

The Newsletter of Harrogate District Over 50s Forum

A VERY HAPPY NEW YEAR TO ALL OUR MEMBERS

FORUM MEETINGS

21ST JANUARY 2pm - 4pm at St. Paul's Church Hall, Victoria Avenue

"Keep on Moving!"

**Do you want to dance? Come and join us as we dance the afternoon away!
Dancing For Well-Being is good exercise; its gentle, safe, great for company,
friendship, it's relaxing and uplifting - but most of all IT'S FUN**

**JACKIE TERRY runs "Dancing for Well-Being" groups and we're delighted that she is
doing this for us. If you find other dancing or exercise classes too much but you enjoy
good company while exercising then this is for you!**

**NATALIE SMITH, Health and Active Lifestyle Officer will also be on hand to talk
about other ways of keeping fit, mobile and independent. We know that regular
exercise can help to limit several diseases, improve sleep, prevent falls and fractures
and improve low mood and memory so come and join us; you can do as much or as little
as you like - just enjoy the fun!**

ANNUAL GENERAL MEETING – 17TH MARCH 2016, 2.0 – 4.0pm

St. PAUL'S CHURCH HALL, Victoria Avenue Harrogate (opposite library)

All our members are cordially invited to attend this important meeting where the Committee can report to you, the members of HDOFF, about events of the past year, our financial situation and plans for the future. It is a great opportunity for members to make their views known and taken into account so that our Forum will continue to flourish.

Please note: this year the A.G.M. will be in our regular meeting place of St. Paul's Church Hall.

What's missing? You may notice that there are no illustrations in this edition. Our "Art Editor" is away at the moment and thus unable to contribute the usual lively and colourful pictures. So we are rather plain for this edition but at least all the information that people want is included.

MORE COMING EVENTS

WEDNESDAY, 17TH FEBRUARY "THE YORK CHOCOLATE STORY!"

Discover how chocolate made history.

Come and join us on a trip to the York Chocolate Factory in York for a tour and talk about the story of chocolate and York. The tour starts at 11.0am and takes about one hour; afterwards there will time for you to go for lunch, sightseeing, shopping etc. For example, the Minster is very close to the factory.

The cost of the coach and tour will be £19

Pick up points:

9.30am Harrogate, outside library;

9.45am Knaresborough, York Place, coach park.

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APRIL 14th A visit to Helmsley, recently awarded title of "Best Market Town in the Country". We will arrive at 11.30 giving time to look around the town and buy lunch at one of the many good pubs and cafes and maybe visit the castle or the wonderful walled garden.

At 1.30 we go to Nunnington Hall for a look around this delightful NT house. You may wish to treat yourself to afternoon tea in the café.

The cost will be £21

Pick up Points: 10.0 am Harrogate, outside library

10.15 Knaresborough, York Place, coach park

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19th MAY: FORUM MEETING: "FOOD GLORIOUS FOOD"

We've all seen the advertisements for ready cooked meals brought to your door; how good are they and how helpful for older people. You can hardly miss all the TV programmes on food, diet and cooking. A dietician will reveal the secrets of easy healthy eating and diet for older people.

More will be revealed in the April edition of "The Voice" !!!

RECENT FORUM EVENTS

September 30th –We celebrated International Older People’s Day (which is actually on Oct. 1st) with an afternoon tea party and a talk about life in Hunslet, Leeds, in the 40s, 50s and 60s with memories of the past. Were these really “the good old days?” A very enjoyable event largely due to the hard work of Committee members led by Susan Hobbs our vice-chair.

October 14th – Skipton Canal Cruise and lunch; a great afternoon and lunch. Barbara was inspired to poetry:

“So few to enjoy a day trip out
They missed a lot without a doubt.
Sun at its sunniest
Food at its yummiest
And leaves in Autumnal shades.
On the bank a large heron proudly stood
Waiting for photos to catch him for good
(and a photographer did!)
A lovely day to be on board
in slow moving, relaxing, congenial accord.”

November 26th – “**The Big Sell Off**”; what is happening to our NHS? A most important documentary film made by doctors, nurses and administrators working in the NHS. Despite difficulties with the sound, the large audience were concerned by the way the Health Service is increasingly becoming affected by commercial and financial interests. A lively discussion followed. Further information is available on the Forum website – hdgover50sforum .

December 3rd – **visit to Chatsworth House** to see the decorations in the House and Gardens on the theme of “Wind in the Willows.” Staff dressed as characters from the story, the decorations, wonderful lighting and sound effects all combined to make a “magical” experience. Most people rounded off the visit to the splendid Farm Shop, full of seasonal gifts and goodies to tempt the last of your money!

December 8th – **Christmas Lunch at Ascot House Hotel**. This place is a favourite with members and this year’s lunch party was a great success. With a good choice of menu, excellent food and cheerful and efficient service this was a great way to end our year and welcome the Christmas Season.

This year the Forum has held twice as many Social events as usual. All of them have been organised by our chairperson, Ann Hill, who has worked very hard to provide a varied, popular and successful series of outings. So a huge vote of thanks goes to Ann from everyone who has joined in any of our Social Events.

PROGRAMME OF FORUM MEETINGS JANUARY 2016 – JANUARY 2017

The general theme for throughout the year will be “**WELL BEING**”

JANUARY 21ST	“Keep On Moving” (see first page)
FEBRUARY 17TH	Social Event : trip to York, Chocolate Factory, shopping and sightseeing. (see inside)
MARCH 17TH	ANNUAL GENERAL MEETING - WITH GUEST SPEAKER (see first page)
APRIL	Social Event: trip to Helmsley, Pickering and the moors (see inside)
MAY 19th	“FOOD GLORIOUS FOOD” plus talk from dietician
JUNE	Social Event (to be arranged)
JULY 21st	“BEST FOOT FORWARD”; preventing falls. Plus talk from reflexologist.
AUGUST	no meetings, holiday time
SEPTEMBER 22nd	“SNUG AS A BUG” and “SWITCH TO SAVE”
OCTOBER	Social Event (to be arranged)
NOVEMBER 24TH	KEEP IN TOUCH AND KEEP SAFE”
DECEMBER	SOCIAL EVENT – Christmas Lunch, to be arranged
JANUARY 26th 2017	“TAXING MATTERS”

Note: All the Forum Meetings (including A.G.M.) will be in St. Paul’s Church Hall, Victoria Avenue

THE LUNCH CLUB

We are grateful to the three people who have agreed to organise the monthly meetings of the Lunch Club. Meetings are on the second Tuesday of the month, usually from 12 noon. Members who wish to go should contact the relevant organiser as soon as possible.

9th February at Six Poor Folk, 25 Castlegate, Knaresborough. (contact Tania Brightmore 862290)

8th March at Le Bistrot Pierre, 15 Cheltenham Parade, Harrogate (contact Margaret Smith 522005)

12th April at Gravelly's, 8-12 Cheltenham Parade, Harrogate, (Contact Pat Lawson 391437)

Details of future lunches will be available from the organisers and will be included in “The Voice” as well.

