

WEDNESDAY JULY 27th - SERIOUS MEETING - The role of Quality and Monitoring officers in Health and Adult Services at North Yorkshire County Council. LINDA HALL and JAMES WATERWORTH will explain how residential and domiciliary care providers work with the Council to provide services on its behalf and how the providers are monitored and assessed. **Malton & Norton Rugby Club 9:30 for 10:00am.**

FREE OF CHARGE but please send in the Booking slip.

NEW PROGRAMME

TUESDAY AUGUST 2ND - A TRIP ON THE TEESIDE PRINCESS

Cost £29.00 per person for the coach, the cruise and 'Sunday Lunch'. A lovely river cruise through glorious countryside on the Teesside Princess from Castlegate Quay, Stockton via Preston Park to reach the market town of Yarm and onto the mighty Tees Barrage. Along the route dozens of sites with historical associations are included, wild life can also be seen in the conservation areas along the river. Included is a traditional two course 'Sunday' roast with British beef served with roast potatoes, seasonal vegetables, Yorkshire Pudding followed by traditional hot dessert and tea or coffee. **Please inform about allergies when booking.** We shall start from Norton at 9:30am and leave for home at about 4:00pm

TUESDAY AUGUST 9TH - COFFEE MORNING - "WILTSHIRE FARM FOODS" - **KERRY JENNINGS** from Wiltshire Farm Foods will give a presentation telling us all about this service which has been operating in our area for the past 24 years. There will be lots of information and also many nice things to taste. (Maybe even the famous lemon sponge) **Cost £2 per person.** Malton and Norton Rugby Club. 10:00 for 10:30am.

THURSDAY AUGUST 18TH - A TRIP TO LINCOLNSHIRE VILLAGES. **Cost £11 per person just for the coach.** We will leave Norton at 9:00am and drive over the Humber Bridge to make our first stop for coffee at the garden centre at **Brigg**. We then take the scenic route to **Horncastle**, the antique centre of eastern England, it has lots of interesting shops and it will be Market Day that day. There are many nice places for lunch and we have allowed plenty of time for this stop. Next we go to **Louth** another nice village with an interesting museum and an ancient church. We will leave for home about 4:30pm. The cost of this trip is for the coach only as you will be purchasing your own refreshments.

THURSDAY AUGUST 25TH - COFFEE AFTERNOON - A HISTORY OF PLANT MEDICINES. PAM TOWLER who is a retired pharmacist will talk on this fascinating subject. **Malton & Norton Rugby Club 1:30 for 2:00pm. Cost £2 per person.**

TUESDAY SEPTEMBER 6TH - COFFEE MORNING - DR KATE GILES of York University will give us an illustrated talk about the famous **WALL PAINTINGS IN PICKERING PARISH CHURCH.** Malton & Norton Rugby Club - 10:00 for 10:30am.
Cost £2 per person

THURSDAY SEPTEMBER 15TH - Serious Meeting - 'NUTRITION FOR SENIOR HEALTH & WELLBEING'.

SALLY DUFFIN is an experienced Nutritional Therapist with special interests in digestive health, energy and mental wellbeing. She will guide us through the often confusing world of healthy eating and supplementation, focusing on nutrients to support energy, joint health, mood and memory, and comfortable digestion. Handouts will be available and all questions are welcome. **Malton & Norton Rugby Club 9:30 for 10:00am.** There is **NO CHARGE** for this meeting but please send in the Booking Form.

THURSDAY SEPTEMBER 22ND - VISIT TO CROMFORD MILL - COST £17 per person to include the coach and guided tour. We will depart from Pickering at 9:00 am for a visit to Cromford Mill in Derbyshire. We will arrive in time for you to get some lunch before our guided tour of the Mill at 2:00pm. The tour lasts approximately one hour and which will give you further time to explore the village. We will leave at 4:30pm

Cromford Mills has been described as the most important preserved textile heritage site in the world. Our tour guide will take us back in time to when Sir Richard Arkwright pioneered the world's first successful water powered cotton spinning mill with an introductory tour of the main mill complex. Hear more about the secrets of Sir Richard Arkwright's work; how and why he chose Cromford to build his mills and find out more about the revolutionary techniques he used to make it an international success.

FRIDAY SEPTEMBER 30TH - THE DAY OF THE OLDER PERSON LUNCHEON. Cost £19 per person. Join us at The Forest and Vale Hotel, Pickering for lunch to celebrate this special day. Our guest speaker will be **MAUREEN SUTCLIFF** who was with us in 2009 and kept us amused and enlightened with her stories of starting farming with very limited knowledge and resources. Now she has decided to retire and I am sure will have a lot more tales to tell. We will meet at 12:30 for lunch at 1:00pm. **Please send your menu choice with your booking form.**

MONDAY OCTOBER 10TH- VISIT TO SOUTHWELL MINSTER AND WORKHOUSE Cost £19 per person to include the coach, a guided tour of the Workhouse and light refreshments in the afternoon. We shall start from Pickering at 8:30 am to spend the day in Southwell, Nottinghamshire. We hope to arrive there at about 11:00am which will give time for you to visit the famous Southwell Minster and have lunch before we go to the Workhouse for a guided tour at 2:00pm. There are plenty of places to eat in the town and the Workhouse tour will include light refreshments before we set off for home at about 4:30pm. For those members who heard the talk about life in the Workhouse in June this will be an opportunity to see what conditions were really like and for anyone who missed the talk then this will be an eye opener to what life was like for paupers in the not too distant past.

TUESDAY OCTOBER 11TH - COFFEE MORNING - WARM AND WELL. Malton & Norton Rugby - Club 10:00 for 10:30am. Cost £2 per person. Join us for a presentation on the Warm and Well Scheme for North Yorkshire. We have tried for the past few years to bring this information to you but it has always come through too late to get into our programme, so come to learn tips to help us get through the winter months.

WEDNESDAY October 26TH - COFFEE AFTERNOON - RSPB BEMPTON, SARAH AITKIN will talk to us about the work the Royal Society for the Protection of Birds do at Bempton. **Malton & Norton Rugby Club - 1:30 for 2:00pm start. Cost £2 per person.**