

IDOP York Performance/Activities Programme

Saturday 28 September

| Time | Location | Activity |
|-------------|-----------------------------------|--|
| 10.00-16.00 | St Helen's Square | Installation; make Butterflies; song & dance |
| 12 noon | York Theatre Royal | IDOP celebration parade commences |
| 12.45 | Mansion House, St Helen's Sq. | Civic welcome |
| 13.30 | York Theatre Royal Studio Theatre | Playback Theatre performance |
| 14.00-15.30 | York Art Gallery | William Morris 'making' workshop |
| 14.30-15.30 | Museum Gardens Pavilion Lawn | T'ai Chi watch & join |
| 15.00 | York Theatre Royal Studio Theatre | Silver Swans masterclass / ballet |

Free tickets will be available on the door(s) on a first-come-first-served basis

Tuesday 2 October

| Time | Location | Activity |
|-------------|------------------------------|--------------------------------------|
| 10.00-12.00 | York Minster, North Transept | York Minster Curator Coffee and Chat |

We look forward to welcoming you all to our activities being held on Saturday 28 September. We provide below a little more background information to get you in the mood.

Butterfly making with song and dance 10.00-16.00 at St Helen's Square

The Parkinson's UK Art Installation in St Helen's Square will comprise giant eco-flowers with giant butterflies attached. Under one of the flowers there will be a table on which some small butterfly shapes will be available for any children to decorate and take away (or to join in the parade if they so wish). This will be a low key affair, not a full blown workshop. There will be an information hub about Parkinson's UK York Branch and the activities for people with Parkinson's. NB the Parkinson's Art Class is supported by Parkinson's UK York Branch. Paula Ryan – local singer song-writer will be playing her music around 11.00-14.00 - as she did last year.

When the Lord Mayor appears she and her Sheriff will be wearing golden butterflies made by the Parkinson's creatives and at St Sampson's these will be presented to the St Sampson's community for their golden anniversary.

York Playback Theatre performance at 13.30 at York Theatre Royal's Studio Theatre

York Playback Theatre is community theatre, where the real moments, dreams and stories of the audience are spontaneously improvised – echoing the International Day of Older People theme: *Memories and Dreams*.

You can tell your story with the help of our conductor, choose the actors to play the parts and then sit back and watch as it is brought to life by our company of actors and musicians. Sometimes people come with stories they want to tell, and sometimes stories are inspired by the performance. Sometimes people come simply to watch. This positive and enjoyable process demonstrates that everyone's story is worth telling. Stories can be hilarious, humdrum, tragic or joyful – any moment, however small, can make a Playback story.

Saturday 28th September 2024



In celebration of the International Day of the Older Person

Facilitated visual arts painting workshop at 14.00-15.30 at York Art Gallery

York Art Gallery is offering everyone who wants to celebrate International Day of Older People, to join us for a family-friendly drop-in session, where you will have the chance to learn more about hand-printed wallpaper by getting stuck in! Help us create a roll of wallpaper, inspired by William Morris and the skilled workers of the Arts and Crafts movement. We will be using water-based inks but old clothes are recommended in-case you get messy.

Tickets are limited so please arrive at 2pm to avoid disappointment'

T'ai Chi demonstration 14.30-15.30 at Pavilion Lawn Museum Gardens

York T'ai Chi is very excited to be offering a demonstration and participation event for the upcoming IDOP celebration on the 28th September. Some of us are taking part in the procession through town at midday, and then we will be joining friends at the Pavilion Lawn in Museum Gardens at 2.30pm for some practice. We will begin the hour with York T'ai Chi local club members completing Lee style T'ai Chi Short Form so you can see the beautiful group work we do and then you are invited to take part in some of our partner and breathing meditation exercises and we will all try the group form together to complete the hour. The activities are very accessible and everyone should be able to try this internal energy art that uses soft continuous movement to cultivate a sense of flow, calming busy minds and helping you to relax. The Pavilion Lawn is a large space with plenty of room for you to come and watch and, if you are feeling brave, join in and give this amazing system a try!

Silver Swans masterclass plus mini-ballet at 15.00, York Theatre Royal's Studio Theatre

Jorvik Dance have 130 Silver Swans all aged between 50 and 90, some with physical ailments and some not, some with lots of dance experience (including three retired professionals) and many with little or no dance experience whatsoever. Whether it's a stiff knee through to Parkinson's Disease, standing barre free to seated or with balance support, we can make the necessary adaptations for everyone to enjoy the class. At York Theatre Royal we will be displaying examples of ballet exercises both at the barre and in the centre, with a fun mini ballet choreography at the end. All sections include modifications and adaptations based on experience and/or clinical need. We hope you enjoy watching and sharing our joy of dance.

York Minster Curator Coffee and Chat (informal drop in) on 2 October 10.00-12.00 at York Minster, North Transept

This year marks 40 years since lightning struck York Minster. Join the Curator of Out of the Ashes, an exhibition to mark the fire. Find out what goes into putting an exhibition together and share your memories of the fire and restoration works. Cake and drinks available to buy.

Residents get free entry to York Minster (bring something with your address on). Entrance fee applies if you want to attend this event and are not a York resident. The Friends of York Minster are running a coffee morning in the North Transept.

<https://www.yorkassembly.org.uk/idop/>

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