



THE DEEP, HULL

# RYEDALE FORUM FOR OLDER PEOPLE DRAX POWER STATION EVENTS PROGRAMME SPRING 2016

WELCOME. Hopefully Spring is not too far away and we can start to think about days out. We like to think we are offering our members an interesting programme and would remind you to apply early for any event you would like to attend. As always places are allocated on a strictly first come first served basis and we hate to disappoint.

HELP – yet again we are looking for members to join our happy band of TEA AND COFFEE HELPERS. If you would like to be on the list you can be sure that if you only wish to help occasionally you will only be called upon to help at an event for which you have booked. If you would like to be a regular helper then again, you will only be asked to help at events you have booked for. PLEASE HELP – all you will be asked to do is to help serve refreshments and do a bit of clearing and washing up.

ATTENTION! You will find in this Programme, details of a new GENTLE EXERCISE CLASS which will be starting in February. If you feel you'd like to join then rest assured it will definitely have an emphasis on 'gentle' and Lycra is not necessary!

Reminder of things still to come:

WEDNESDAY, 13<sup>th</sup> JANUARY COFFEE MORNING – HEARING DOGS FOR DEAF PEOPLE.

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

HAVE I / WE BOOKED FOR THIS? Yes / No

THURSDAY, 21<sup>ST</sup> January Serious meeting

- 'HUMAN RIGHTS - WHAT ARE THEY? HOW DO THEY AFFECT ME?'

Malton & Norton Rugby Club 9.30 for 10:00 am.

HAVE I / WE BOOKED FOR THIS? Yes / No

THURSDAY, 28<sup>th</sup> January. VISIT TO LEEDS.

Cost £10 per person for the coach only.

HAVE I / WE BOOKED FOR THIS? Yes / No

### NEW PROGRAMME

TUESDAY, FEBRUARY 2ND SERIOUS MEETING -

Lasting Power of Attorney , Advance Directives, Living wills etc.

How can you ensure that if, in the future you need to have care, your wishes are taken into account? Sylvie Barrett and Elaine Brookes Mental Capacity Act Coordinators, NYCC.

Malton & Norton Rugby Club. 9:30 for 10:00 am.

There is NO CHARGE for this but please fill in the Booking Form.

### THURSDAY, FEBRUARY 11th - VISIT TO "THE DEEP"

cost £18 per person; this includes cost of the coach and entry fee. The story of the world's oceans is told at this huge aquarium with over 3,000 creatures; get up close to sharks, sting rays and turtles. There is a very nice café for lunch or just a quick bite, and there are plenty of loos and places to sit down. This is a go as you please day, we will arrive about 11:00 am and leave for home about 3:00-3:30 pm.

# THURSDAY, FEBRUARY 18<sup>TH</sup> -Coffee and Cake Morning -

'MUSICAL MEMORIES'. Come and sing away the February blues.

Ruth & Neil Hannah will entertain us and encourage us all to sing along with them. Their repertoire includes a range of songs from the 1920s to 1970s and includes traditional songs, songs from the shows, Eurovision winners, No 1 hits of the fifties and sixties and a range of songs/ballads from the forties too. We shall have songbooks to remind us of the words.

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

WEDNESDAY, MARCH 2ND - Coffee Morning -

LINDY ROWLEY will give us a talk about THE SCARBOROUGH MARITIME MUSEUM.

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

# THURSDAY, MARCH 17TH - Coffee Morning -

A TRIP DOWN MEMORY LANE. A talk by Keith Barber on 40s, 50s and 60s nostalgia. 10:00 for 10:30 am at Malton & Norton Rugby Club.

Cost £2 per person.

THURSDAY, April 7<sup>th</sup> - Coffee Morning
MEDALS AWARDED TO RAILWAYMEN a talk by TIM BYWATER
(St Leonard's Parish Priest).

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

# TUESDAY, APRIL 12TH - VISIT TO DRAX POWER STATION.

COST £14 per person to include the coach, the tour and lunch. We have arranged a visit to Drax Power Station to see the bio-mass operation. We will be divided into two groups, half will go on a bus to see the outer operation and the other half will see the inside workings of the power station, before changing over. We will all see a film explaining the work of Drax. The tour will start at 2:00 pm and will take approximately 3 hours. Ladies - trousers are preferred and all please ensure that you have comfortable walking shoes. Prior to the tour we will go to the Drax Social Club for an included lunch of soup and sandwiches. We will leave Pickering at 10:30 am and hope to be back in Malton - traffic permitting - by around 6:30 pm.

## MONDAY, APRIL 18TH - COFFEE AFTERNOON

Life in the Land Army. DOROTHY TAYLOR who was a LAND ARMY GIRL will tell us what it was really like then.

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

# THURSDAY, APRIL 21<sup>ST</sup> - ANNUAL GENERAL MEETING. Malton & Norton Rugby Club - 2:00 for 2:30pm

After the business we shall have a talk by **PAUL SMITH**, Head Gardener at Scampston Hall - 'Scampston Garden - Past and Present.' The talk will include some history of the old kitchen garden. Formal papers will be sent out nearer the time but you can register your interest on the Booking Form.

WEDNESDAY, APRIL  $27^{TH}$  - VISIT TO TENNANTS the Fine Art Auctioneers, Leyburn.

Cost £34 per person to include the coach, refreshments, 2 course hot lunch and guided tours.

This should be a different sort of day out. We shall start from Norton at 9:15 am and travel North. Our visit will begin with tea/coffee/biscuits on arrival. This will be followed by a welcome introduction (and maybe a peek into the saleroom at this point if the sale proposed for that day is still going on). We will have a fun quiz (about all things antique, of course!) before lunch 12:30 pm. Lunch is 2-courses followed by tea and coffee. After lunch we shall have a behind-the-scenes tour of the building with discussion on current and forthcoming sales and exhibitions. Light refreshments of sandwiches and cake with tea and coffee will be served around 3:30 pm after which there is time at leisure for independent browsing before we leave for home at 4:30 pm.

IF YOU HAVE ANY DIETARY REQUIREMENTS PLEASE NOTE ON THE BOOKING FORM.

#### GENTLE EXERCISE CLASSES

After the recent talk we had about the importance of not falling over we thought it would be a good idea to see if we could start a new **Gentle Exercise Group** for those of us who could do with a bit of loosening up and improving our balance.

We shall be holding new classes at RYEDALE LEISURE CENTRE

(Norton Bowling Club) on

**MONDAYS** - 2:15 – 3:15 pm starting on February 1<sup>st</sup> with Melanie Huntsman.

The cost will be £2.00 per person per session to be paid on the day. It will be 30 minutes of gentle exercise followed by tea and biscuits. If you are interested please send in a Booking Form, or if you need more information please ring Peter Hindmarch on 01653 691263.

The Wednesday classes at Old Malton Memorial Hall will continue as usual.

#### **FUTURE PLANS**

Following the very successful talk on the **National Arboretum** we were asked by many members for a trip to see as many of the interesting memorials we heard about as possible.

This will be an **overnight trip.** Please keep a gap in your diaries for **early September**, we will advise you of specific dates as soon as possible.