



York celebrates United Nations International Day of Older People

YOPA is leading a celebratory series of events from **24 September to 2 October** to mark the International Day of Older People (IDOP)

Saturday 28 September is our festive day!

Our exciting activities focus on the **Memories and Dreams** of older individuals, aiming to:

- dispel ageist stereotypes
- enhance wellbeing and enjoyment
- foster intergenerational understanding and links.



What's happening

- Parade, filming and workshops to encourage creative participation
- 10-day exhibition trail hosted by voluntary organisations
- Creation of eco-friendly butterfly puppets symbolising evolution and wonder

Who is getting involved in York?

Our friends include:

YOPA; AgeUK York; Age-friendly York; Parkinsons' Creatives; OCAY; York St John Students' Union; York Interfaith; together with York Theatre Royal; York Art Gallery; St Sampson's Centre; York Minster; SPARK; Carers' Centre; Dementia Forward; Minds & Voices

We gratefully acknowledge the support from Rotary Ainsty York.



Events taking place:

• 10-day exhibition trail

- Tuesday 24 September to Wednesday 2 October 2024
- Around the city centre, you will find shops, cafes, churches etc housing stories from groups of elders in our many creative voluntary groups



• IDOP Celebration Parade

- At 12 noon on Saturday 28 September a parade will begin at York Theatre Royal, go through Museum Gardens, stop at St Helen's Square, where the Lord Mayor will receive the parade, a creative "happening" will take place including music and dancing
- The parade then continues onto St Sampson's Centre in Church Street for refreshments

• Performances on Saturday 28 September

York Theatre Royal's Studio Theatre*

- York Playback Theatre performance at 13.30
- Silver Swans masterclass plus mini-ballet at 15.00

York Art Gallery*

- Facilitated visual arts painting workshop at 14.00-15.30

Museum Gardens

- Tai Chi demonstration at 14.30

*Free tickets are required to attend Studio events & Art Gallery activities, available from YOPA yorkolderpeoplesassembly@outlook.com.



Follow the action:

- Scan the QR code opposite or find out more on the YOPA website: <https://www.yorkassembly.org.uk/idop/>
- See social posts @IDOPYork and through partner organisations.

For further information contact:

- Mary Cannon or Dianne Willcocks at yorkolderpeoplesassembly@outlook.com

