



York 50+ Festival

celebrating & connecting



Saturday 20 September -
Wednesday 1 October 2025



yorkassembly.org.uk
yorkfiftyplus@gmail.com

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This year sees a special 20th Anniversary of the York 50+ Festival celebrating the range of activities available for older people in York.

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. Our focus on the International Day of Older People on 1st October includes our main events on Saturday 27th September - come and join our parade through the City to celebrate the contribution of Older People.

York Older People's Assembly (YOPA) continues to support the Festival with the key team of volunteers from different organisations who put in many hours to plan and make it all happen - THANK YOU.

Jim Cannon, Chair, York Older People's Assembly,
Charity No. 1101018
Supported by the National Lottery



Thinking about something new and fun to do?

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There are over 130 Groups – ranging from art and languages to walking, gardening, bridge and beyond. There's something for everyone. All activities are run by friendly volunteers who love sharing their skills and passions.

*Join our regular Saturday talks, socials and special events:
day trips, UK and international excursions
and many other inspiring activities.*

Visit our website:
<https://york.u3asite.uk>





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 fourth 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 20th anniversary 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.
- Late additions and corrections might be added to the online brochure, available on the YOPA website (see back cover).
- 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



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Personal Care Support with all aspects of care including washing, dressing, bathing, mobility and medication.

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Help at Home Support to prepare basic meals and light household chores.

Our care service is fully regulated, providing packages specific to your needs. All delivered by our local professional care team.

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

t. 01904 866070

e. ageukyork@ageukyork.uk

w. www.ageukyork.org.uk

"It's not like having carers, they are more like friends visiting."



Local. Independent. Here for you

Age UK York is delighted to be part of the 20th anniversary of York's 50+ Festival - a celebration of ageing and community in our city. We'd love you to be part of it too.

For over 50 years, Age UK York has supported local people in enjoying later life and accessing help when needed. While part of the national Age UK network, we are a proud, independent charity focused solely on York.

The 50+ Festival reflects our vision of York as *"an age-friendly city where older people can enjoy a life of quality, opportunity, and dignity."* It's the city's only festival dedicated to those over 50, and a joyful celebration of life, creativity, and community.

Enjoy a read through this programme and find something that resonates with you or someone you know. It is full of active leisure, talks, performances, and social events designed to inspire, connect, and entertain. A huge thank you to the many local groups helping bring it to life for us all.

At Age UK York, we believe an ageing population is something to celebrate. But we also recognise that many older people feel marginalised, overlooked, isolated, or unable to access the support they need to enjoy a good quality later life. We offer a range of local services so we can be here when needed

Whether helping someone home after a hospital stay, tackling loneliness through our popular social clubs and befriending service, or providing free advice to address poverty, we're here. Our Home Support and Personal Care services assist with day-to-day tasks, and our Keep Your Pet service ensures older people and their beloved pets are cared for in times of crisis.

We aim to be the first port of call for anyone in York with an age-related need, offering practical help, friendly support, and a listening ear. To find out more or to get in touch: Visit www.ageukyork.org.uk or call 01904 634061.

Thank you to everyone involved in making the 50+ Festival possible. It promises to be a fantastic event, culminating in the International Day of Older People on 1 October. Whether you want to learn something new, meet others, or just have fun — we hope to see you there!

Best wishes,
Simon Holmes
Chief Executive | Age UK York



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“Efficient and professional service, yet friendly and personal at the same time.”

“Communication, guidance and response times were excellent
- we are very pleased with the time it took to complete.”

Please call us on 01904 558600 or visit www.harrowells.co.uk to find out how we can help you.



Age Friendly York

Join our citizens group!

We're part of
the UK network
of age friendly
communities

Enjoy putting the world to rights?

Why not join our Age Friendly
group and together we can
turn ideas into action!



Contact: Carl Wain



01904 554595



AgeFriendlyYork@york.gov.uk



@AgeFriendlyYork



york.gov.uk/AgeFriendlyYork

Before the festival

13 - 28 September

York Walking Festival 2025

A 16 day long Festival 13 - 28 September, including walks in various locations, distances and interests including a Royal Walk, a rocks and fossils walk and a fungus foray. Go to the website to see the schedule. www.itravel.york.info/homepage/145/york-walking-festival

Contact: Guy Wallbanks 01904 553694 itravel@york.gov.uk

Events Summary

September

Before the Festival		
Thu 18	Talk: Walker's Iron Foundry	p. 15
Fri 19	Combined Slipper Social & Information Fair	p. 15
	Walking Rugby	
	FNT Club night	p. 15
During the Festival		
events in red are late additions not in printed brochure		
Sat 20n	Better Leisure Centres Consultation and Feedback Opportunity	p. 16
Sep -	Discover York with Ease	p. 16
Wed 1	'I want to speak please' quilted banner	p. 16
Oct	Glasses Repairs and MOT, Styling Advice and Dry Eye Advice	p. 17
Sat 20	Introduction to Racketball at York Squash Club	p. 18
	"York in close up " - an illustrated talk	p. 18
	Stories in Glass: open day at St Denys Church	p. 18
	Red Tower Open Day	p. 19
	MEMORABLE MOMENTS	p. 19
Sun 21	Burnholme Open Gym Session	p. 21
	"York Minster in close up – the exterior	p. 21
Mon 22	Walking Football	p. 23
	Cake and Connection	p. 23
	Clutter to Calm – free talk	p. 24
	Sporting Memories	p. 24
	Silver Swans over 50s Ballet classes	p. 24
	Games Afternoon	p. 25
	Energise Blood Pressure Checks	p. 25
	Energise Gentle Circuits Class	p. 25
	Burnholme Open Gym Session	p. 26
	Walking Touch Rugby	p. 26

Events Summary

September

11

Tue 23	<p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney</p> <p>Older Citizens Advocacy York (OCAY) Open Day</p> <p>Age UK York - Digital Inclusion Support Session</p> <p>Senior Club 60+ Session</p> <p>Deal or No Deal</p> <p>Restore and Reset for your mind and body</p> <p>FNT Club Afternoon</p> <p>Maintaining good physical and cognitive fitness at 50+</p> <p>Yearsley Aqua Aerobics Class</p> <p>Over 55's Ballet Class</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. 31</p> <p>p, 31</p>
Wed 24	<p>Senior Club 60+ Session</p> <p>On an Autumn Morning: Seasonal collage for a positive future</p> <p>Uncover York's Hidden Histories</p> <p>Medequip Independent Living Drop In Session</p> <p>Yearsley Aquatics for Health</p> <p>Sighted Guiding Taster for Friends and Family of people living with sight loss.</p> <p>Deaf and hard of hearing advice drop in</p> <p>Lip reading taster session</p> <p>Indoor Bowls Taster Session</p> <p>Six Myths about Language Learning</p> <p>Walking Football</p> <p>History of Joseph Rowntree Theatre</p> <p>What IS conscious ageing at 50, 60+ and Beyond ?</p> <p>BUTTERFLY ACROSS THE BATTLEFIELD</p> <p>Energise Open Gym Session</p>	<p>p. 33</p> <p>p. 33</p> <p>p. 33</p> <p>p. 34</p> <p>p. 34</p> <p>p. 35</p> <p>p. 35</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>

Events Summary

September

Thu 25	Table Tennis Walking Football Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Move It or Lose It Exercise Class York u3a Open Day Safer Driving drop in Burnholme Blood Pressure Checks Burnholme Chair Based Exercise Class Yearsley Open Swim (Lanes) Silver Swans over 50s Ballet classes Games Afternoon Crafts for a Cause Croquet taster session York in close up - a walk	p. 39 p. 39 p. 39 p. 40 p. 40 p. 41 p. 41 p. 41 p. 42 p. 42 p. 43 p. 43 p. 43
Fri 26	Silver Swans over 50s Ballet classes Pure stretch and relaxation Senior Club 60+ Session Sporting Memories Fish and Chip Friday Line Dance Taster Workshop & Social Introduction to whittling Fire safety in the home Yearsley Open Swim The Varvill family: 19th century entrepreneurs, a local history talk by David Harbourne.	p. 45 p. 45 p. 45 p. 46 p. 46 p. 46 p. 47 p. 47 p. 47

Events Summary

September

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Sat 27	International Day of Older People celebration day Groves Repair Café From Role to Soul – ‘ The Inner Work of Age ’ Acomb Repair Café Symmetry & Serenity: Finding Joy Through Origami Energise Open Gym Session 50+ LGBT Coffee Social	p. 48 p. 50 p. 50 p. 50 p. 51 p. 51 p. 52
Sun 28	Burnholme Open Gym Session York Open Eco Homes Dosti (Friendship) Picnic Uncover York’s Hidden Histories Intergenerational Planet Southbank Foraging Walk	p. 54 p. 54 p. 54 p. 55 p. 55
Mon 29	Walking Football Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Sporting Memories Silver Swans over 50s Ballet classes Games Afternoon Energise Blood Pressure Checks Energise Gentle Circuits Class Burnholme Open Gym Session Walking Touch Rugby	p. 56 p. 56 p. 57 p. 57 p. 58 p. 58 p. 58 p. 59 p. 59
Tue 30	Senior Club 60+ Session Deal or No Deal Over 55’s Ballet Class Discover the power of Volunteering	p. 61 p. 61 p. 61 p. 62

Events Summary

October		
Wed 1	Meet the Curator: Visions, Voices, Vocations Senior Club 60+ Session Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Sewn with love - Pillow making workshop Yearsley Aquatics for Health Board Games and Advice Drop-in for visually impaired adults A Brew with Bronte Strictly fun dancing CARE Film: screening and discussion Walking Football	<p>p. 64</p> <p>p, 64</p> <p>p. 65</p> <p>p. 65</p> <p>p. 66</p> <p>p. 66</p> <p>p. 66</p> <p>p. 66</p> <p>p. 67</p> <p>p. 67</p> <p>p. 67</p>

Late additions - not in printed brochures

" Sea of Forget Me Nots " Last year's acclaimed YOPA exhibition trail around city centre venues - across the 50+ festival period - will for 2025 feature images and messages from the stunning Alzheimer's "Sea of Forget Me Nots," installation - symbolising hope, unity, and support for everyone in our city affected by dementia. The compelling story of the forget me nots will be found in the foyer at York Explore Central from 20th September to October 1st.

Friday 19 September

1 - 2 pm	Walking Rugby A fun session of walking rugby, for age 50 plus. A non contact slower paced version of Rugby League, accessible to all, no experience necessary. Exercise through walking, passing and play. Booking advised.	LNER Community Stadium, Kathryn Avenue, York YO32 9AF £6 includes a hot drink
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Contact: Dawn Shore 01904 670880 inclusion@yorkrlfc.com

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

Late additions - not in printed brochures

Wednesday 24 September

4 – 5 pm	Six Myths about Language Learning A talk where Prof Monika S Schmid, Head of the Language and Linguistic Science Department at the University of York, will debunk myths about language learning, including the belief that only young people can learn languages. Learn more about language courses open to all at the University of York. Max no. 50, first come, first served. Look for the Languages at York banner on the main entrance.	King's Manor, K/122 - Huntingdon Room (first floor), Exhibition Square, York YO1 7EP. Free
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Contact: Eloísa Monteoliva-García

eloisa.monteolivagarcia@york.ac.uk <https://york.ac.uk/lfa>

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

Thursday 25 September

11 am - 1 pm	Safer driving advice The York and North Yorkshire Road Safety Partnership are committed to making the roads of our city and county safer for all. We want to give advice to every type of road user about how they can help to improve safety and this engagement will be focussing on driving safely for longer.”	St. Sampson's Centre, Church Street, York YO1 8BE Free
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Contact: ynyroadsafety.co.uk

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

Friday 26 September

2 – 4 pm	Fire Safety In Your Home An opportunity to listen to the NYFRS prevention team talk about life within the Fire Service. Learn more about our prevention work which includes tips to prevent a fire in your home and the opportunity to complete a free home fire safety check.	The Marriott Room, York Explore Central Library, Library Square, York YO1 7DS Free
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Contact: NYFRS 01609 780150 northyorksfire.gov.uk

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

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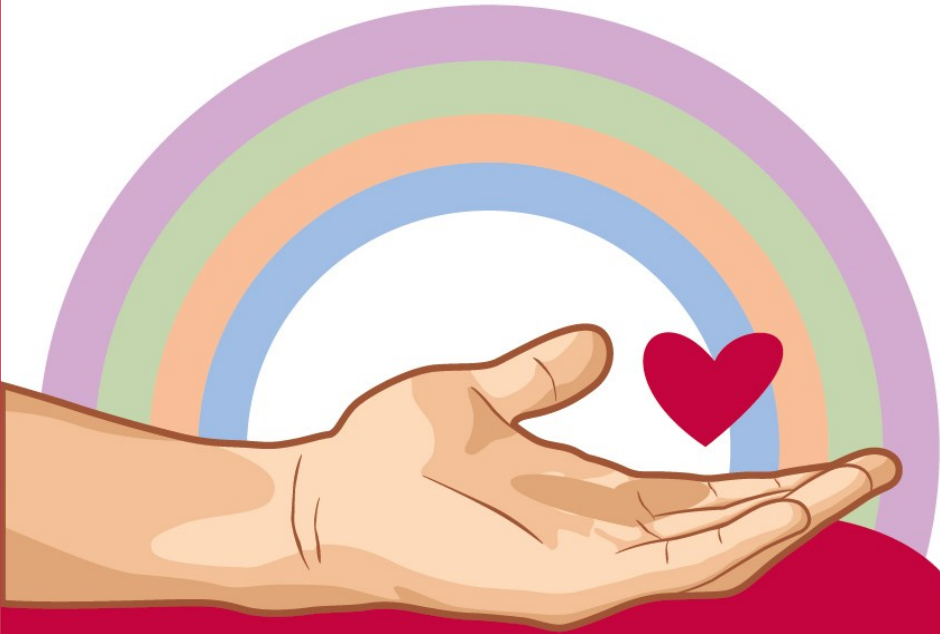
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18 September

10 am - 12 pm	Talk: Walker's Iron Foundry Tang Hall History Group are hosting a talk about Walker's Iron Foundry in York. The company was established in 1837 and did work on the gates for the British Museum in London as well as many items which can still be seen around York. The foundry was located in Dixon's Yard, off Walmgate. Max capacity = 50	St Aelred's Community Centre, Fifth Avenue, Tang Hall, York YO31 0PN £3 for visitors
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Contact: Jane Burrows
tanghallhistory@gmail.com @east_of_york_history

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

19 September

10.30 am - 12.30 pm	Combined Slipper Social and Information Fair Pick up a free new pair of slippers, have a cuppa and have access to a range of useful information.	New Earswick Folk Hall, Hawthorn Terrace, York YO32 4AQ Free
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Contact: George Wood 07791 602692 georgewood46@hotmail.com

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

7 - 9 pm	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.	The Bay Horse, 55 Blossom Street, York YO24 1AZ Free event, just buy a drink at the bar.
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Contact: Mary Donohoe 07982 741712
fntyork@gmail.com fntyork.com/

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

Saturday 20 September - Wednesday 1 October

10 am - 2 pm	Discover York with Ease Shopmobility York hires mobility scooters, powerchairs, and wheelchairs to help people with mobility issues enjoy the city. During York 50+ festival we are offering free 1 - hour trial — limited to 5 people per day. Booking essential ! Call 01904 679222 or email enquiries@shopmobilityyork.org.uk to book.	Level 2 Coppergate Car Park, YO1 9NX Free
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Contact: Jo 01904 679222
enquiries@shopmobilityyork.org.uk shopmobilityyork.org.uk/

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

Better Leisure Centres Consultation and Feedback Opportunity

An opportunity for consultation and feedback about the Better Leisure Centres in York, whether that is suggestions of new activities you would like to see in your community or feedback on current sessions. Please note this is via email only.

Contact: yorkcommunitysportsmanager@gll.org

10 am - 4 pm	“ I want to speak please “ quilted banner The display of a quilted banner made up of quotes from local people living with dementia - all members of York Minds and Voices, a peer support group of people living with dementia, meeting regularly over the last 10 years in York.	St. Sampson's Centre, Church Street, York YO1 8BE Free
Closed Sunday		

Contact: Damian Murphy 07927 405854
dementiafriendly@outlook.com

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

Saturday 20 September - Wednesday 1 October

Glasses Repairs and MOT, Styling Advice and Dry Eye Advice

We hope to support this fabulous festival by offering styling advice to anyone looking to update their look with spectacles, offering Dry Eye management advice, and a spectacle MOT. which includes checking the spectacles, new nose pads if needed and tightening screws, with a complimentary polish of the lenses.

Bookings can be made, or walk in where available.

Also Hearing Screening **by appointment.**

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YO24 3BW

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Opening times of the store:

Mon - Friday 8.45 am - 5.30 pm and Sat: 8.45 am - 17.00 pm and Sunday 10 am - 16.00 pm

Contact: Specsavers Acomb 01904 520050

customer.acomb.uk@specsavers.com

specsavers.co.uk/store/acomb

Accessibility Yes - WA, HL, BSL (by prior arrangement), BB No - AT

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Sun 28th Sept. & Sat 18th Oct.

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10+ homes
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<https://buytickets.at/yce>

9.30 - 11 am	Introduction to Racketball at York Squash Club Come and play Racketball at York Squash Club and see what we have to offer, all equipment will be provided. Booking advised , contact Club Coach, Matt to book a place on the session.	York Squash Club, Clifton Park, Shipton Road, York YO30 5RE Free
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Contact: Matt Bridson 07949 289536

coaching@yorksquashclub.com yorksquashclub.com/

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

10.15 - 11.30 am	“ 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 STUDIO Space, SPARK, 17 - 21 Piccadilly, York YO1 9PB Free
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Contact: Catherine Sotheran

CSotheran@aol.com facebook.com/catherine.sotheran/

Accessibilty; YES- WA, AT NO - HL. BSL, BBP

10.30 am - 3.30 pm	Stories in Glass: open day at St Denys Church, Walmgate “ A warm community welcome to all-comers: we showcase a rich stained glass mix from early 13 th century (reputedly among the city’s oldest) to a remarkable medieval collection and array of Victorian ‘ impressed ’ glass. Dr Charles Kightly reveals their stories in guided talks at 11.30 am and 2.00 pm. Short musical interludes are offered on the outstanding 1879 ‘ Father ’ Willis organ. Volunteers welcome visitors with refreshments available throughout.”.	St Denys Church, Walmgate, York YO1 9QD Free
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Contact: Mary Brooks 07941 246312 stdenyschurchoyork@gmail.com

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

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 (Bar Walls), 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 - 4 pm	MEMORABLE MOMENTS Life is full of surprises, some more memorable than others! If you are ageing without the support of children or nearby family, this workshop is your chance to celebrate and share your special moments. If you like, we can record and edit stories for YouTube@ListerInteractions .	Spark York, 17 - 21 Piccadilly, York YO1 9BP and online - contact Sue for the Zoom link £3 / donation
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Contact: Sue Lister 01904 488870
hello@awocyork.org.uk awocyork.org.uk

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



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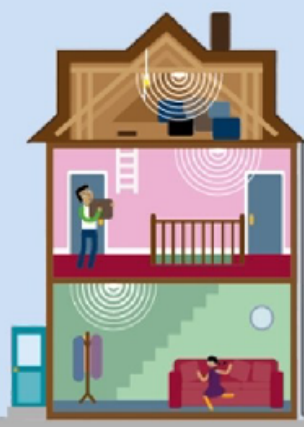
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**The visit involves us coming to your home
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- Information about bedtime routines to help keep you safe at night
- Helping you to think about an escape plan
- Checking you have working smoke alarms and know how to test them



**Scan here to
complete
your own fire
safety check**



If you or someone you know
would like a visit you can
book one on our website
www.northyorksfire.gov.uk
or by calling our switchboard
on 01609 780150

9 - 11 am	Burnholme Open Gym Session 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 via email	Burnholme Sports Centre, Mosssdale 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, BBP NO - BSL

2.15 - 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. Books will be on sale afterwards. Please book so I know how many people to expect.	The STUDIO Space, SPARK, 17 -21 Piccadilly, York YO1 9PB Free
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Contact: Catherine Sotheran
CSotheran@aol.com [facebook.com/catherine.sotheran/](https://www.facebook.com/catherine.sotheran/)

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

SESSIONS FOR SENIORS

If you're aged over 60, why not join us at one of our friendly leisure centres for a social session with a variety of fun activities.

Senior Club Sessions:

- York Leisure Centre
Tuesdays 11am - 1.30pm
- Burnholme Sports Centre
Wednesdays 10am - 12pm
- Energise Leisure Centre
Fridays 10.15am - 11.15am

Walking Netball Session:

- York Leisure Centre
Tuesdays 10.05am - 10.50am

To find out more visit
better.org.uk/york

FREE FOR MEMBERS



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, (3G Pitch) Mossdale Avenue, York YO31 0HA £6
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Contact: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

10.30 am - 12 pm	Cake and Connection Join us for a cosy coffee morning at Rawcliffe Manor Care Home ! Enjoy cake, a brew, and a glimpse into our vibrant, loving community. Whether you're here to relax or connect, we'd love to welcome you and share the warmth of our home. We ask that people let us know if you intend to join us, via email or telephone call. This will ensure we have enough delicious cake available !	Rawcliffe Manor, Conningham Avenue, York YO30 5NH Free
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Contact: Meg Hitchen 01904 202666
activities@rawcliffemanor.co.uk yorkcarehomes.co.uk/

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

12.30 - 1.30 pm	Clutter to Calm - a free talk The average person spends a year of their life looking for items ! Feeling overwhelmed ? Have items that you don't know what to do with, don't have the space for or the energy to sort out ? Clutter to Calm is a free talk giving practical tips and advice. 75 seats. Attendees can contact me beforehand for more information re the venue. The church café will be open serving hot drinks and cake.	St Edward the Confessor Church - Community Hall, Tadcaster Road, York YO24 1QG Free
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Contact: Liz Power 07840 913888 letlizorganise@gmail.com

Accessibility YES - WA, AT, HL, BBP NO - 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: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

1.30 - 2.30 pm	Silver Swans over 50s Ballet classes In our various classes, we have lovely groups all aged between 50 and 90, some with physical ailments and some with none, some with dance experience, some with none and we even have two retired professionals ! Whether it's a stiff knee through to Parkinsons Disease, standing barre free to seated all the way through, we can make the necessary adaptations for everyone to enjoy the class, that's Silver Swans ! Booking essential.	Haxby and Wigginton Methodist Church Hall, 16 The Village, Haxby, York YO32 3HT Free
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Contact: Laucinda Roberts 07725 478479
jorviksilverswans@gmail.com jorvikdance.com

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

1.30 - 3 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: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

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

3.30 - 4 pm	Energise Blood Pressure Checks Monitoring blood pressure is a simple yet powerful way to stay informed and in control of your cardiovascular health. To have your blood pressure checked by one of our Exercise Referral Specialists, we are offering free, non-invasive checks. Must be booked via email.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
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4 - 4.45 pm	Energise Gentle Circuits Class This is a low-level circuit-based class aimed to encourage safe exercise whilst increasing fitness levels. The class will help to improve strength and balance as well as a social aspect of meeting other participants. Must be booked via email.	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

6 - 8 pm	Burnholme Open Gym Session Come and try out Burnholme Sports Centre gym facilities in our Open Gym session. A member of 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 via email	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, BBP NO - BSL

6.30 - 7.30 pm	Walking Touch Rugby Come along and join in with the established walking touch rugby sessions at Clifton Park. Walking Touch Rugby is a minimal contact version of the game for anyone to take part in. The emphasis is on enjoying a group activity in a welcoming and inclusive environment. You don't need any past experience of the game to take part in this rapidly developing version of the game.	York Sports Club, Clifton Park, Shipton Road, York YO30 5RE Free
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Contact: Howard Robert 07949 970848
howardjroberts63@gmail.com

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

INTERESTED IN
VOLUNTEERING?

FANCY TRAINING
TO BE AN ADVOCATE
OR SUPPORTING
OUR OFFICE TEAM?

COME CHAT TO US
AND FIND OUT
WHAT OPPORTUNITIES
WE HAVE AVAILABLE.

O C A Y
OLDER CITIZENS
ADVOCACY-YORK

**OPEN DAY
TUESDAY
23RD
SEPTEMBER
2025
10AM - 4PM**

Join us for tea and cakes
and an opportunity
to meet our team.
Free drop in event.

Find out about
OCAY's advocacy service and
how we help people 50+ in York.

**NEED PRACTICAL SUPPORT TO ACCESS
SERVICES AND BENEFITS?**

You can find us at

the Priory Street Centre, 15 Priory Street, York YO1 6ET – Ask for OCAY at Reception.
For more information please contact us,
Call: 01904 676 200 or email info@ocay.org.uk
Website: oldercitizensadvocacyyork.org.uk



**An information and advice
community website for adults**

www.livewellyork.co.uk



livewellyork@york.gov.uk or scan this:



10 am - 3 pm	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney 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, either in person or by video conference; the link to the Teams meeting will be emailed to you once you book	Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ or by video conference Free
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your appointment. **Pre-book your 30 minute appointment by Fri 19 Sept** on a first come first served basis.

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

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

10 am - 4 pm	Older Citizens Advocacy York (OCAY) Open Day Join us for tea and cakes and an opportunity to meet our team. Find out about OCAY's advocacy service and how we help people 50+ in York. If you are interested in volunteering come and chat to us about opportunities that we have available.	Older Citizens Advocacy York, The Priory Street Centre, 15 Priory Street, York YO1 6ET Free
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Contact: Claire Robinson 01904 676200
info@ocay.org.uk oldercitizensadvocacyyork.org.uk/

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

11 am - 1pm	Digital Inclusion Support Session This "show me" session is aimed at the older people of York to help you to access and be able to navigate the digital web yourselves. We will show you how to use the NHS app and do your online shopping. Please bring your device along with you.	The Pavillion, West Bank Park, Hamilton Drive / New Lane, York YO24 4JB Free
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Contact: Rebecca Crompton 01904 616183
bex.crompton@ageukyork.org.uk ageuk.org.uk/york/

Accessibilty; YES - WA, AT NO - HL, BSL, BBP.

11 am - 1.30 pm	Senior Club 60+ Session If you are over 60, join us every Tuesday between 11 am and 1.30 pm for a social session with a variety of fun activities. Aqua Aerobics class 11 - 11.40 am, Sports Hall activities from 11 am.	York Leisure Centre, Kathryn Avenue, York YO32 9AF £6 including tea or coffee
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Booking essential via the Better app or direct in centre through reception. Please note our centres are cashless.
Email for more information.

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

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

12.30 - 1.30 pm	Deal or No Deal Join us for two rounds of Deal or No Deal (the same ticket can be used in both games). There is a top cash prize, vouchers, and more to be won. Each week the top prize is not won, it increases by £5. Can you beat the banker ?	St Sampson's Centre, Church Street, York YO1 8BE Tickets £1.50
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Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

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

12.30 - 2 pm	Restore and Reset for your mind and body Come along to this lovely relaxing event. Clinical hypnosis has been around for thousands of years. Find out how through a guided hypnosis session your body and mind will feel relaxed, restored and reset. Booking advised, limited to 15	Patch, The Bonding Warehouse, Terry Avenue, York YO1 6FA £5
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Contact: MyTime Therapies 07751 936231
mytimetherapies@hotmail.com mytimetherapies.co.uk/

Accessibility 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.

The Old Bank,
6 - 12 Lendal,
York
YO1 8AA

Free, just by a
drink at the bar.

Contact: Mary Donohoe 07982 741712

fntyork@gmail.com fntyork.com/

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

**2 - 4
pm**

**Maintaining good physical and
cognitive fitness at 50+**

A practical interactive workshop on the fundamentals of how to maintain basic skills in: nasal breathing, self-regulation, motor skills, sound processing using Tomatis technology from France, vision and visual processing; and games to build cognitive processing skills. How to keep everything working together.

The Penn
Room, Friargate
Quaker Meeting
House,
Friargate, York
YO1 9RL

Free

Maximum number 25 people

[https://www.trybooking.com/uk/
FCKE](https://www.trybooking.com/uk/FCKE)



Contact: Charlotte Davies 07884 056433

info@fit-2-learn.com fit-2-learn.com/

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

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 via email.	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

3 - 4 pm	Over 55's Ballet Class Northern Dance Academy offers a weekly Over 55's Ballet class on a Tuesday afternoon in the centre of York. The class covers barre and centre work which is great for developing strength, flexibility and improving co-ordination. This class is also a fantastic social activity where you can share your passion for Ballet ! Classes run weekly throughout the year. Booking is essential.	The Light Studio, Railway Institute Sports Centre, Queen Street, York YO24 1AD £7 per session
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Contact: Sarah Dickinson info@northerndanceacademy.co.uk
northerndanceacademy.co.uk/

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



Working in partnership with



Help your local NHS and Social Care Services help others by returning equipment.

Local NHS and Social Care Services lose thousands of pounds each year due to missing equipment. All items returned will be assessed, safety tested and either repaired and reused or stripped down for recycling.

Look for equipment label

Contact Medequip to request a free and safe collection:

Call **01423 226240**

Email **north.yorks@medequip-uk.com**



What might you have?

- Adjustable walking sticks
- Crutches
- Chair raisers
- Commodes
- Bed levers
- Wheeled adjustable frames
- Perching stools
- Raised toilet seats
- Pressure cushions
- Toilet frames
- Trolleys

If you would prefer to return equipment to Medequip yourself, you can bring it to:

York Depot:

Unit 3, Gerald's Court, James Street, York, YO10 3DQ

Monday to Friday 8am - 5pm

Scarborough Depot:

5B & 5C Dunslow Court, Eastfield, Scarborough, YO11 3XT

Monday to Friday 9am - 5pm

To find your nearest drop off point, please visit:

mq-uk.com/return-nyorks



Over 90% of returned equipment recycled nationwide.



Keeping people independent

10 am - 12 pm	Senior Club 60+ Session If you are over 60, join us every Wednesday between 10 am and 12 pm for a social session with a variety of fun activities. Pickleball, Badminton and Table Tennis. Booking essential via the Better app or direct in centre through reception. Please note our centres are cashless. Email for more information.	Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA £5 including tea or coffee afterwards
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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	On an Autumn Morning: Seasonal Collage for a Positive Future ‘ On an Autumn Morning is a friendly, thoughtful online gathering where we will create a vision board collage for Autumn.	Online £0 - 10
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Perfect for anyone who would like to spend the morning creating something positive and inspiring in good company with good heart. Beginners welcome. **Booking essential by email** and I will send you the Zoom link and information about materials needed.

Contact: Lee Ronald leeronald1965@gmail.com

11 am - 12.30 pm	Uncover York’s Hidden Histories Join Uncomfortable York for a thought-provoking walking tour exploring the overlooked stories of women, people of colour, and LGBTQIA+ individuals. Step beyond the city’s historic streets and discover York’s vibrant, diverse past -.	Meeting outside Bennett's Café and Bistro, High Petergate, York YO1 7EH £5
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revealing a global city shaped by voices too often left out of traditional histories. **20 max per event - booking advised at**
buytickets.at/uncomfortableyork/1809657

Contact: Uncomfortable York 01865 538409
info@uncomfortableyork.com uncomfortableyork.com/

Accessibility: WA (no steps or curbs, but there are sometimes uneven pavements in the city centre and crowding on busy days.), AT

11 am Medequip Independent Living**- 2 pm Drop In Session**

Join our Independent Living drop-in session to explore the community equipment loan service, try daily living aids, and learn about self-assessment and self-funding options. Get expert advice and hands-on support to help you live safely and independently at home. No appointment needed - just drop in !

St Sampsons
Centre,
Church St.
York
YO1 8BE

Free

Contact: Medequip 01423 226240 north.yorks@medequip-uk.com
medequip-uk.com/contact/north-yorkshire

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

11.30 Yearsley Aquatics for Health

am - 12.30 pm Aquatics for Health class offers many benefits for your physical health and overall wellbeing. It helps to build strength, endurance, and flexibility while reducing the impact on your joints. Suitable for individuals of all ages and fitness levels. **Must be booked via email.**

Yearsley
Swimming
Pool, Haley's
Terrace, York
YO31 8SB.

Free

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

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

Day or night
We're here
when life's
difficult

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org/york

A registered charity

12 - 1 pm	In person: Sighted Guiding Taster for Friends and Family of people living with sight loss. Discover practical tips to confidently guide a friend or loved one with sight loss, enhancing their independence in everyday settings, perfect for those needing occasional support in changing light or diverse environments. Booking essential, 12 people maximum	MySight York, 84 - 86 Walmgate, York YO1 9TL Free
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Contact: MySight York 01904 731124
hello@mysightyork.org.uk www.mysightyork.org

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

2 - 3 pm	Lip reading taster session An introductory lipreading session for beginners. This session is designed to precede our longer course, " Lipreading and Managing Hearing Loss " which runs for a 10-week block of sessions.	Same venue as above Free though donations are welcome
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The purpose of the sessions, is to boost confidence and teach participants how to lipread various shapes. It's also a great opportunity for peer support and learning from one another.

Booking essential, 8-10 people maximum

Contact: Rachel Barber 07379 433707
rachel.barber@living4moments.com living4moments.com/

1 - 3 pm	Deaf and hard of hearing advice drop in Come join us for free, impartial advice with tea, coffee, and cake provided.	Wilberforce Trust, Wilberforce House, The Grove, York YO24 1AN Free
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Contact: Megan Horner 01904 760037
LLZ@wilberforcetrust.org.uk wilberforcetrust.org.uk/

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

1 - 4 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 provided free of charge. Dress comfortably. 16 people maximum, booking 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 newearswickibc.club/

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

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 ! £6	Huntington Community Sports Pitch, YO32 9WT (opposite Huntington Secondary School)
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Contact: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

6 - 7.30 pm	History of Joseph Rowntree Theatre A talk with slideshow covering the history and community impact of York's totally unique Art Deco theatre, built by Quakers for the community in 1935 and still going strong. See and hear about its 90 year history and the shows that have taken place. Max, no. 50, first come, first served.	Marriott Room, York Explore Library, Library Square, York YO1 7DS Free, donations welcome
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Contact: Graham Mitchell graham.mitchell@jrtheatre.co.uk

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

6.30 - 8.30 pm	What IS conscious ageing at 50, 60+ and beyond ? Research evidences that our generation have access to lifestyle information that can increase our longevity. Discover the facts, consider our personal beliefs about ageing and explore the concept of 'conscious ageing' in this light hearted session. with Jude.. Book to get Zoom link.	Online via Zoom, link will be provided when booking Free
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Contact: Jude Robinson 01904 728342 / 07591 172786
peoplelikeusyorkshire@gmail.com

7.30 - 9 pm	BUTTERFLY ACROSS THE BATTLEFIELD BUTTERFLY across the BATTLEFIELD launch event for Mary Callan's latest collection, on classic themes of love and loss, suffering and redemption. "A modern pilgrimage in Dante's footprints." £10 entry includes refreshments and a copy of the book.	St Bede Pastoral Centre, 23 Blossom Street, York YO24 1AQ £10, (includes book) or £7
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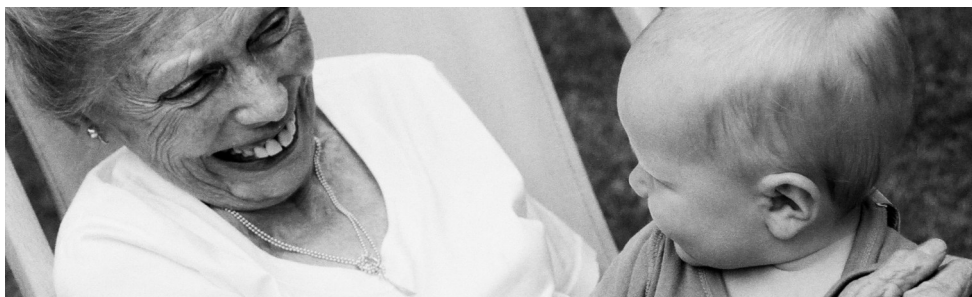
Contact: Mary Callan 07596 714382
blazinggrannies@gmail.com notsodeadpoet/

Accessibility; NO - AW, AT, HL, BSL, BBP

8 - 9 pm	Energise Open Gym Session 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 via email.	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



BRONTE HOUSE

ENRICHING LIVES EVERY DAY

A bespoke homecare service for older people, with a specialist focus on dementia care

We're passionate about enabling you to continue to live in the comfort of your own home, whilst doing the things you love and enjoy.

Personalised, kind and flexible support at home for older people in York and surrounding villages.

- Companionship
- Personal care
- Domestic support e.g. shopping, laundry, cleaning
- Transport and accompanying you to appointments and social events
- Cooking and meal preparation
- Medication assistance
- Specialist dementia care
- Bespoke respite care through our 'RNR' (Rest, Nourish, Recharge) programme

Local social events through **The Bronte Club** including 'A Brew with Bronte' at Middlethorpe Hall and 'Crafts for a Cause'.

To find out more about how we could support you or your loved one, please do get in touch.

01904 236 838

hello@brontehousegroup.co.uk

www.brontehousegroup.co.uk



IN PARTNERSHIP WITH
more trees



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 & Grimston Sports Club, Common Road, Dunnington, York YO19 5NG Free
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Contact: Ron Willits 07766 852055 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, (3G Pitch) Mossdale Avenue, York YO31 0HA £6
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Contact: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

10 am - 3 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, either in person or by video conference; the link to the Teams meeting will be emailed to you once you book your appointment. Pre-book your 30 minute appointment by Fri 19 Sept on a first come first served basis.	Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ or by video conference Free
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Contact: Emma Campbell 01904 624185
e.campbell@crombiewilkinson.co.uk

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

10.15 - 11 am	Move It or Lose It Exercise Class Move It or Lose it 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 and then £6 per class if you'd like to continue
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Contact: Hannah Carter-Brown 07375 950315
hannah.carterbrown@moveitorloseit.co.uk

Accessibility YES - WA,AT, BB (1 space) NO - HL, BSL

10.30 am - 12 pm	York u3a Open Day Want something new to do ? Come to the York u3a Open Day, see what we offer. We're showcasing our activities, talks and offering taster sessions.	Priory Street Centre, 15 Priory Street, Micklegate, York YO1 6ET
& 1.30 - 3 pm	2 sessions lasting 90 minutes. Further details at york.u3asite.uk .	Free

Contact: Beryl Oppenheim
eventsleadYorku3a@gmail.com york.u3asite.uk/

Accessibility YES - WA, AT, HL, BBP (2 spaces only) NO - BSL



Yorkshire and Humber Pensioners Convention welcomes the Festival celebrating the achievements and contribution of older people. .
 We are proud to bring together older people from across our region to campaign for today's and tomorrow's pensioners.
 All welcome - contact us at yandhpc@gmail.com

12.30 - 1 pm	Burnholme Blood Pressure Checks Monitoring blood pressure is a simple yet powerful way to stay informed and in control of your cardiovascular health. To have your blood pressure checked by one of our Exercise Referral Specialists, we are offering free, non-invasive checks. Must be booked via email.	Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA Free
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1 - 1.45 pm	Burnholme Chair Based Exercise Class The class takes in core exercises, exercises relatable to everyday movements, balance work, flexibility and developing a range of motion and low-impact movement, whatever your ability. Get moving and keep mobile from a seated position. There is also an option to stand. Numbers limited - booking essential via email.	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

1 - 3 pm	Yearsley Open Swim (Lanes) Come and try out Yearsley Swimming Pool and swim in the longest pool in York in a lane session. 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 via email.	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

1.30 - 2.30 pm	Silver Swans over 50s Ballet classes In our various classes, we have lovely groups all aged between 50 and 90, some with physical ailments and some with none, some with dance experience, some with none and we even have two retired professionals ! Whether it's a stiff knee through to Parkinsons Disease, standing barre free to seated all the way through, we can make the necessary adaptations for everyone to enjoy the class, that's Silver Swans ! Booking essential.	Huntington Memorial Hall, 46 Strensall Rd, Huntington, York YO32 9SH Free
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Contact: Laucinda Roberts 07725478479

jorviksilverswans@gmail.com jorvikdance.com

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

1.30 - 3 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: Sarah 01904 652247

sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

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

2 - 4 pm Crafts for a Cause - spreading kindness through creativity.
 This time, we'll be making colourful leaves for the IDOP Celebration Parade. Everyone is invited to join - no experience needed ! Art supplies and refreshments provided.
 The Bronte Club supports older people, people living with dementia and care partners.
 Visit our website to register and explore other events. **Booking is required - spaces are limited.**

St Chad's Church Hall,
 Campleshon Road, York
 YO23 1EY

Free

Contact: Chantal Kinsella / Vanessa 01904 236838
community@bronteclubgroup.co.uk bronteclubgroup.co.uk/

Accessibility YES - WA, AT, BBP (2 spaces) NO - HL, BSL

2 - 4 pm Croquet taster session
 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 Green,
 Scarcroft Road,
 York
 YO24 1DD

Free

Contact: Christine Morris cmorris@fastmail.com yorkcroquet.org

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

6 - 7 pm York in close up - a walk
 A gentle stroll around part of York to see lots of little details on buildings hiding in plain sight, things you've maybe walked past lots of times but not noticed.
Max. 10 people - booking essential.

Meet at Bootham Bar
 (nearest car park is Bootham Row)

Free

Contact: Catherine Sotheran CSotheran@aol.com

Accessibility WA (no steps but there may be curbs)



YSJActive Together
AT YORK ST JOHN UNIVERSITY

YSJACTIVE TOGETHER

We have a range of activities to support healthy, active ageing:

- Health Improvement Circuits
- Allotment Group
- Gym sessions inc. female only sessions
- Walking Sports
- Dementia friendly exercise sessions
- Plus more activities coming soon



Contact Us

01904 876804

ysjactive@yorksja.ac.uk

www.yorksja.ac.uk/ysjactive-together

10 - 11 am Silver Swans over 50s Ballet classes
as Thursday 25th, but different venue.
See p.42

Haxby and
Wigginton
Methodist
Church Hall,
16 The Village,
Haxby, York
YO32 3HT

Free

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

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

10.15 - 11.15 am Pure stretch and relaxation
A full body stretch class to improve
flexibility, range of movement,
mobility and balance. A relaxed yet
focused session offering an hours
' me time '. **Please message Vicky
to reserve a place** on 07960 242224..

Lidgett Grove
Methodist
Church, Lidgett
Grove, Acomb
YO26 SNH

£6

Contact: Vicky Stirk 07960 242224 vickygram@sky.com

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

10.15 - 11.15 am Senior Club 60+ Session
If you are over 60, join us every Friday
between 10:15 am and 11:15 am for
a social session with a variety of fun
activities. Pickleball and Badminton.
Booking essential via the Better app
or direct in centre through reception.
Please note our centres are cashless.
Email for more information.

Energise Leisure
Centre,
Cornlands Road,
York
YO24 3DX

£4.50 including
tea or coffee
afterwards

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

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

10.30 am	Sporting Memories	LNER
- 12 pm	As Monday 22 September, just a different venue, see p. 24	Community Stadium, Kathryn Ave., Huntington, York YO32 9AF

Contact: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

12.30 - 2.30 pm	Fish and Chip Friday	University of York St John, Haxby Road, York YO31 8TA
	Fish and Chip Friday is held for people to meet with friends and make new friends over a Fish and Chip lunch and a drink. These social events help to reduce isolation and loneliness and can also give respite for carers and family members.	

Booking essential for the food order £6 for Fish and Chips, £1.50 for extras i.e. mushy peas or gravy.

Contact: Dawn Shore 01904 670880 inclusion@yorkrlfc.com

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

1.30 - 4.30 pm	Line Dance Taster Workshop & Social	The Gateway Centre, Front Street, York YO24 3BZ. (entrance on Green Lane).
	Line Dance is a great way to meet new people and have fun, even if you have never danced before come and give it a try.	
	Booking by email or phone is advised.	

1.30 pm	Taster Workshop - suitable for beginners	Free
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2.30 - 4.30 pm	Followed by a Line Dance Social - suitable for all levels	£5
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Contact: Ami Carter 07891 510646
blackvelvetdance@yahoo.co.uk bvdance.co.uk/

Accessibility: YES - WA, AT NO - HL, BSL, BBP (there is a large public car park a 2 minute walk away)

2 - 3.30 pm	Introduction to whittling Carving freshly cut wood into a range of objects such as plant markers, spreaders, dibbers etc. in a lovely woodland setting. Drinks and biscuits will be provided. Please book through Eventbrite at tinyurl.com/ThriveOutside50plus	Lower Meadow, Homestead Park, Shipton Road, Clifton, York YO30 6WP Free
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Contact: Thrive Outside

thriveoutsidecic@gmail.com thriveoutsidecic.org.uk/

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

3 - 5 pm	Yearsley Open Swim Come and try out Yearsley Swimming Pool and swim in the longest pool in York in an open swim session. 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 via email.	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

7.30 for 7.45 pm start - 9 pm	The Varvill family: 19th century entrepreneurs, a local history talk In the 19th century, the Varvill family put a unique stamp on trade, commerce and industry in York. They manufactured world-class woodworking tools, supplied iron and steel to the construction industry and	Clements Hall, Nunthorpe Road, York YO23 1BW £1 members £3 non-members
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owned properties from modest cottages in Micklegate to a mansion on The Mount ... but by 1900, they were broke. David Harbourne will tell the story of a remarkable family. **If not a member, booking required via chlhg.membership@gmail.com**

Contact: clemhallhistory@gmail.com 01904 466086
www.clementshallhistorygroup.org.uk/

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

Saturday 27 September

Saturday 27 September



International Day
of Older People

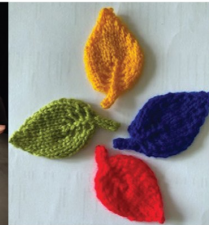
**Celebrate life, connections
and creativity as York
honours United Nations
International Day of
Older People**

**YOPA and Age UK York are leading a celebratory series of events
from Saturday 20 September to Wednesday 1 October 2025**

**Saturday 27 September is our festive day
to mark the International Day of Older People (IDOP)**

This year's festival theme is ***Celebrating and Connecting*** and aims to:

- highlight the diverse experiences of the over 50s
- dispel ageist stereotypes
- enhance wellbeing and enjoyment
- foster intergenerational understanding



What's happening?

- Parade, filming and workshops to encourage creative participation
- 10 day exhibition trail hosted by voluntary organisations
- Creation of eco-friendly leaves by groups young and old to symbolise growth, connection and wisdom

Who is getting involved in York?

YOPA; Age UK York; Age-friendly York; OCAY; York St John Students' Union; York Interfaith; York Theatre Royal; York Museums Trust; York Explore; St Sampson's Centre; York Minster; York Ainsty Rotary; Carers' Centre; Dementia Forward; Minds & Voices; Bronte House; Minster Crafters and more

Saturday 27 September

International Day of Older People - events taking place:

- **Saturday 20 September to Wednesday 1 October**

- ## Celebration Parade - Saturday 27 September

- **13.00-15.00** Celebration Parade convenes at York Theatre Royal, and travels through Museum Gardens to St Helen's Square, where it is received by the Lord Mayor where a creative "happening" will take place including music and dancing.
- **15.00-17.00** The parade then continues onto St Sampson's Centre in Church Street for refreshments

York Theatre Royal's Studio Theatre

- **9.30-10.30** Silver Swans Ballet Demonstration
- **11.00-12.00** York Playback Theatre performance

- **15.15-16.15** Tai Chi demonstration+participation

St Helen's Square

- **10.30-15.30** Musical treats, choirs and piano



- Get involved either as a volunteer, sponsor or putting on activities
- See YOPA website for everything you need www.yorkassembly.org.uk/50-festival-2025/
- See social posts and through partner organisations.

email: Dianne Willcocks - d.willcocks@outlook.com
phone: 07850 111299



Organisers of the Celebratory Day would like to say a very warm **“thank you”** to the multitude of supporters, sponsors and friends of the 50+ Festival.

2025 Is Our Festive Day

9.30 am - 12 pm	Groves Repair Café Reduce waste, save money and be part of York's circular economy. Clothes, kettles, electronics, tools, vases, toys - our wonderful fixers will do their best to fix them for free. Tea, cakes and a warm welcome too ! Please arrive earlier in the session if possible.	St Thomas's Church Hall, Lowther Street, The Groves, York YO31 7ND Free (optional donations welcome)
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Contact: Denise Craghill

grovesrepairandshare@gmail.com grovesassociation.org

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

10 am - 12.30 pm	From Role to Soul - The Inner Work of Age In a small, friendly group we will reflect on our personal beliefs about ageing, consider how we can embrace the next phase of our lives with freedom to be ourselves, maybe for the first time in our lives? AND have fun producing a vision board with Lee.	The Quaker Meeting House, Friargate, York YO1 9RL £15
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Contact: Jude Robinson 01904 728342 / 07591 172786

peoplelikeusyorkshire@gmail.com

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

10 am - 1 pm	Acomb Repair Café Wondering what to do with clothes or small household items that need a repair? Bring them to the Acomb Repair Cafe, where skilled volunteer fixers will see what they can do, and also show you how to fix. Refreshments on sale, too.	Acomb Methodist Church Main Hall, Front Street, Acomb, York YO24 3BX Free (optional donations welcome)
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Contact: Heather Marsden acombrepaircafe@gmail.com

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

10 am - 12 pm	Symmetry & Serenity: Paper folding session Join this relaxed origami session suitable for all abilities. Models will be taught as well as shared through simple diagrams, allowing participants to fold together and at their own pace. You're welcome to simply enjoy folding or, if you wish, to share your favourite models with others. All materials provided. 20 places - booking essential	1st floor by the window, The Habit Café Bar 40 Goodramgate, York YO1 7LF Free, just buy a drink
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Contact: Origami in York, British Origami Society
origamiinyork@gmail.com facebook.com/OrigamiInYork/

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

11 am - 12 pm	Energise Open Gym Session 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.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
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Centre staff can also discuss membership options to access all 4 of Better York's centres. **Numbers limited - booking essential via email**

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

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

12.30 - 3.30 pm	50+ LGBT Coffee Social Join us for a relaxed social with other 50+ members of the LGBT community in York. Refreshments provided !	SPARK York CIC, 17 - 21 Piccadilly, York YO1 9PB Donations welcome to support our work
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Contact: York LGBT Forum
enquiry@yorklgbtforum.org yorklgbtforum.org.uk

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



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

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appointments:



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Rotary

York Ainsty



As part of its charitable support activities, Rotary York Ainsty has made a financial contribution to the ***York 50+ Festival 2025***

Rotarians are ***People of Action***



Maybe you have a community project you care about passionately? Why not talk to us about it? Maybe we can help with advice, effort or even some modest funding - and you don't have to be a Rotarian!

**Interested in learning more about OUR work in
YOUR area?**

Go to www.Rotary-York-Ainsty.uk

9 - 11 am	Burnholme Open Gym Session 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 via email	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, BBP NO - BSL

10 am - 4 pm	York Open Eco Homes Visit homes that are more comfortable, with reduced energy bills and carbon emissions. 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. Repeated on 18 October	Home addresses supplied after booking Free
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Contact: Ivana Jakubkova
ivana@yorkcommunityenergy.org.uk buytickets.at/yce

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

11 am - 3 pm	Dosti (Friendship) Picnic This is a family event where you bring along and enjoy your own picnic, make some friends, and join in the activities that are part of the day. Activities include: Arts and crafts, traditional music by Rajveer Matharu, Teapot Yoga by Amy	York Museum Gardens, The Pavilion, York YO1 7FR Free
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Contact: Shamim Eimaan 07512 269203
shamim.eimaan@eimaanccs.co.uk eimaanccs.co.uk/

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

1.30 - 3 pm	Uncover York's Hidden Histories Join Uncomfortable York for a thought-provoking walking tour exploring the overlooked stories of women, people of colour, and LGBTQIA+ individuals. Step beyond the city's historic streets and discover York's vibrant, diverse past - revealing a global city shaped by voices too often left out of traditional histories. 20 max per event - booking advised at buytickets.at/uncomfortableyork/1809657	Meeting outside Bennett's Café and Bistro, High Petergate York YO1 7EH £5
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Contact: Uncomfortable York 01865 538409
info@uncomfortableyork.com uncomfortableyork.com/

Accessibility: WA (The tour doesn't contains steps or curbs, but there are sometimes uneven pavements in the city centre and crowding on busy days.), AT

2 - 3.30 pm	Intergenerational Planet Southbank Foraging Walk As the seasons change, so do the plants and those that are available to eat, walking through the seasons is a great way to get closer to nature. The walk will be on paths and we will be walking slowly. Booking essential , numbers limited to 25.	Rowntree Park, Terry Avenue, York YO23 1JQ Free but donations welcome
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Contact: John Gray 07504 984741 info@planetsouthbank.org.uk
planetsouthbank.org.uk/

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, (3G Pitch) Mosssdale Avenue, York YO31 0HA £6
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Contact: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

10 am - 3 pm	Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney 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, either in person or by video conference; the link to the Teams meeting will be emailed to you once you book your appointment. Pre-book your 30 minute appointment by Fri 26 Sept on a first come first served basis.	Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ or by video conference Free
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Contact: Matthew Railton 01904 624185
m.railton@crombielwilkinson.co.uk

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

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: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

1.30 - 2.30 pm	Silver Swans over 50s Ballet classes In our various classes, we have lovely groups all aged between 50 and 90, some with Physical ailments and some with none, some with dance experience, some with none and we even have two retired professionals! Whether it's a stiff knee through to Parkinsons Disease, standing barre free to seated all the way through, we can make the necessary adaptations for everyone to enjoy the class, that's Silver Swans! Booking essential.	Haxby and Wigginton Methodist Church Hall, 16 The Village, Haxby, York YO32 3HT Free
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Contact: Laucinda Roberts 07725 478479
jorviksilverswans@gmail.com jorvikdance.com

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

1.30 - 3 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: Sarah 01904 652247

sarah@stsampsoncentre.co.uk stsampsoncentre.co.uk/

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

3.30 - 4 pm	Energise Blood Pressure Checks Monitoring blood pressure is a simple yet powerful way to stay informed and in control of your cardiovascular health. To have your blood pressure checked by one of our Exercise Referral Specialists, we are offering free, non-invasive checks. Must be booked via email.	Energise Leisure Centre, Cornlands Road, York, YO24 3DX Free
4 - 4.45 pm	Energise Gentle Circuits Class This is a low-level circuit-based class aimed to encourage safe exercise whilst increasing fitness levels. The class will help to improve strength and balance as well as a social aspect of meeting other participants. Must be booked via email.	Free

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

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

6 - 8 pm	<p>Burnholme Open Gym Session 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.</p> <p>Numbers limited - booking essential via email.</p>	<p>Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA</p> <p>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

6.30 - 7.30 pm	<p>Walking Touch Rugby Come along and join in with the established walking touch rugby sessions at Clifton Park. Walking Touch Rugby is a minimal contact version of the game for anyone to take part in. The emphasis is on enjoying a group activity in a welcoming and inclusive environment. You don't need any past experience of the game to take part in this rapidly developing version of the game.</p>	<p>York Sports Club, Clifton Park, Shipton Road, York YO30 5RE</p> <p>Free</p>
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Contact: Howard Robert 07949 970848
howardroberts63@gmail.com

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

explore

Libraries and Archives

15 Libraries, 7 Reading
Cafes, a 24/7 Online
Library and an Archive
spanning 800 years
of York's history.

Libraries
are free to
join and
free to
use.

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Free to use PCs in every
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experienced users, we're here
to help answer your questions.

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what's on at Explore
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www.exploreyork.org.uk

11 am - 1.30 pm	Senior Club 60+ Session If you are over 60, join us every Tuesday between 11 am and 1.30 pm for a social session with a variety of fun activities. Aqua Aerobics class 11 - 11:40 am, Sports Hall activities from 11 am. Booking essential via the Better app or direct in centre through reception. Please note our centres are cashless. Email for more information.	York Leisure Centre, Kathryn Avenue, York YO32 9AF £6 including tea or coffee afterwards
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Contact: Natalie Thomas yorkcommunitysportsmanager@gll.org
better.org.uk/leisure-centre/york

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

12.30 - 1.30 pm	Deal or No Deal Join us for two rounds of Deal or No Deal (the same ticket can be used in both games). There is a top cash prize, vouchers, and more to be won. Each week the top prize is not won, it increases by £5. Can you beat the banker ?	St. Sampson's Centre, Church Street, York YO1 8BE Tickets £1.50
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Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

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

3 - 4 pm	Over 55's Ballet Class as Tuesday 23 September, see p, 31 Booking is essential.	The Light Studio, Railway Institute Sports Centre, Queen Street, York YO24 1AD £7 per session
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Contact: Sarah Dickinson
info@northerndanceacademy.co.uk northerndanceacademy.co.uk/

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

6 -
7.30
pm

Discover the power of Volunteering

For over 50 years Age UK York has been there when needed, would you like to join our team as a Volunteer to help us be there tomorrow ?

Please come along to this special event to find out more about our Volunteering opportunities, the needs and difference you can make and meet members of the team to ask any questions and what Volunteering in York means to them.

Please confirm you would like attend by contacting Age UK York.

Craven Room.
City of York
Council's West
Offices,
Station Rise,
York
YO1 6GA

Free

Contact: Age UK York 01904 627995

volunteering@ageukyork.org.uk

ageuk.org.uk/york/get-involved/volunteer/

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



York Talking News

**Does someone you
know have problems
reading a newspaper?**



York Talking News offers anyone with impaired sight a free monthly audio magazine of local news.

For a trial copy please contact
yorktalkingnews@gmail.com
or call **01904 652650**

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www.york.gov.uk/HealthTrainers

Email: healthtrainers@york.gov.uk

Call: 01904 553377



YORK Health Trainers

10 am - 12 pm	Meet the Curator: Visions, Voices, Vocations Grab a cuppa and meet the team behind the <i>Visions, Voices, Vocations: Commemorating Women of the First World War</i> exhibition. Explore the exhibition and chat about how the women's memorial developed and our ongoing research into the women it remembers. A drop in event.	North Transept, York Minster, Deangate, York YO1 7HH Entry fee to York Minster applies (free for York residents) and small charge for refreshments (£1 - £2.5)
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Contact: 01904 557200 info@yorkminster.org yorkminster.org/

Accessibility YES - WA, AT, HL NO - BSL, BBP (no parking at all, taxis can drop off close to accessible entrance)

10 am - 12 pm	Senior Club 60+ Session If you are over 60, join us every Wednesday between 10 am and 12 pm for a social session with a variety of fun activities. Pickleball, Badminton and Table Tennis. Booking essential via the Better app or direct in centre through reception. Please note our centres are cashless. Email for more information.	Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA £5 including tea or coffee afterwards
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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 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, either in person or by video conference; the link to the Teams meeting will be emailed to you once you book your appointment.</p> <p>Pre-book your 30 minute appointment by Fri 26 Sept on a first come first served basis.</p>	<p>Crombie Wilkinson Solicitors, 19 Clifford Street, York, YO1 9RJ</p> <p>or by video conference</p> <p>Free</p>
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Contact: Emma Campbell 01904 624185
e.campbell@crombielwilkinson.co.uk

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

10 am - 3 pm	<p>Sewn With Love - Pillow making workshop</p> <p>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.</p>	<p>York RI RFC, New Lane, Acomb YO24 4NT</p> <p>Free</p>
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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

11.30 am - 12.30 pm	Yearsley Aquatics for Health Aquatics for Health class offers many benefits for your physical health and overall wellbeing. It helps to build strength, endurance, and flexibility while reducing the impact on your joints. Suitable for individuals of all ages and fitness levels. Must be booked via email.	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

1 - 3 pm	Board Games and Advice Drop-in for visually impaired adults Come join us for some accessible board games, alongside advice from our fantastic YorSensory team ! Tea, coffee and cake	Wilberforce Trust, Wilberforce House, The Grove, York YO24 1AN Free
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Contact: Megan Horner 01904 760037
LLZ@wilberforcetrust.org.uk wilberforcetrust.org.uk/

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

2 - 4 pm	A Brew with Bronte A monthly gathering at Middlethorpe Hall hosted by The Bronte Club. Enjoy tea, scones, garden walks, friendly conversation, and Bronte, our therapy dog in a relaxed, welcoming environment. The Bronte Club is designed to enhance the wellbeing of older people, people living with dementia, and their care partners. Booking is required - spaces are limited	Middlethorpe Hall, Bishopthorpe Road, York YO23 2GB Suggested donation of £8 for a local charitable cause
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Contact: Chantal Kinsella / Vanessa 01904 236838
community@brontehousegroup.co.uk brontehousegroup.co.uk/

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

2.30 - 4 pm	CARE: Film screening and discussion CARE is a powerful new documentary about social care. Filmed entirely by staff inside one residential care home as they emerged from the COVID-19 pandemic, CARE offers an intimate, uplifting look at life in later years and raises questions about how older people and those who care for them are valued within our society. Following the 40 min screening there will be a panel discussion and audience Q and A hosted by the film's producers.	Creative Centre Auditorium, York St John University, Lord Mayor's Walk, York YO31 7EX. Free
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Contact: Lucy Jolly Lucy.Jolly@newcastle.ac.uk carethefilm.com/
Book at carefilm.york50.eventbrite.com/

Accessibility: YES - WA, AT, HL, BSL (can be arranged), BBP

2.30 - 4.30 pm (doors open at 2.15 pm)	Strictly Fun Dancing! These are barn / ceilidh style social dances, held on the 1st and 3rd Wednesdays in the month. You don't need a partner and no previous dancing experience is necessary. Whilst admission is normally £4 this will be reduced to £2 for a special 50+ " taster " session on Wednesday 1st October! No need to book in advance.	Acomb Methodist Church, Front Street, Acomb, York YO24 3BX £2
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Contact: Phil Quin 01904 783029 pipqn@supanet.com

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

6 - 7 pm	Walking Football As Wednesday 24 September, see p.36.	Huntington Community Sports Pitch, YO32 9WT
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Contact: Amy Tyro inclusion@yorkcityfcfoundation.co.uk

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

York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 20th York 50+ Festival.

This year's Festival is brought to you by:

Jenny Collieson (coordinator), Catherine Sotheran (brochure editor), Dianne Willcocks (International Day of Older People) Jim Cannon (YOPA Chair).

Ali Rogan (Comms, PR & social media), Shirley Reed (finance), Donna Smith & Alice Broughton (website / YOPA admin), Penny Causer (design), Andy McConnell (distribution)

We hope you will enjoy taking part in these events and will help to create next year's Festival.

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 get in touch. .

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

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E N J O Y !

Brochure printed by FULPRINT, Apollo Street, York