

Ryedale Forum *for* Older People

50+

Registered Charity 1121417

Spring Programme: February - April 2018

WELCOME!

You will see that we have made a few changes in our presentation. We hope you find these helpful and that they will make life a little easier for everyone.

The main difference is that you will no longer have to book in advance for COFFEE MORNINGS or 'SERIOUS MEETINGS' - simply turn up and pay the fee of £2 each at the door for coffee mornings. 'Serious Meetings' are free as before.

If you would like to join The Forum please contact David Wootton on 01944 758758 or e-mail: ryedaleforum@outlook.com for a Registration Form. There is no membership fee or annual subscription.

FORUM COMMITTEE

We are very sad to report that Sue Walker has decided to retire as our Administrator. On behalf of you all we'd like to thank her for all her contributions over many years and wish her health and happiness in whatever she does next.

Danny Dwyer has been our Membership Secretary for the last 5 or so years and is now giving up these duties but will still remain on the Committee. Again, we would like to thank him for all his hard work and hope he is able to enjoy a more relaxed retirement.

We have been very fortunate to welcome a new Committee member - David Wootton who has kindly agreed to take on the Membership Secretary's duties.

Finally, we have to tell you that our Vice Chairman - Pauline Reeve is now recovering at home from two strokes. We send both Pauline and John our thoughts and very best wishes.

COMMUNITY NEWS

Those of you who enjoy dancing might be interested to know that **Steve and Sharon Conroy** invite you to their **Happy Feet Dancing Events** from 1.30 till 4.00 every Thursday at **Wintringham Village Hall YO17 8HX** A mixture of ballroom and social sequence dancing to live music. £4.00 pp inc tea/coffee and biscuits

ADVANCE NOTICE

SHORT BREAK TO SEE THE TERRACOTTA WARRIORS EXHIBITION, LIVERPOOL

Fri 1st - Monday 4th June 2018

The organizer, Terry Wray, has now sent more information to those of you who showed interest following the preliminary details contained in the last Newsletter.

There are still a few places left so if you now think you might be interested in going on this short holiday next summer then please ring Terry on 01653 693635 after 6th Jan 2018.

Visits will include: The Piece Hall, Halifax; Salmesbury Hall; Ness Gardens; Terracotta Warrior Exhibition; Lancaster Castle; Sizergh Castle/Gardens and Lyme Park.

Cost £225pp plus £60 single supplement.

STILL TO COME FROM THE WINTER PROGRAMME

PLEASE NOTE: from this Programme, all *Coffee Mornings* and '*Serious Meetings*' will start at 10:00 for 10:30 and you can pay at the door for *Coffee Mornings*. They are held at Malton & Norton Rugby Club.

Wednesday, 17th January, 2018

Coffee Morning - Canine Partners

Thursday, 18th January, 2018

Backstage Tour of the Leeds City Varieties Theatre

Cost £15pp to include the coach, tour and refreshments. There are a few places left. If you would like to book please ring David on 01944 758758

Thursday, 25th January, 2018

Serious Meeting - Update on 'OUT OF HOSPITAL CARE'

NEW PROGRAMME

For OUTINGS members will have received a booking form by post. This comes with your name, address and membership number already printed. Just complete the form (full details on rear) and attach your cheque for the appropriate amount - one cheque to cover all your outings. Then return the form with your cheque to the New Admin Address given at the bottom of the form. We will still operate a first come, first served basis and will notify you if you have to be placed on a waiting list.

If you are not a member, but would like to join our Outings please contact David Wootton on , 01944 758758 or E-mail: ryedaleforum@outlook.com for a Registration Form. You will then receive a Booking Form with your membership pack.

Thursday, 8th February, 2018

Coffee Morning - Royal National Lifeboat Institution

John Porter who retired from being a crew member of the Scarborough Lifeboat after 35 years during which time he helped save the lives of 175 people. John will tell us all about the origins and work of the RNLI.

Cost £2pp.

Wednesday, 14th February, 2018

A Visit to the Rhubarb Triangle - Ref. TR1402

Reputed to be a natural aphrodisiac, what could be more romantic than a Valentine's day trip to the rhubarb triangle! We will start from Pickering to arrive at Ashfield Rhubarb Farm, Carlton around 10:30 for coffee, tea and biscuits. In the lecture theatre, we will learn about the ancient history of rhubarb, how and why it became used as a medicine and the benefits of eating rhubarb. We will then move into the forcing sheds to hear about the forcing process and how it works. Warm clothing and firm footwear is advisable as this is a working farm. Our visit will end around 12:30 when we will move on to Tong Garden Centre for lunch and a browse around the retail outlets. We will leave for home at around 15:00. Please note that lunch is not included in the cost of the trip. Cost £16pp to include coach, rhubarb tour and refreshments at the Rhubarb farm.

Tuesday, 20th February, 2018

Coffee Morning - Ryedale Vineyards

Jack from Ryedale Vineyards will tell us about Ryedale's best kept secret - yes there is a vineyard in Ryedale producing award winning English wines. We will hear how the vineyard was established and Jack will take us through the brewing, maturing and bottling process. We will also have the opportunity to taste some of these excellent Yorkshire wines.

Cost £2pp.

Wednesday, 7th March, 2018

Coffee Morning - A Life Treading the Boards

An hour-long presentation by Catherine Terry giving a glimpse of her life spent in show-biz. To include Photos/Video clips of the shows she has been in. Very colourful and entertaining.

Cost £2pp.

Thursday, 22nd March, 2018

Serious Meeting - Safety Part 2

Following on from our earlier meeting on Safety, this time we have PC Jane Jones who is part of the local policing team for Ryedale; Caron Twamley - NYCC Road Safety Officer for Ryedale and Andy Fox from Trading Standards. There is NO CHARGE for this meeting.

Wednesday, 28th March, 2018

Outing to Saltaire - Ref. TR2803

Join us for a trip to Salts Mill, Saltaire along with a Village Tour. We start the walk in the Saltaire United Reformed Church, subject to availability, where you are met by guides in costume and character. Each participant is given a handmade laminated bookmark with the real history of someone who lived and worked in Saltaire. We then split the group for a gentle meander around the village. The walk will take in the region of 90 mins and is very gentle, but if you feel that you are unable to participate then there is the Mill to explore. Back at the Mill there are several galleries, a café, restaurant, a wonderful book shop, shopping galleries and the David Hockney exhibition on the top floor. There is a lift.

Cost £18pp to include coach trip and village walking tour.

Tuesday, 3rd April, 2018

Coffee Morning - Asian Turkey

A return visit from Jocelyn Brookes who previously spoke to us about her travels in The Wild West and later Moorish Spain. This time we are in Asian Turkey. This will include a visit to Troy, Ephesus and other ancient sites. We will also be finding out about Central Anatolia, Cappadocia and the Valleys of Goreme.

Cost £2pp.

Thursday, 19th April, 2018

Coffee Morning - Quizzing

Today we will have several quizzes - some easy(ish) and some fiendish. Bring your brains along - all for fun. No prizes, no leagues! If you would like to bring a Quiz then please do so - we'd welcome it.
Cost £2pp.

Tuesday, 24th April, 2018

Annual General Meeting

After the formal business, JEFF ANDREWS will speak on 'Adventures of a travelling man'.

Malton & Norton Rugby Club 14:00 for 14:30.

There is NO CHARGE for this meeting as Jeff does not require a fee, but he would appreciate donations for the Wild Animal Charity run by Jean Thorpe.

We shall be sending out formal AGM papers with our next posting.

Wednesday, 25th April, 2018

A Mystery Trip - Ref. TR2504

A full day Mystery Trip taking in some beautiful countryside, two stops en-route and ending with a delicious afternoon tea at a location with close connections to Malton.

Cost £24pp to include the coach and Afternoon Tea.

www.ryedaleforum.org.uk

E-mail: ryedaleforum@outlook.com

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Healthy Activities Programme

Ryedale Forum 50+ offers a range of activities which contribute to members' general health and well-being both physically and mentally.

These activities are restricted to registered Forum members only. There is a charge payable on attendance to cover costs.

Attendance at some activities may be limited due to capacity of venue.

Activity	Location	Time	Contact
Table Tennis Please bring or wear soft shoes	Ryedale Sports Club, Thornton Road, Pickering	Monday 14:00 - 16:00	Jean Wardman 01751 477778
Yoga	St. Peter's Church Hall, Norton	Monday 11:30 - 13:00	David Perks 01653 693305
Gentle Exercise	Ryedale Leisure Centre (Norton Indoor Bowling Club), Norton	Monday 14:15 - 15:15	Peter Hindmarch 01653 691263 or Melissa Huntsman 07738 287948
Keep-Fit	The Memorial Hall, Old Malton	Wednesday 9:30 - 10:30	Peter Hindmarch 01653 691263
Bowling Shoes and bowls provided	Norton Indoor Bowling Club, Norton	Thursday 10:15	Terry Wray 01653 693635

Walking Groups

Short walks are held most Tuesday mornings with longer walks on Fridays.

Programmes are issued in March and September for these activities.

Please contact Terry Wray 01653 693635 if you wish to join the walks or receive copies of the programmes.

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Pick-Up Points

Forum Outings:

We can arrange for our coach to collect you from a number of points if you are attending a Forum outing.

Please choose a pick-up point from the following list and enter the number on your booking form. Details of Pick-Up times etc., will be sent out at least one week before the date of the event.

Pick-Up Points starting from PICKERING		
PICKERING	Point 1	A169 opp Forest & Vale car park
OLD MALTON	Point 2	Bus stop near Memorial Hall
MALTON	Point 3	Malton & Norton Rugby Club
MALTON	Point 4	The Old Lodge
NORTON	Point 5	St. Nicholas Street car part
MALTON	Point 6	Opp the Cenotaph

Pick-Up Points starting from NORTON		
NORTON	Point 5	St. Nicholas Street car park
MALTON	Point 7	Horsemarket Road opp Fersina Windows
MALTON	Point 4	Princess Court
MALTON	Point 3	Malton & Norton Rugby Club
OLD MALTON	Point 2	Bus stop near Memorial Hall
PICKERING	Point 1	Outside Forest & Vale car park
PICKERING	Point 8	Opp Isabella Court
THORNTON LE DALE	Point 9	Outside Balderson's (Only when travelling East)
WRELTON	Point 10	A170 Kirkbymoorside End
SINNINGTON	Point 11	A170 Opp Lane end, near bridge
KELDHOLME	Point 12	A170 Opp Hutton le Hole Road end
KIRKBYMOORSIDE	Point 13	Opp Old Road Corner
KIRKBYMOORSIDE	Point 14	West Lund Crossroads
NAWTON	Point 15	A170 Gale Lane Junction
HELMSLEY	Point 16	A170 Corner of Ashdale Road
HELMSLEY	Point 17	Feathers Hotel, Market Place

Note. If joining at Point 3 (Malton & Norton Rugby Club), please park in the first area, close up to the hedge.