



Festival 24 Programme

This is a taster and a guide to the various activities taking place each day, full details, and options to book into each of the sessions will be published on the website in the coming weeks. The full music and sports programme will be available shortly.

Thursday 18th July – afternoon and evening

Registration from 2pm in the Galleria Restaurant

Fun with Maths

Fun mathematical puzzling for all abilities, getting to know the Platonic solids that have been an important part of our history for thousands of years.

Sew on the Go

Get caught up in a hobby that is extremely addictive.

Slow stitching 'Van Gogh'

A practical introduction to the mindful craft of slow stitching. Participants will each create a Van Gogh inspired fabric collage.

Environment and Climate Change

Learn more about climate change and flooding and rising temperatures.

Hey Up! Card Game

A noisy and highly sociable card game

The Art of Family History

Take inspiration from your precious family memories and memorabilia to make a unique creative piece that you and yours can enjoy for years to come.

Gardening & Wildlife with the RHS

A talk by Andrew Willocks from the RHS

Secrets of the Human Brain

This talk provides a simple description of the structure of the brain, how nerves work and how different parts of the brain do different things.

Brushstrokes of History

Join us for a fascinating journey through York's rich artistic history, including a closer look at a national treasure from the National Gallery, Monet's 'Water Lily Pond'.

Yoga Flow



Laughter Yoga

You don't stop laughing because you grow old. You grow old because you stop laughing.

Spanish Board Games & Conversation

Games can be an excellent way to develop language skills and they can be played with people at different levels of knowledge of the language.

Country Dancing

Quiz

A fun quiz. Participants will be allocated teams on arrival. Come along and bring your own pencil.

Juke Box Jury

Be transported back to the 1960s Saturday tea-times in front of the black & white television.

That Band

Friday 19th July – morning

Jewellery Making

An Introduction to jewellery making session to learn basic techniques using necessary tools.

Painting for Beginners

So, you think that you can't paint. come along and see that you can.

Writing Short Stories

Join Lynne Carroll, magazine fiction short story writer and winner of the U3a National Short Story Competition 2021, to learn some tips and tricks to help you become a winner, too.

Talk on the History of Medicine

Life Drawing

Awake Asleep & Dreams

This talk explains how different parts of our brain are responsible for keeping us awake and making us go to sleep.

TaiChi/QiDong

Tai Chi and Qi Gong are closely related oriental practices for the health of body, heart, and mind. They incorporate simple, slow movements or held postures with an awareness of the breath.

STEM Centre Tour

Tour of the National STEM (Science, Technology, Engineering, and Mathematics) Learning Centre which will provide the opportunity to explore their many online teaching resources.

In the Footsteps of the Georgians

Walk – Sightseeing in the period 1714 – 1830.

Games Room

Come to a Games Room to play a variety of board/card games with easy-to-pick-up rules, including (optionally) any games that you bring (with their rules!).



Minesweeping in WWII – a talk

Nick – a mine warfare and diving specialist – will give an overview of the Royal Navy's minesweeping operations in the Second World War.

Plato – is He Relevant?

Why is Plato so endlessly fascinating?

Walking Cricket

Walking Football

Pickleball

Music Entertainment

Friday 19th – afternoon and Evening

Your Deeper Self

An invitation to peel away the layers which hide the full brilliance and potential of your true self.

Sew on the Go

Get caught up in a hobby that is extremely addictive.

Environment & Climate Change

Interested in climate issues? Do you have a group or would like to start one? Join us for lots of ideas and support.

Richard III

A talk on Richard III, Lord of the North – Richard ruled Northern England justly and successfully for a decade before being elected to the throne.

Astronomy

A talk about the Solar System, plus a little of what is beyond. Suitable for anyone curious about astronomy.

Boundary Spanning for Happiness

Kersten England will talk about the positive personal impact of 'boundary spanning' on mental health and wellbeing and part of her route to a longer, happier life.

Dance Exercise

This session will focus on posture, strength in the feet and legs, flexibility in the torso, balance, and movement memory.

Knit & Natter Room including Tatting drop in

Bring your knitting or crocheting to natter or listen to a discussion on the well-being benefits of knitting and crocheting. Tatting is a form of knotted lace – challenging at first, then surprisingly simple!

Floral Crown Workshop

Using fresh flowers and foliage make your own festival crown and wear it with pride.

Walking Netball



Play Reading

Imagine there's a radio play and you're performing in it. Join us for a script or two to enjoy the plot and the acting.

Games Room

Come to a Games Room to play a variety of board / card games with easy-to-pick-up rules, including (optionally) any games that you bring.

The Mortimer Affair

A talk on why Edward II was never likely to have been murdered in Berkeley Castle in 1327.

Music Entertainment

Brushstrokes of History

Join us for a fascinating journey through York's rich artistic history, including a closer look at a national treasure from the National Gallery, Monet's 'Water Lily Pond'.

Summing up the 19th Century

British History advisor Ian McCannah and Maths and Stats advisor David Martin will lead this interactive session summing up the 19th Century.

AI in the Back Garden

This talk describes my attempts to find out what's going on in our back garden when we aren't around. Includes training and using AI (Artificial Neural Network) to identify the visitors and send messages to our phones.

Yoga Flow

Yoga for the Beginner or Intermediate

Snickleways of York

A guided walk tour of the snickets, gunnels, and alleyways of the Historic Centre of York

In the Footsteps of the Georgians

Guided walk - Sightseeing in the period 1714 - 1830

Yoga

Join us for a one-hour yoga session covering asanas, pranayama, and a short meditation. Suitable for all levels of fitness.

Plato et al

Why is Plato so endlessly fascinating?

Croquet

Egyptology

A talk from Professor Joann Fletcher from the Department of Archaeology at University of York.

Juke Box Jury

Be transported back to the 1960s Saturday tea-times in front of the black & white television.

Hatha Yoga

The session will incorporate tuning to your mind and body.

Pétanque



Poetry Greats

Recitations by heart and contextual discussion of poems by some of the 20th century's greatest poets - Yeats, Thomas, Auden, MacNiece, Frost, Eliot etc.

AI for Beginners

Art, Aviation, Languages, research using AI

Life Drawing

Laughter Yoga

You don't stop laughing because you grow old. You grow old because you stop laughing.

The Mysterious Death of Christopher Marlowe

This talk will give an account of the great playwright's life and death and attempt to answer the many puzzles surrounding the murder. Who did it? how? Above all why did he meet such an untimely end?

The Night Sky – stargazing

Saturday 20th July – morning

Portrait Class

Our model will be announced nearer the time. Bring your phone or camera to record the pose. Bring your choice of materials.

Painting for Beginners

So, you think that you can't paint. come along and see that you can.

Doodle Art

You will be amazed at what you can produce and maybe even find a new outlet for your new found creativity

AI

Generating poems, stories, draft documents, images, video using AI

Slow Stitching

A practical introduction to the mindful craft of slow stitching. Participants will each create a Van Gogh inspired fabric collage.

Mindfulness & Meditation

Discover the benefits of mindfulness and meditation as we age.

Memory Perception and Thought

The focus will be on introducing some of the key areas of cognitive psychology. We will look at fascinating topics such as human memory, perception and problem solving.

Hypnotherapy

Find out how hypnotherapy works to benefit mind and body.

The Development of Seaside Resorts

A talk featuring case studies from Blackpool and Littlehampton



Vaccinations through History

A talk of the history from Smallpox to COVID

Guitar workshop

TaiChi/QiDong

Tai Chi and Qi Gong are closely related oriental practices for the health of body, heart, and mind. They incorporate simple, slow movements or held postures with an awareness of the breath.

Yoga

A restorative practice with gentle movement, breathing and meditation. Chair options.

Walking the Solar System – outdoors

This gentle and flat walk will start from the Astro campus and follow the scale model of the Solar System within the University's campus grounds from the Sun out to the depths of Pluto.

Expected finish time around 1pm

***Please note that the programme is subject to change.**