

RYEDALE FORUM FOR OLDER PEOPLE WINTER PROGRAMME NOV 2016 – JAN 2017

WELCOME TO OUR FINAL PROGRAMME FOR 2016. AS ALWAYS WE HOPE YOU FIND SOMETHING OF INTEREST.

YOUR ATTENTION IS DRAWN PARTICULARLY TO THE INFORMATION ABOUT FILLING IN BOOKING FORMS.

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WE, THE MANAGEMENT COMMITTEE AND THE EVENTS PLANNING GROUP WOULD LIKE TO WISH YOU A VERY HAPPY CHRISTMAS AND A HEALTHY AND PROSPEROUS 2017.

THANK YOU ALL FOR SUPPORTING THE FORUM IN 2016 AND WE LOOK FORWARD TO SEEING YOU AGAIN SOON

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STILL TO COME FROM OUR LATE SUMMER PROGRAMME:

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| FRIDAY, SEPTEMBER 30 TH | THE DAY OF THE OLDER PERSON LUNCHEON. |
| MONDAY, OCTOBER 10 TH | VISIT TO SOUTHWELL MINSTER AND WORKHOUSE
(sorry this is fully booked) |
| TUESDAY, OCTOBER 11 TH | COFFEE MORNING - WARM AND WELL. |
| WEDNESDAY, OCTOBER 26 TH | COFFEE AFTERNOON –
ROYAL SOCIETY PROTECTION OF BIRDS, BEMPTON |

NEW PROGRAMME

THURSDAY NOVEMBER 10TH - COFFEE MORNING - CHRISTMAS COOKERY with Sheila Meadley. This is a welcome return of this popular cook who will be showing us how to make some of the delights of Christmas Fayre. Malton & Norton Rugby Club 10:00 for 10:30 am.
COST £2 per person...

THURSDAY, NOVEMBER 17TH - A DAY IN HARROGATE.
COST £9 PER PERSON for the coach only. It will be the first day of the Christmas Fair in the Montpellier Quarter, so with Christmas just 5 weeks away it should put us in a festive mood. There are lots of nice shops, things to see and places to eat, and maybe a trip to Betty's. We will leave Pickering at 9:00 am, pick up on the way as usual and arrive in Harrogate about 10:30 am. As it gets dark so early we will leave for home at 3:30 pm.

FRIDAY, NOVEMBER 25TH - SERIOUS MEETING on TAX HELP FOR OLDER PEOPLE 9:30 am for 10:00 am at Malton & Norton Rugby Club - NO CHARGE

Are you sure that your tax code is correct and you are claiming all allowances due; do you know when you should tell HMRC about any untaxed income; do you know how HMRC will collect any tax due. Come to hear **IAN WRIGHT** from the charity Tax Help for Older People. This is an advisory organisation which does not sell services. Bring any questions you have on tax to this meeting.

WEDNESDAY, NOVEMBER 30TH - COFFEE MORNING -

FOOD BANKS. **LESLEY HURLEY** will talk to us about the need for food banks in our area and the work of the **Trussell Trust**. Many people find themselves in financial difficulties and are being helped by this charity, in a practical way, to relieve hardship.

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

THURSDAY, DECEMBER 8TH - CHRISTMAS COFFEE MORNING -

MUSICAL MEMORIES - This year we have invited **Ruth and Neil Hannah** to return to encourage us to sing some Christmas songs. You may remember that they came to one of our Coffee Mornings earlier in the year bringing their instruments and song books. It should be an entertaining morning with mince pies.

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

TUESDAY, DECEMBER 6TH - VISIT TO LOTHERTON HALL.

COST £20 PER PERSON to include coach, entrance, lunch and guided tour.

A day trip to Lotherton Hall where you can discover the stories of this fantastic Edwardian Country House. There is a treasure trove of fine and decorative arts with a bonus of the house having been decorated for Christmas. The cost for our visit includes the coach journey, entrance to the House with a Winter Warmer meal consisting of Fresh Home Made Soup with Crusty Roll, a baked Jacket potato with a choice of fillings and tea or coffee. After lunch there will a guided tour of the house and then some free time to explore the nearby grounds and the Bird Garden if the weather permits.

WEDNESDAY, DECEMBER 14TH - CHRISTMAS LUNCH AT THE FOREST AND VALE HOTEL, PICKERING.

Cost £22 per person for three courses and coffee.

Join us for our annual Christmas get-together. As usual we shall enliven the proceedings with a Quiz and a Raffle.

PLEASE MAKE YOUR MENU CHOICES ON THE BOOKING FORM AND SEND IT IN.

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TUESDAY, JANUARY 10TH - COFFEE MORNING - MERCY SHIPS

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

The speakers on this interesting topic will be retired GP DR JOHN RHODES & HIS WIFE, IRIS RHODES from **Mercyships UK**. The charity, almost entirely staffed by volunteers, brings free medical care to some of the world's poorest people. The *Africa Mercy*, is the world's largest charitable floating hospital. With 75% of the world's population living within 150km of a port city, they can reach people who live with little or no healthcare in some of the poorest parts of the world. With five state-of-the-art operating theatres and all the facilities needed to carry out life-changing treatments, the ship provides a safe, clean, controlled environment, ideally suited for both patients and crew.

THURSDAY, JANUARY 26TH - SERIOUS MEETING - NYCC CARERS' STRATEGY. Malton & Norton Rugby Club 9:30 for 10:00 am.

NYCC are working on a new strategy for carers across North Yorkshire and have asked to come to Forums to present their initial draft for our comments and to inform us of their consultation process. Please come to share your opinions and concerns.

FREE OF CHARGE.

TUESDAY, JANUARY 31ST - A TRIP TO MANCHESTER MUSEUM OF SCIENCE AND INDUSTRY.

Cost £12 per person for the coach only. Museums are not only for kids! There is so much to see and do here and up to 32 exhibitions galleries and workshops: from a super strength fibre thinner than a human hair to a look at the engines and industries that made Manchester the city it is today. The Warehouse Café does a variety of drinks, snacks and sandwiches and the Warehouse Restaurant has a varied menu of hot meals and drinks. The cost will only be for the coach as there is no entry fee at the museum; so you might want to give the museum a miss and have a day in Manchester to do the shops or something else. We plan to arrive about 11:00 am and as it is winter time to leave about 3:00 pm.

~ ~ ~ **VERY EARLY NOTICE** ~ ~ ~

THURSDAY, 22ND JUNE 2017 - VISIT TO LEEDS GRAND THEATRE – “MAMMA MIA”

Cost £55.00 per person for the coach and seat ticket.

Another excuse to 'dance in the aisles' ! We have managed to book for the smash hit musical **“MAMMA MIA”** – this wonderful musical set on a Greek Island and a smash hit on the stage and film is coming to Leeds in June 2017. We have reserved the usual middle stall seats to guarantee a good view for all. We will leave Pickering at approximately 9:30 am and will get to Leeds for 11:30 am in time for shopping or lunch prior to the matinee performance at 2:30 pm.

A deposit can secure a seat **BUT** the balance **MUST** be paid by **1st November, 2016**. **There is likely to be strong demand for this so if your balance is not paid on time the ticket will be given to another member.**

PLEASE NOTE: We now have a **Gentle Exercise class** which meets on **Mondays at 2.15** at the **Ryedale Leisure Centre (Bowling Club)**. After the meeting on July 25th there will be a break until **Monday September 12th**. New members are always welcome. See below for the contact details.

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 & 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 11:30 -1:00	David Perks	01653 693305
Gentle Exercise	Ryedale Leisure Centre (Norton Indoor Bowling Club)	Monday 2:15 - 3:15pm	Peter Hindmarch or Melissa Huntsman	01653 691263 07738287948
Walking groups	Various meeting points. Separate programmes issued March & 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 pm	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

If you are interested in joining any of the above activities please contact the named person, preferably between 9:00am and 5:00pm