppa afterwards ! Numbers limited. Booking essential via phone or email. If this class is full there may be spaces at other venues on different dates.	Haxby & Wiggington Methodist Church Hall, The Village, Haxby, York YO32 2JJ Free taster of one class for anyone trying it for the first time
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Contact: Laucinda Roberts 07725 478479
jorviksilverswans@gmail.com www.jorvikdance.com/

Accessibility Yes - WA, AT, BBP No - HL, BSL

1.30 - 2.30 pm	Games Afternoon Our Games Afternoon consists of Open the Box, Bingo, and Play Your Cards Right. In each game you will have the chance to win a variety of cash prizes amongst other prizes. The games are all very easy to follow and it is great fun for all involved.	St. Sampson's Centre, Church Street, York YO1 8BE Tickets range from 50p to £1
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Contact: Richard 01904 652247
centre@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

2 - 4 pm Cuppa & a Chorus

At Cuppa & a Chorus, sing songs you know and explore new ones from around the world. You don't need to have sung before, just enjoy singing with other like-minded people. Enjoy the all-important Cuppa in the break to chat to friends, new and old.

Booking essential.

NCEM,
St Margaret's
Church,
Walmgate, York
YO1 9TL

£5

Contact: 01904 658338

info@ncem.co.uk ncem.co.uk/cuppa-chorus/

Accessibility Yes - WA, AT, HL, BBP - **please book these in advance as limited spaces** NO - BSL

YORK Neighbours

Over 65 and need of a hand with one-off tasks, just want someone to talk to, or feeling isolated?

...Then York Neighbours are here for you

Support for York's over 65s - how we can help:



Practical one-off jobs

Be it changing a lightbulb, collecting a prescription, helping with shopping



Regular phone calls

Offering an opportunity to chat with someone who cares



Individual and group outings

From afternoon teas, to Christmas concerts, to bowling



If we can help you, or someone you know, please give us a call on 01904 891 627 or visit www.yorkneighbours.org.uk

9.30 am - 3.30 pm

MySight York Coach Trip to Sight Village North East 2024

Royal Armouries, Leeds

MySight Village North East gives people with sight loss the opportunity to discover the latest technology, equipment and support services available. Once arrived, visitors are welcome to make their own way around, should they wish. Sighted guides may also be available through QAC Sight Village.

For meeting point location and to book a space on the coach please phone or email MySight York.

(Please call to discuss nature of coach accessibility).

Pre-registration advised: <https://www.tickettailor.com/events/sightvillage/1319366>

Contact: MySight York 01904 636269

hello@mysightyork.org mysightyork.org/

10am - Digital Café

12 pm The Digital Cafe is run by the Keeping Digital Foundation who come in once a month to answer any digital or technology related questions. They can help with various things such as setting up a smart phone, signing up to the NHS app, or accessing emails.

St. Sampson's
Centre, Church
Street, York
YO1 8BE

Free

12 - 1.30 Deal or No Deal

pm Join us for two games of Deal or No Deal where one ticket will be selected before each game to play. There is a top cash prize, vouchers, and more to be won. Each week the top prize is not won, it increases by £5.

£1.50 per ticket

Contact: Richard 01904 652247

centre@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

10 am - 3.30 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, Crombie Wilkinson Solicitors York, is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. If you would like a video conference appointment,	Free

we can do this via Teams and the link to the Teams meeting will be emailed to you once you book your appointment. Appointments available 10am - 3pm. **Pre-book your 30 minute appointment with Matthew by Fri 20 Sept.**

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

Accessibility YES - WA, AT NO - HL, BSL, BBP

10 - 11 am	York Leisure Centre Facility Tour and Consultation	York Leisure Centre, Kathryn Avenue, York YO32 9AF
	Have a look round York Leisure Centre and talk to our Community Manager about what you would like in the community. This is a drop in starting at 10am for 1 hour.	Free

Numbers are limited so please contact via email to confirm a place.

11 am – 1.30 pm	Senior Club 60+ Session	£5.50
	If you are over 60, why not join us every Tuesday between 11am and 1.30pm for a social session with a	

variety of fun activities. Aqua Aerobics class 11-11:40am, Sports Hall activities from 11am. **Booking is essential on the Better UK app. Email for more information.**

Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

10.30 am	Health Walks : Dunnington	Meet: Cross Keys
90 mins.	We love our walks and we're sure	Pub, Common
walk	you will too. They are great for	Road,
	getting some fresh air and giving	Dunnington, York
	you a boost. All are led by trained	YO19. 5NG
	volunteers. No need to book, just	
	turn up on the day about 15	Free
	minutes before the start time, to	
	register.	
11 am	Health Walks : York .	Meet: Hungate
60 mins.	As above	Reading Cafe,
walk		Hungate, York
		YO1 7AF

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

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12.45 -	Tuesday Midday Circle Dance	St Olave's Hall,
1.45 Pm	Group	Marygate, York
	The group consists of about 8 to	YO30 7BJ
	12 womenfolk who enjoy a style of	
	music and dancing based mainly	£1 for first
	on Southern European types of	session then £2
	village dances, but not exclusively.	onwards
	We also include contemporary	
	music with comparatively simple	
	choreography. Beginners welcome,	
	experience not necessary and no	
	partner needed.	
	Booking is advised so we know to	
	look out for you.	

Contact: Mary Harlington 01904 789576
maryelmtree@gmail.com

Accessibility YES - WA, AT NO - HL, BSL, BBP

1 - 4 pm	FnT Club Afternoon FnT is a friendly social club for 50+ in York and the surrounding area. Our aim is to meet people, socialise and have fun. Come along to our Club Afternoon to meet members and to see our monthly programme of events. Singles and couples welcome, Please email or phone to advise attendance.	The Old Bank, 6-12 Lendal, York YO1 8AA Meeting is free just buy a drink at the bar
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Contact: Mary Donohoe 0798 2741712
info@fntyork.com fntyork.com/

Accessibility YES - WA, AT NO - HL, BBP, BSL

7.30 - 9 pm	Table Tennis We play social Table Tennis. Mostly doubles. We are a small friendly group and would welcome new members. Booking is essential.	Dunnington Sports Club, Common Road, Dunnington York YO19 5NG Free
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Contact: Ron Willits 07766852055 ronwillits48@gmail.com

Accessibility: YES - WA, AT, BBP NO - HL, BSL

INTERESTED IN FLEXIBLE AND REWARDING VOLUNTEERING OPPORTUNITIES?

OCA Y
OLDER CITIZENS
ADVOCACY-YORK

Saturday 28th September 2024



In celebration of the International Day of
the Older Person

As part of IDOP, we're holding 3 drop-in sessions, where you can learn more about the value of volunteering.

**WE COULDN'T DO OUR WORK WITHOUT THE SUPPORT OF OUR
AMAZING VOLUNTEERS**

WHY VOLUNTEER?

Research indicates that volunteering is linked to enhanced health and well-being, including longer life expectancy, healthier lifestyle choices, and decreased levels of depression and stress.



COME AND CHAT WITH OUR VOLUNTEERS ON:

- Weds 25 Sept 13.00–14.30
- Fri 27 Sept 11.00–12.30
- Mon 30 Sept 14.00–15.30

AT THE ST SAMPSON'S CENTRE, YORK

Older Citizens Advocacy York (OCA Y) offers support and advocacy for over 50s in the York area and has helped 308 people in the last 6 months, in very practical ways including benefits, energy and housing support.

Our volunteers tell us:

**"OCA Y IS EXTREMELY FLEXIBLE. I CAN CHOOSE WHAT WORK TO TAKE ON
ACCORDING TO THE TIME I HAVE AVAILABLE. IT FITS INTO MY SCHEDULE AND I
DECIDE WHEN TO WORK."**

For more information please contact us
Call: 01904 676 200 or Email:
info@ocay.org.uk

OLDERCITIZENSADVOCACYORK.ORG.UK



10 - 11 am	Energise Leisure Centre Facility Tour and Consultation Have a look round Energise Leisure Centre and talk to our Community Manager about what you would like in the community. This is a drop in starting at 10am for 1 hour. Numbers are limited please contact via email to confirm a place.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
12 - 2 pm	Energise Open Gym Come and try out Energise Leisure Centre gym facilities in our Open Gym session. A fitness instructor will be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers Limited - Booking Essential.	Free

Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

10 am - 12 pm	York u3a Open Day York u3a is holding an Open Day so you can come along and find out who we are and what we have to offer. Come and let us inspire you to take up a new hobby or pastime, or learn something new.	The Friends Meeting House, Friargate, York, YO1 9RL Free
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Contact: yorku3a.com/

Accessibility YES - WA, AT.HL NO - BSL, BBP

10 am - 12.30 pm	“Community Activism for the over 50s” Visit the Wednesday Stall drop-in, an opportunity for residents who have time to spare, to explore a range of opportunities to become active in local charities and organisations. An opportunity to discuss appropriate skills and knowledge. Retired persons and those in part time work may find this particularly useful.	Front Street Acomb (Opposite the Gateway Centre) YO24 3BZ Free
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Contact: Gwen Vardigans 07528 683058
gwen.vardigans@gmail.com

Accessibility YES - WA, BBP nearby NO - AT, HL, BSL

10 am - 3.30 pm	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Emma Campbell, Crombie Wilkinson Solicitors York is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. If you would like a video conference appointment, we can do this via Teams and the link to the Teams meeting will be emailed to you once you book your appointment. Appointments available 10am - 3pm. Pre-book your 30 minute appointment with Emma by Fri 20 Sept.	Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ Free
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Contact: Emma Campbell 01904 624185
e.campbell@crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

10.30 - 11.15 am	Move It or Lose It exercise class This is a fun and friendly, low impact exercise class to music, aimed at over 50s to improve your balance, confidence, mobility, flexibility, strength and independence. Try your first class for free ! Booking essential (by email or phone).	Acomb Methodist Church, Front Street, Acomb, York, YO24 3BX Free for your first class, £6 onwards
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Contact: Hannah Carter-Brown 07375 950315
hannah.carterbrown@moveitorloseit.co.uk

Accessibility YES - WA, AT, BBP 1 space NO - BSL

10.30 - 11.30 am	‘Reducing your Risk of Dementia’ Fiona Andrews from Dementia Forward will discuss ways to improve your brain health and reduce your risk of developing dementia in this online information education session presented over Zoom. https://us06web.zoom.us/j/2769841086?omn=89789730636 Or email fiona.andrews@dementiaforward.org.uk for the link.	Zoom Meeting Free
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Contact: Dementia Forward 03300 578592
info@dementiaforward.org.uk dementiaforward.org.uk/

1 - 2.30 pm	OCA Y Volunteering Drop in Session Interested in flexible and rewarding volunteering opportunities ? As part of IDOP (International Day of Older People) we’re holding 3 drop-in sessions, where you can learn more about the value of volunteering for Older Citizens Advocacy York.	St Sampson’s Centre, Church Street, York YO1 8BE Free
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Contact: Dan Brittan 01904 676200
info@ocay.org.uk oldercitizensadvocacyyork.org.uk/

Accessibility YES - WA, AT, HL NO - BSL, BBP

1 - 3 pm	Open Mic We will be hosting our monthly Open Mic where a number of local musicians come and play for us. You can definitely expect some old school rock 'n roll, and anyone else who fancies having a go performing is welcome to join.	St. Sampson's Centre, Church Street, York YO1 8BE Free
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Contact: Richard 01904 652247

centre@stsampsoncentre.co.uk stsampsoncentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL,

2 pm 30 mins. walk	Health Walks : 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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Meet: York Art Gallery, Exhibition Square, York YO1 7EW Free
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Contact: yorkhealthwalks@gmail.com

ramblers.org.uk/go-walking/wellbeing-walks

6 - 7 pm	Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book !	Huntington Community Sports Pitch, YO32 9WT (opposite Huntington Secondary School) £5
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Contact: Steph Aksel 01904 559508

inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

7.30 - The Fringe & Beyond

9.30 pm Anecdotes, drama and songs. Mary Callan reminisces about performing her BLAZING GRANNIES Bible shows at the Edinburgh Fringe, with special focus on her second show, KING DAVID'S WIVES, and its messages for family life, politics, and the tragedy of civil war.

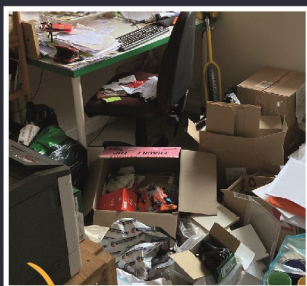
Bookings welcome, tel 01904 464900

St. Bedes
Pastoral
Centre,
21 Blossom
Street, York
YO24 1AQ

£5 or offer

Contact: (Frances) Mary Callan 07596714382
blazinggrannies@gmail.com notsodeadpoet.com/

Accessibility YES - HL NO - WA, AT, BSL, BBP



**Are you living with clutter every day?
Do you dream of beautifully organised spaces
and more time to do the things you enjoy?**

We can help you declutter and organise your kitchens, bedrooms, home offices, living rooms, hallways, hobby rooms, wardrobes, paperwork and sentimental items. We also offer help with moving house / downsizing, interior design, storage solutions and establishing new habits.

Sense of Space Interiors

CONTACT Hannah Carter-Brown

07375950315 | hello@senseofspaceinteriors.co.uk

www.senseofspaceinteriors.co.uk

9.30 - 11.30 am	Table Tennis We play social Table Tennis. Mostly doubles. We are a small friendly group and would welcome new members. Booking is essential.	Dunnington Sports Club, Common Road, Dunnington, York YO19 5NG Free
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Contact: Ron Willits 07766852055 ronwillits48@gmail.com

Accessibility: YES - WA, AT, BBP NO - HL, BSL

10 - 11 am	Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book !	Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA (3G Pitch) £5
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Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

10 am - 3.30 pm	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney As Tue 24 Sept, see p. 25 Pre-book your 30 minute appointment with Matthew by Fri 20 Sept.	Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ Free
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Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

10 am - 1.30 pm	Information fair York Older People's Assembly Information Fair with approx. 18 exhibitors providing advice and information. Booked exhibitors will be listed on the website before the event. Refreshments. Ample free parking. No booking required.	New Earswick Bowls Club, Huntington Road, York YO32 9PX Free
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Contact: Adrian 07965 246193
yorkolderpeoplesassembly@outlook.com
yorkassembly.org.uk/information-fair/

Accessibility YES - WA, AT NO - HL, BSL, BBP

10.30 am 90 mins. walk	Health Walks : New Earswick 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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Meet: The Folk Hall car park, Hawthorn Terrace, New Earswick, York YO32 4DX Free
2 pm 60 mins. walk	Health Walks : Tang Hall Explore Library As above	Meet: The Centre @ Burnholme, Mosssdale Avenue, York YO31 0HA

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

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1 - 3 pm	Musical Afternoon Tea A fun-filled afternoon of music from the wonderful Vocal Entertainer Emma James. Join us for tea and cake and plenty of opportunities to sing and dance along. Thank you to Promedica24 for sponsoring this event. Booking is advised, please phone 01765 601224 or by email.	Wigginton Recreational Hall, The Village, Wigginton, York YO32 2PL £5
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Contact: Dementia Forward 03300 578592
info@dementiaforward.org.uk dementiaforward.org.uk/

Accessibility YES - WA, AT, HL, BBP NO - BSL

1.30 - 2.30 pm	Games Afternoon Our Games Afternoon consists of Open the Box, Bingo, and Play Your Cards Right. In each game you will have the chance to win a variety of cash prizes amongst other prizes. The games are all very easy to follow and it is great fun for all involved.	St. Sampson's Centre, Church Street, York YO1 8BE Tickets range from 50p to £1
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Contact: Richard 01904 652247
centre@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL,

2 - 5.30 pm	Yearsley Open Swim Come and try out Yearsley Swimming Pool and swim in the longest pool in York. Centre staff will be available to answer any questions you may have, and can also discuss membership options to access all 4 of Better York's centres. Numbers limited - booking essential.	Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB Free
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Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

7.45 - 9.45 pm Jorvik Folk Dance

Do you remember English Folk dancing at school or perhaps the period dramas on TV ? Come and join our friendly group, with or without a partner. We walk through each dance and the instructor continues to give instructions while we dance to recorded music

Booking is essential.

Acomb Parish
Church Hall,
18A Front Street,
York
YO24 3BZ

£3

Contact: Annette Soothill 07719675242 annette@soothill.com

Accessibility YES - AT NO - WA, HL, BSL, BBP

SESSIONS FOR SENIORS

If you are aged over 60, why not join us every Tuesday between 11am and 1.30pm for a social session with a variety of fun activities.

For full list of activities please visit better.org.uk/york-leisure-centre



Scan the
QR code

FREE FOR MEMBERS



BETTER



Microsuction Earwax Removal

Gentle earwax removal

£50 for both ears

Book your appointment at nimbuscare.co.uk

By phone: 01904 943 690

Acomb Garth Community Care Centre
2 Oak Rise, Acomb, York
YO24 4LJ



10 am - 3.30 pm	<p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney</p> <p>Emma Campbell, Crombie Wilkinson Solicitors York is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. If you would like a video conference appointment, we can do this via Teams and the link to the Teams meeting will be emailed to you once you book your appointment. Appointments available 10am - 3pm.</p> <p>Pre-book your 30 minute appointment with Emma by Fri 20 Sept.</p>	<p>Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ</p> <p>Free</p>
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Contact: Emma Campbell 01904 624185
e.campbell@crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

10.30 am - 12 pm	<p>Sporting Memories</p> <p>This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up !</p>	<p>LNER Community Stadium, Kathryn Avenue, Huntington, York YO32 9AF</p> <p>Free</p>
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Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

10.45 - 11.30 am	Move It or Lose It exercise class	Poppleton Community Centre, Main Street, Poppleton YO26 6JT
	This is a fun and friendly, low impact exercise class to music, aimed at over 50s to improve your balance, confidence, mobility, flexibility, strength and independence. Try your first class for free !	
	Booking essential (by email or phone).	Free for your first class, then £6 onwards

Contact: Hannah Carter-Brown 07375 950315
hannah.carterbrown@moveitorloseit.co.uk

Accessibility YES - WA, AT, BBP NO - BSL

10.45 am	Health Walks : Foxwood	Meet:
60 mins. walk	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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Community Centre, Cranfield Place, Foxwood, York YO24 3HY
		Free

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

11 am - 12.30 pm	OCAY Volunteering Drop in Session	St Sampson's Centre, Church Street, York YO1 8BE
	Interested in flexible and rewarding volunteering opportunities ? As part of IDOP (International Day of Older People) we're holding 3 drop-in sessions, where you can learn more about the value of volunteering for Older Citizens Advocacy York.	
		Free

Contact: Dan Brittan 01904 676200 info@ocay.org.uk
oldercitizensadvocacyyork.org.uk/

Accessibility YES - WA, AT, HL NO - BSL, BBP

<p>1 - 3 pm Wigginton Brain Health Café A weekly drop in group for anyone who is concerned about their memory and who would like advice, information and to make new friends. Some weeks there are speakers or visitors from the memory service. Some weeks are just about meeting up and socialising. Everyone welcome.</p>	<p>Wigginton Recreational Hall, The Village, Wigginton, York YO32 2PL Free</p>
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Contact: Dementia Forward 03300 578592
info@dementiaforward.org.uk dementiaforward.org.uk/

Accessibility YES - WA, AT, HL, BBP NO - BSL

<p>2 - 3 pm Guitarist Neil Morgan We are excited to welcome professional guitarist Neil Morgan to come and play for us. Neil is an experienced and highly qualified guitarist based here in York and has worked on West End shows, been on international tours and done session work. This is one not to be missed.</p>	<p>St. Sampson's Centre, Church Street, York YO1 8BE Free</p>
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Contact: Richard 01904 652247
centre@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL,

<p>3 - 5 pm Burnholme Open Gym Come and try out Burnholme Sports Centre gym facilities in our Open Gym session. A fitness instructor will be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers Limited - booking essential.</p>	<p>Burnholme Sports Centre, Mosssdale Avenue, York YO31 0HA Free</p>
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Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL



York celebrates United Nations International Day of Older People

YOPA is leading a celebratory series of events from **24 September to 2 October** to mark the International Day of Older People (IDOP)

Saturday 28 September is our festive day!

Our exciting activities focus on the **Memories and Dreams** of older individuals, aiming to:

- dispel ageist stereotypes
- enhance wellbeing and enjoyment
- foster intergenerational understanding and links.



What's happening

- Parade, filming and workshops to encourage creative participation
- 10-day exhibition trail hosted by voluntary organisations
- Creation of eco-friendly butterfly puppets symbolising evolution and wonder

Who is getting involved in York?

Our friends include:

YOPA; AgeUK York; Age-friendly York; Parkinsons' Creatives; OCAY; York St John Students' Union; York Interfaith; together with York Theatre Royal; York Art Gallery; St Sampson's Centre; York Minster; SPARK; Carers' Centre; Dementia Forward; Minds & Voices

We gratefully acknowledge the support from Rotary Ainsty York.



Events taking place:

• 10-day exhibition trail

- Tuesday 24 September to Wednesday 2 October 2024
Around the city centre, you will find shops, cafes, churches etc housing stories from groups of elders in our many creative voluntary groups

• IDOP Celebration Parade

- At 12 noon on Saturday 28 September a parade will begin at York Theatre Royal, go through Museum Gardens, stop at St Helen's Square, where the Lord Mayor will receive the parade, a creative "happening" will take place including music and dancing
- The parade then continues onto St Sampson's Centre in Church Street for refreshments

• Performances on Saturday 28 September

York Theatre Royal's Studio Theatre*

- York Playback Theatre performance at 13.30
- Silver Swans masterclass plus mini-ballet at 15.00

York Art Gallery*

- Facilitated visual arts painting workshop at 14.00-15.30

Museum Gardens

- Tai Chi demonstration at 14.30

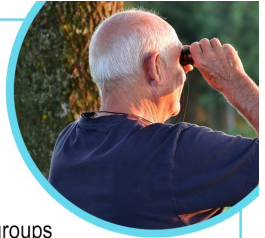
*Free tickets are required to attend Studio events & Art Gallery activities, available from YOPA
yorkolderpeoplesassembly@outlook.com.

Follow the action:

- Scan the QR code opposite or find out more on the YOPA website:
<https://www.yorkassembly.org.uk/idop/>
- See social posts @IDOPYork and through partner organisations.

For further information contact:

- Mary Cannon or Dianne Willcocks at
yorkolderpeoplesassembly@outlook.com



12 - 4 pm	Red Tower Open Days A chance to see inside a building whose 530 year history has just been given a new lease of life, having been re-tiled in 2023. Hear about the history of the tower, surrounding industrial heritage and the current uses of the building. Tea, coffee and cakes will be available via an outdoor café on the lawn. No booking necessary.	Red Tower York, Foss Islands Road, York Free entry Donations for refreshments
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Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk/

Accessibility YES - WA (ground floor only)
 NO - AT, HL, BSL, BBP

2.30 - 4.30 pm	“Oklahoma” Relax this afternoon watching one of the earliest Musicals filmed in glorious technicolour, “Oh What a Beautiful Morning” “People Will Say We’re In Love” and many more well known songs. Booking advised but not essential.	The Joseph Rowntree Theatre, Haxby Road, York YO31 8TA £5
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Contact: Box Office 01904 501935

Accessibility YES - WA, HL, AT, BBP NO - BSL

10 am - Croquet taster session	Scarcroft Green,
12 pm Come and try out croquet on our lovely lawns ! You'll learn how to hold a mallet, hit balls through hoops and take part in a simple croquet game. Please wear flat-soled shoes. All equipment is provided. Numbers are limited, please email to book a place.	Scarcroft Road, York YO24 1DD
	Free

Contact: Christine Morris

cmorris@fastmail.com www.yorkcroquet.org

Accessibility NO - WA, AT, HL, BSL, BBP

10 am - Indoor Bowls Taster Session	New Earswick & District Bowling Club,
12 pm 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 provided free of charge. Dress comfortably. 12 people per session maximum, booking advised.	Huntington Rd., Huntington, York YO32 9PX
	Free

Contact: Michelle Gatenby 01904 750230

manager@newearswickibc.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

2.15 - "York Minster in close up - the exterior"	The WORK Space, SPARK, 17 -21 Piccadilly, York YO1 9PB
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 on sale afterwards. Please book so I know how many people to expect.	Free

Contact: Catherine Sotheran **Text** 07941972006

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

Accessibility YES - WA, AT NO - HL, BSL, BBP

We're recruiting Community Health Champion volunteers!

Community Health Champions are volunteers who, with training and support, offer their time, skills and passion to transform Health and Wellbeing in their neighbourhood.

COMMUNITY *health*- CHAMPIONS

Within their families, communities and workplaces Community Health Champions empower and motivate people to get involved in healthy social activities; create new activities to meet local needs; and signpost people to community activities and support.

For more information on Community Health Champions including how to become a Champion please email HealthChampions@york.gov.uk or call Craig Waugh on 01904 552774.



10 - 11 am	Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book !	Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA (3G Pitch) £5
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Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

10 - 11 am	Yearsley Swimming Pool Facility Tour and Consultation Have a look round Yearsley Swimming Pool and talk to our Community Manager about what you would like in the community. This is a drop in starting at 10am for 1 hour. Numbers are limited please contact via email to confirm a place.	Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB Free
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Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

10 am - 3.30 pm	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Emma Campbell, Crombie Wilkinson Solicitors York is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. If you would like a video conference appointment, we can do this via Teams and the link to the Teams meeting will be emailed to you once you book your appointment. Appointments available 10am - 3pm, Pre-book your 30 minute appointment with Emma by Fri 27 Sept.	Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ Free
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Contact: Emma Campbell 01904 624185
e.campbell@crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

10.30 am 90 mins. walk	Health Walks : Rawcliffe Bar (1 x moderate, 1 x fast) 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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Meet: The Country Park Office, Rawcliffe Bar Park and Ride, Shipton Road, York YO30 5XZ. Free
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Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

11.30 am - 12.30 pm	Burnholme Sports Centre Facility Tour and Consultation Have a look round Burnholme Sports Centre and talk to our Community Manager about what you would like in the community. This is a drop in starting at 11.30am for 1 hour. Numbers are limited please contact via email to confirm a place.	Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA Free
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Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, NO - BBP BSL

1 - 2.30 pm	Sporting Memories This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up !	Wigginton Old School, Mill Lane, Wigginton, York YO32 2PU Free
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Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

1.30 – 2.30 pm	Games Afternoon Our Games Afternoon consists of Open the Box, Bingo, and Play Your Cards Right. In each game you will have the chance to win a variety of cash prizes amongst other prizes. The games are all very easy to follow and it is great fun for all involved.	St. Sampson's Centre, Church Street, York YO1 8BE Tickets range from 50p to £1
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Contact: Richard 01904 652247
centre@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

1.30 - 2.30 pm	Silver Swans Ballet Classes	Haxby & Wiggington Methodist Church Hall, The Village, Haxby, York YO32 2JJ
	Silver Swans Ballet taster. All ages and abilities welcome from 50 upwards. We can make many adaptations for class safety and enjoyment which can be discussed at the time of booking. Plus join us for a cuppa afterwards !	
	Numbers limited. Booking essential via phone or email.	Free taster of one class for anyone trying it for the first time
	If this class is full there may be spaces at other venues on different dates.	

Contact: Laucinda Roberts 07725 478479
jorviksilverswans@gmail.com www.jorvikdance.com/

Accessibility Yes - WA, AT, BBP No - HL, BSL

2 - 3.30 pm	OCA Y Volunteering Drop in Session	St Sampson's Centre. Church Street, York YO1 8BE
	Interested in flexible and rewarding volunteering opportunities ? As part of IDOP (International Day of Older People) we're holding 3 drop-in sessions, where you can learn more about the value of volunteering for Older Citizens Advocacy York.	Free

Contact: Dan Brittan 01904 676200
info@ocay.org.uk oldercitizensadvocacyyork.org.uk/

Accessibility YES - WA, AT, HL NO - BSL, BBP

10 am - 4 pm	St. Sampson's 50th Celebration St. Sampson's is celebrating its 50th anniversary serving the community of York. We would love it if people came to celebrate with us. You can expect live music, games, and lots of fun !	St. Sampson's Centre, Church Street, York YO1 8BE Free
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Contact: Richard 01904 652247

centre@stsampsoncentre.co.uk stsampsoncentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

10.30 am	Health Walks : Holtby Church 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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Meet: Holtby Church, Holtby Lane, York YO19 5UD. Free
90 mins. walk		
11 am	Health Walks : York City As above.	Meet: Hungate Reading Cafe, Hungate, York YO1 7AF
60 mins. walk		

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

:

12.15 for 12. 30 pm start - 1.30 pm	Nature Ride Weekly Nature Rides every Tuesday lunchtime at 12.30 pm from Millennium Bridge. Explore nature in a friendly group on lovely cycling routes along the riverside, to Knavesmire Wood, Hob Moor, Walmgate Stray, and more ! Inclusive bike hire and support available. Booking essential , book online via https://www.eventbrite.co.uk/o/ york-bike-belles-10710738995	Depart centre of Millennium Bridge Free
Various 1 hour rides	Cycling Without Age Nature Rides Passenger Cycling Without Age Nature Rides on a Triobike Taxi or rickshaw every Tuesday afternoon from Cycle Heaven in Fulford. Booking essential via takethegreenroute@gmail.com or 07493 692490	Cycle Heaven, 31 Hospital Fields Rd, Fulford, York YO10 4FS

Contact: York Bike Belles 07493 692490
takethegreenroute@gmail.com [yorkbikebelles.community/
takethegreenroute/](http://yorkbikebelles.community/takethegreenroute/)

Accessibility: YES - WA, AT, BSL, BBP NO - HL

12.45 - 1.45 Pm	Tuesday Midday Circle Dance Group The group consists of about 8 to 12 womenfolk who enjoy a style of music and dancing based mainly on Southern European types of village dances, but not exclusively. We also include contemporary music with comparatively simple choreography. Beginners welcome, experience not necessary and no partner needed. Booking is advised so we know to look out for you.	St Olave's Hall, Marygate, York YO30 7BJ £1 for first session then £2 onwards
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Contact: Mary Harlington 01904 789576 maryelmtree@gmail.com

Accessibility YES - WA, AT NO - HL, BSL, BBP

2.10 - 2.55 pm	Yearsley Aqua Aerobics Class Come and try an Aqua Aerobics class at Yearsley Swimming Pool. Combining aqua aerobics with strength and conditioning moves, a workout in the water will get your heart pumping without putting pressure on joints. Numbers limited, booking essential.	Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB Free
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Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

10 am - 12.30 pm **“Community Activism for the over 50s”** Front Street Acomb
 (Opposite the
 Gateway Centre)
 YO24 3BZ

As Wed 25 Sept, see p. 30

Free

Contact: Gwen Vardigans 07528683058

gwen.vardigans@gmail.com

Accessibility YES - WA, BBP nearby NO - AT, HL, BSL

10 am - 1.30 pm **Becoming a Community Health Champion** West Offices, City
 of York Council,
 Station Road, York
 YO1 6GA

Are you interested in volunteering as a Community Health Champion? Come along and find out more at our Community Health Champion information and induction session. Learn about health inequalities and programmes across the city and how you can help make York a healthier city.

Free

Contact: Craig Waugh 01904 552774

healthchampions@york.gov.uk

Accessibility YES - WA, AT, HL, BBP, BSL by request

10 am - 3.30 pm **Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney** Crombie Wilkinson
 Solicitors,
 19 Clifford Street,
 York
 YO1 9RJ

As Mon 30 Sept, see p. 48

Pre-book your 30 minute appointment with Emma by Fri 27 Sept.

Free

Contact: Emma Campbell 01904 624185

e.campbell@crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

10.30 - 11.15 am	Move It or Lose It exercise class This is a fun and friendly, low impact exercise class to music, aimed at over 50s to improve your balance, confidence, mobility, flexibility, strength and independence. Try your first class for free ! Booking essential (by email or phone).	Acomb Methodist Church, Front Street, Acomb, York, YO24 3BX Free for your first class, £6 onwards
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Contact: Hannah Carter-Brown 07375 950315
hannah.carterbrown@moveitorloseit.co.uk

Accessibility YES - WA, AT, BBP 1 space NO - BSL

10.30 am	Health Walks : Haxby 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. No need to book, just turn up on the day about 15 minutes before the start time, to register.	Meet : Oaken Grove, Community Centre, Reid Park, Oaken Grove, Haxby YO32 3QW. Free
60 mins. walk		
2 pm 30 mins. walk	Health Walks : York Art Gallery As.above.	Meet: York Art Gallery, Exhibition Square, York YO1 7EW

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks :

11 am - 1 pm	Age UK at St Sampsons Come along to find out more about Age UK services in York, get information on a wide range of issues affecting older people, or arrange an appointment with one of our advisors to find out whether you could be getting any additional income. No booking needed.	St Sampsons Centre, Church St, York YO1 8BE Free
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Contact: FirstCall 01904 634061

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

Accessibility YES - WA, AT NO - HL, BSL, BBP

12 - 4 pm	Welcome to the Wilberforce Trust Join us at the Wilberforce Trust to learn more about our support for people with visual & hearing impairments and our activities. Tea, coffee and cakes will be provided. Limited parking available, plenty of parking in streets nearby,	The Wilberforce Trust, Wilberforce House, The Grove, Dringhouses, York YO24 1AN Free
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Contact: Jonathan Fuller 01904 933907

LLZ@wilberforcetrust.org.uk wilberforcetrust.org.uk/

Accessibility YES - WA, AT, HL NO - BBP

12.15 for 12.30 pm start - 1.30 pm	Nature Walks Weekly Nature Walks every Wednesday lunchtime at 12.30 pm. Relax in a friendly group, and explore nature along the riverside, through beautiful parks, meadows and woods. Meet in the middle of the Millennium Bridge. Just turn up ! Parking and toilet available at Cycle Heaven, BSL volunteer available.	Departure from the centre of Millennium Bridge Free
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Contact: York Bike Belles 07493 692490
takehthegreenroute@gmail.com yorkbikebelles.community/takehthegreenroute/

Accessibility: YES - WA, AT, BSL, BBP NO - HL

2 - 3 pm	Social Handling Sessions - The Romans of York In collaboration with Age UK, these sessions are a great opportunity to meet like-minded people and explore York's history. Open to everyone, from novices to experts, they combine creative discussions with hands-on interaction with archaeological artefacts. Numbers are limited, pre-booking is essential, by phone, email or via the websites below. Please note that the venue is on a first floor that is only accessible via a stairway.	Barley Hall Coffee Shop, 3 Coffee Yard, York YO1 8AR £3
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Contact: York Archaeology 01904 615505 groups@yorkat.co.uk
barleyhall.co.uk/whats-on / yorkarchaeology.co.uk/events/

Accessibility YES - AT (ground floor) NO - WA, HL, BSL, BBP

6 - 7 pm Walking Football

This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book !

Huntington
Community Sports
Pitch, YO32 9WT
(opposite
Huntington
Secondary School)
£5

Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

Thursday 3 October

**10 - 11
am**

Walking Football

As above, just different time and venue.

Burnholme Sports
Centre, Mossdale
Avenue, York
YO31 0HA
(3G Pitch)
£5

Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

**10 am -
12.30
pm**

Save energy & money

Pop along for free support on saving energy, managing bills and related issues such as benefits advice. Enjoy short talks, info stalls, free LED bulbs for eligible residents and more. Joint event with Age UK York, City of York Council and Older Citizens Advocacy York.

York Explore
Library, Library
Square, York
YO1 7DS

Free

Contact: Ivana Jakubkova 07966 720347 buytickets.at/yce

Accessibility YES - WA, AT, BBP NO: - HL, BSL

10 am - 3.30 pm	<p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney</p> <p>Matthew Railton, Crombie Wilkinson Solicitors York is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. If you would like a video conference appointment, we can do this via Teams and the link to the Teams meeting will be emailed to you once you book your appointment. Appointments available 10am - 3pm.</p> <p>Pre-book your 30 minute appointment with Matthew by Fri 27 Sept.</p>	<p>Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ</p> <p>Free</p>
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Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

1.30 – 2.30 pm	<p>Games Afternoon</p> <p>Our Games Afternoon consists of Open the Box, Bingo, and Play Your Cards Right. In each game you will have the chance to win a variety of cash prizes amongst other prizes. The games are all very easy to follow and it is great fun for all involved.</p>	<p>St. Sampson's Centre, Church Street, York YO1 8BE</p> <p>Tickets range from 50p to £1</p>
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Contact: Richard 01904 652247
centre@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

2 pm	Health Walks : Tang Hall Explore Library	Meet: The Centre @ Burnholme, Mossdale Avenue, York YO31 0HA
60 mins. walk	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.	Free

No need to book, just turn up on the day about 15 minutes before the start time, to register.

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

7.45 - 9.45 pm	Jorvik Folk Dance	Acomb Parish Church Hall, 18A Front Street, York YO24 3BZ
	Do you remember English Folk dancing at school or perhaps the period dramas on TV? Come and join our friendly group, with or without a partner. We walk through each dance and the instructor continues instructions as we dance to recorded music.	£3
	Booking is essential.	

Contact: Annette Soothill 07719 675242 annette@soothill.com

Accessibility YES - AT NO - WA, HL, BSL, BBP

Day or night

**We're here
when life's
difficult**

Call free day or night on

116 123

Email

jo@samaritans.org

SAMARITANS

10 am - York Leisure Centre Open Gym	York Leisure
12 pm Come and try out York Leisure Centre gym facilities in our Open Gym session. A fitness instructor will be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers limited - booking by email essential.	Centre, Kathryn Avenue, York YO32 9AF
	Free

Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

10 am - Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney	Crombie Wilkinson Solicitors,
3.30 pm As 3 Oct, see p. 59	19 Clifford Street,
Pre-book your 30 minute appointment with Matthew by Fri 27 Sept.	York YO1 9RJ
	Free

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

Accessibility YES - WA, AT NO - HL, BSL, BBP

10.30 am - Sporting Memories	LNER Community Stadium, Kathryn Avenue,
12 pm This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up !	Huntington, York YO32 9AF
	Free

Contact: Steph Aksel 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

10.30 am	Health Walks : Dringhouses	Meet: The War Memorial,
60 mins.	We love our walks and we're sure you will too. They are great for getting some fresh air and giving you a boost.	Tadcaster Road,
walk	All are led by trained volunteers.	Dringhouses,
	No need to book, just turn up on the day about 15 minutes before the start time, to register.	York, YO24 1QG
	Repeats first Fri of the month.	

Contact: yorkhealthwalks@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks

10.45 - 11.30 am	Move It or Lose It exercise class	Poppleton Community Centre, Main Street, Poppleton YO26 6JT
	This is a fun and friendly, low impact exercise class to music, aimed at over 50s to improve your balance, confidence, mobility, flexibility, strength and independence.	
	Try your first class for free !	Free for your first class, then £6 onwards
	Booking essential (by email or phone).	

Contact: Hannah Carter-Brown 07375 950315
hannah.carterbrown@moveitorloseit.co.uk

Accessibility YES - WA, AT, BBP NO - BSL

1 - 3 pm	Wigginton Brain Health Café	Wigginton Recreational Hall, The Village, Wigginton, York YO32 2PL
	A weekly drop in group for anyone who is concerned about their memory and who would like advice, information and to make new friends. Some weeks there are speakers or visitors from the memory service. Some weeks are just about meeting up and socialising.	
	Everyone welcome.	Free

Contact: Dementia Forward 03300 578592
info@dementiaforward.org.uk dementiaforward.org.uk/

Accessibility YES - WA, AT, HL, BBP NO - BSL

**7 - 9 pm
approx.**

FnT Club Night

FnT is a friendly social club for 50+ in York and the surrounding area. Our aim is to meet people, socialise and have fun. Come along to our Club Night to meet members and to see our monthly programme of events. Singles and couples welcome.

Please email or phone to advise attendance.

The Bay Horse,
55 Blossom Street,
York
YO24 1AZ

Meeting is free just
buy a drink at the bar

Contact: Mary Donohoe 0798 274 1712
info@fntyork.com fntyork.com/

Accessibility YES - WA, AT NO - HL, BBP, BSL

York Homeowners:

Welcome to YorEnergy

Discover energy-saving
solutions for every York home.

**Book your free home assessment.
Call 01904 211221.**



www.yorenergy.co.uk

10 am - Indoor Bowls Taster Session	New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX
12 pm 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 provided free of charge. Dress comfortably. 12 people per session maximum, booking advised .	Free

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

Accessibility YES - WA, AT, BBP NO - HL, BSL

11 am - Creative and Meaningful Funeral Planning	17s Hawthorn Terrace, New Earswick, York, YO32 4BL
12.30 pm From flowers to music, transport to coffins, venue and words you can choose to get elbow deep in or stay as hands off as you like. Find out more at Last Wishes Funerals. Please book.	Free

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

Accessibility YES - WA, free parking NO - AT, HL, BSL

12 - 4 pm Red Tower Open Days	Red Tower York, Foss Islands Road, York
A chance to see inside a building whose 530 year history has just been given a new lease of life, having been re-tiled in 2023. Hear about the history of the tower, surrounding industrial heritage and the current uses of the building. Tea, coffee and cakes will be available via an outdoor café on the lawn. No booking necessary.	Free entry
	Donations for refreshments

Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk/

Accessibility YES - WA (ground floor only) NO - AT, HL, BSL, BBP

12 - 2 pm	<p>Welcome to YorEnergy: Energy Solutions for Every York Home Discover YorEnergy, making homes in York more energy and cost-efficient. Join us to learn about accessible, affordable energy-saving solutions, with insights from retrofit experts and community champions. Perfect for anyone interested in sustainable living and reducing energy bills. Booking is advised but not essential.</p>	<p>Main Hall, 15 Priory Street, York YO1 6ET</p> <p>Free</p>
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Contact 01904 211221

hello@yorenergy.co.uk

yorenergy.co.uk/events

Accessibility YES - WA, AT, BBP NO - HL, BSL

1 - 2.30 pm	<p>Tennis Taster Session Are you keen to take up a new sport ? Or are you a tennis player who has not picked up a racquet in a while? Come along to our free taster session with our qualified instructor. The hour long session will be followed by a cuppa and a chance to meet some of our sociable members to find out about our flexible membership option. All welcome so hope to see you there ! Contact Jill Le Pla to book your place or to find out more ! Booking essential.</p>	<p>Rowntree Park, Terry Avenue, York YO23 1JQ</p> <p>Free</p>
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Contact: Jill Le Pla 07531 598512 jlptenniscoaching@gmail.com
clubspark.lta.org.uk/RowntreeParkTennis

10 am - 2 pm	Red Tower Open Days A chance to see inside a building whose 530 year history has just been given a new lease of life, having been re-tiled in 2023. Hear about the history of the tower, surrounding industrial heritage and the current uses of the building. Tea, coffee and cakes will be available via an outdoor café on the lawn. No booking necessary.	Red Tower York, Foss Islands Road, York Free entry Donations for refreshments
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Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk/

Accessibility YES - WA (ground floor only)
 NO - AT, HL, BSL, BBP

12 - 2.45 pm	Energise Open Swim Come and try out Energise Leisure Centre's Swimming Pool. Centre staff will be available to answer any questions you may have, and can also discuss membership options to access all 4 of Better York's centres. Numbers limited - booking essential.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
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Contact Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

Accessibility YES - WA, AT, HL, BBP NO - BSL

Wednesday 9 Oct

10 am - 3 pm	Sewn With Love - Pillow making workshop We make pillows to give a bit of comfort to mastectomy patients after surgery. Hand sewing, cutting, stuffing, packaging tasks required so jobs for sewers and non-sewers alike. Come for as much or as little of the day as you like. Tea and coffee provided, bring your own lunch if staying all day.	York RI RFC, New Lane, Acomb YO24 4NT Free
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Contact: Breast Friends York - Sewn With Love 01904 373088
info@yorkbreastfriends.org yorkbreastfriends.org/

Accessibility YES - WA, AT, BBP NO - HL, BSL

Sunday 13 October

10 am - 4 pm	York Open Eco Homes Visit local homes that don't cost the Earth to run and have improved comfort. See a great variety of energy saving measures, from draught-proofing and insulation to heat pumps and solar panels. Learn from the hosts' experiences and find inspiration for your own home. Booking is essential.	Home addresses supplied after booking Free
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Contact: Ivana Jakubkova 07966 720347 buytickets.at/yce

Accessibility: NO - WA, AT, HL, BSL, BBP

York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 19th 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), Adrian Kybett (website), Isabelle Stevens (social media), Dianne Willcocks (International Day of Older People) and many willing helpers on distribution.

We would welcome more solid support in all these areas. 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.

**Audio summary, braille or large print versions of this brochure can be obtained from our partners at MySight York.
Phone 01904 636269**

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

St Sampsons Centre, Church St., York YO1 8BE

ENJOY!

Brochure printed by FULPRINT, Apollo Street, York