

NEW PROGRAMME

TUESDAY, AUGUST 8th - Coffee Morning -

THE WOMAN WHO DIDN'T EXIST. A talk by KATH AND CLIVE

RICHARDSON. The fascinating true story of how one woman's life was transformed by the First World War.

Malton and Norton Rugby Club, 10:00 for 10:30 am. Cost £2 per person.

MONDAY, AUGUST 21st - VISIT TO HAWORTH. COST £21.00 per

person to include the coach and entrance fee and guided tour. We have arranged to visit The Bronte Parsonage, Haworth, which is the inspirational home of the famous literary family. The Museum has a world-class collection of Bronte manuscripts, clothes and personal possessions. After a pleasant coach drive there will be time for a snack at the many cafés at the top of the hill before an illustrated Introduction to the Brontes at 13.15 and a tour of the museum.

Our party must be divided into two groups to allow comfortable access to each of these activities. If the weather is kind there will be time for your own exploration of the area around the Parsonage with an opportunity to use one of the cafés. Please be aware that the hill down to the bottom of the town is very steep as the area still retains those interesting old cobbled streets. As time will be short it is recommended that we explore around the Parsonage and the Church.

We will start from Pickering opposite The Forest and Vale at 8:30 am.

THURSDAY, AUGUST 24th - Coffee AFTERNOON.

DRAX POWER STATION. We will have a speaker from Drax to tell us about their work and the development of the use of bio-mass to produce electricity. This will also be of interest to those who visited Drax last year as it will bring us up to date.

Malton & Norton Rugby Club, 1:30 for 2:00 pm. Cost £2 per person.

WEDNESDAY, AUGUST 30th – “Crazy For You” at Leeds Grand Theatre.

THIS IS JUST A REMINDER AS IT IS FULLY BOOKED

TUESDAY, SEPTEMBER 5th - Coffee Morning.

A YEAR IN THE LIFE OF A BEEKEEPER - David White and James Hall from Yorkshire Beekeepers Association will talk about general aspects of keeping honeybees, honeybee husbandry and hive construction.

Malton and Norton Rugby Club, 10:00 for 10:30 am. Cost £2 per person

THURSDAY, SEPTEMBER 14th - Serious Meeting - SAFETY FIRST. We shall

have speakers from North Yorkshire Fire and Rescue, North Yorkshire Police and Ryedale District Council to advise us on the best ways to keep ourselves and our possessions safe.

Malton & Norton Rugby Club, 9:30 for 10:00 am. There is **no charge** for this meeting but please return the Booking slip so that we know how many members to expect.

TUESDAY, SEPTEMBER 19th. VISIT TO HADDON HALL.

Enjoy a pleasant bus journey travelling to Haddon Hall in Derbyshire where we shall have an included tour of the house at 12:30 pm.

As Haddon Hall dates from the 12th to 17th Centuries it is one of the oldest houses in the country but this means there are many uneven floors and steps both inside and outside the Hall. Access for visitors with disabilities is very restricted. The main entrance is

PLEASE NOTE - Members of HHA will have free entrance to the Hall but will have to pay for the tour. The Cost for **HHA members** will be **£15.00** for the coach and tour **ONLY IF YOU BRING YOUR MEMBERSHIP CARD ON THE DAY**, otherwise it will be the full price. The Cost for people **NOT** in the HHA will be **£28.00** to include the coach, entrance and guided tour.

We will start from Pickering opposite The Forest & Vale at 8:00 am.

FRIDAY, SEPTEMBER 29th - INTERNATIONAL DAY OF OLDER PERSONS LUNCH.

Do join us for our annual lunch to celebrate the International Day of Older Persons at **The Forest and Vale Hotel, Pickering, 12:30 for 1:00 pm.**

After lunch. **CRAIG RALSTON**, Senior Reserve Manager, Natural England, will give us a talk on the **Lower Derwent National Nature Reserve**. The talk will cover that reserve, why it's important and the special wildlife it supports, how they look after it and some of the research projects they undertake to ensure it is flourishing - all backed up with some stunning wildlife photos - so there should be something for everyone.

Cost £19.00 per person for 2-course lunch.

Please be sure to send in your Menu choices with your Booking Form.

TUESDAY, OCTOBER 10th - Coffee Morning -

ANN PILGRIM 'LAUGHTER LINE'. Poems and illustrations, a light-hearted talk with the emphasis on laughter.

Malton & Norton Rugby Club 10:00 for 10:30 am. Cost £2 per person.

WEDNESDAY, OCTOBER 11th -

THE BAD APPLE THEATRE COMPANY will present 'SALSA VERDE'.

You are invited to a live performance of a new play by Kate Bramley, a theatre director and writer, who worked for many years with the famous Hull Truck Theatre, as well as many other national theatre companies.

This is a new venture for the Forum so please come along and support us with this event as we hope to make such productions a regular feature of future programmes.

Ryedale Community Leisure Centre (Norton Bowling Club) 1:30 for 2:00 pm.

Cost £6.00 per person to include tea/coffee and biscuits.

See below for full details and Booking Form.

FRIDAY, OCTOBER 13th -

A TRIP TO OLD TRAFFORD FOOTBALL STADIUM - Cost £36 per person to include the coach, guided tour, entry to the Museum and lunch,

We will start from Pickering and travel towards Manchester to arrive at about 11:30 am, stopping for a short comfort break on the way. The visit includes a guided tour of the stadium, entry to the Old Trafford Museum and lunch in The Red Cafe.

We will leave for home at about 3.30pm

As an alternative to visiting Old Trafford Stadium, a day can be spent shopping at The Trafford Centre when the cost will be **£11 per person for the coach only.**

Booking priority will be given to those wanting to do the Old Trafford Stadium visit.

WEDNESDAY, OCTOBER 25th Coffee AFTERNOON -

LAUGHTER YOGA with Helen Clark. 1:30 for 2:00 pm.

Malton & Norton Rugby Club.

Do you laugh enough? Would you like to laugh more? Did you know there are many health benefits to laughter?

Join us and learn how to reduce stress, make yourself look younger, increase your blood circulation, increase the oxygen flow through your body, maintain your emotional balance, boost your immune system, increase your self-confidence. Laughter can also reduce the feelings of depression and anxiety as well as being a natural painkiller.

Why wouldn't you want to laugh a little bit more?

You don't need any special clothes, you won't have to lie on the floor or get hot and sweaty to enjoy the benefits.

So why not join us and be one of the first in Ryedale to try Laughter Yoga?

Cost £2 per person.

It is with great sadness that we have to record the death of
Kath Taylor.

Kath was a very early member of the Forum Committee and
she was the Chairman for several years.

During her time with the Forum she played a very important
part in the development of the organisation.

Our thoughts are with her family at this sad time.

Ryedale Forum for Older People

invites you to attend

"SALSA VERDE"

An original comedy with music and dance brought to you by

THE BAD APPLE TOURING THEATRE COMPANY

WEDNESDAY, OCTOBER 11, 2017

Ryedale Community Leisure Centre (Norton Bowling Club)

1:30 for 2:00 pm.

"Salsa Verde", or Green Sauce to give it a more local flavour, follows two different generations of characters where a romantic love-triangle seems destined to be repeated down the years. A wartime Bevin Boy and a navy recruit clash at the dance hall, as do another thoroughly modern duo fighting over the instructor at the local village hall Salsa night.

Expect classic Badapple comedy for all ages, with a bit of song and dance thrown in. Guaranteed to keep you entertained throughout the performance, so join us for an afternoon of great theatre with a cuppa and biscuits thrown in.

Performance commences at 2:00 pm and concludes at 4:30 pm
with a 20-minute interval.

I / We would like to come to the Afternoon Performance - 'Salsa Verde' -
on Wednesday, October 11th.

Ryedale Community Leisure Centre (Norton Bowling Club) - 1:30 for 2:00pm.

Name(s).....Membership No.....

Address.....

.....Post code.....

Tel. No.

I enclose **£6 per person** £.....

Healthy Activities Programme.

Ryedale Forum 50+ is committed to providing activities for its members which contribute to their general health and well-being, both physically and mentally.

All the activities listed are restricted to Forum members only, because of necessary insurance cover.

Some of these activities are seasonal, i.e. may only run through autumn to spring.

Currently the following activities run within the Forum:

What?	Where?	When?	Contact	Tel.
Table Tennis for fun and exercise	Ryedale Sports Club, Thornton Road, Pickering. Any age, any ability	Monday 2:00-4:00 pm PLEASE BRING OR WEAR SOFT SHOES	Jean Wardman	01751 477778
Yoga classes	St Peter's Church Hall, Norton	Monday from 11:30am -1:00pm	David Perks	01653 693305
Gentle Exercise	Ryedale Leisure Centre (Norton Indoor Bowling Club)	Monday 2:15 – 3:15 pm	Peter Hindmarch or Melissa Huntsman	01653 691263 07738 287948
Walking groups	Various meeting points. Separate programmes issued March and September	Most Tuesday mornings for short walks; SOME Fridays for longer walks	Terry Wray	01653 693635
Keep-fit sessions	The Memorial Hall, Old Malton	Wednesday 9:30 – 10:30 am	Peter Hindmarch	01653 691263
Bowling	Ryedale Indoor Bowling Club, Norton EQUIPMENT IS PROVIDED (Shoes & Bowls)	Forum session each Thursday from 10:15 am	Terry Wray	01653 693635

RYEDALE FORUM 50+ COMMITTEE 2017-18

Registered charity 1121417

Rob Salkeld (Chair)	01944 759123
Pauline Reeve (Vice Chair)	01944 710930
John Reeve (Hon. Treasurer)	01944 710930
Brenda Blakeley (Hon. Sec)	01751 460262
Anna Salkeld (Events)	01944 759123
Sue Walker (Administrator)	01653 699759
Danny Dwyer (Membership)	01751 474464
Mike Denniss	01653 697077
Carole Elliott	01653 694891
Peter Hindmarch	01653 691263
Gaynor Johnson	01653 692071
Judith Pickering	01944 759238