

Information about the Ageing Well activities

Tai Chi Qi Gong & Wellbeing Class

Tai Chi gradually builds suppleness and fitness without strain. It promotes better balance, can increase your vitality and reduces feelings of stress.

Mindfulness for better health

These sessions are free to attend until we start running sessional blocks and a great way to experience how to be fully present, in the here and now. We have busy minds that like to be in the future or the past, but this isn't always helpful for our wellbeing. In these sessions we explore how mindfulness and meditation can benefit our health and well-being, with some practice and patience. Mindfulness can reduce stress, we can learn to have a friendlier and kind attitude towards our thinking, we can learn to appreciate more of our lives, and we can learn to respond better to situations.

Senior Mo(ve)ments (simple dance exercise)

Fun and simple dance exercises to help strength, balance and co-ordination. Dance to oldies music in a light-hearted atmosphere where any ability is welcome and smiling is essential!

Seated Pilates

Low impact sessions to improve your balance and range of movement within your own ability by gently and safely using the basics of Pilates along with different equipment such as resistance bands, Pilate ball, Pilates ring, weights etc.

The Warblers, singing for lung health

The Warblers is a singing group for people with chronic lung conditions. Come and make new friends and have fun singing in a way that can lead to improvements in your breathing and emotional wellbeing. We believe that everyone can sing - no singing experience needed. The Warblers is part of a UK-wide singing for lung health programme supported by British Lung Foundation. For more information see <https://www.warblers.org.uk/>

Zumba Gold Classes

Zumba Gold is a low-impact Latin inspired Dance class. Suitable for all levels of fitness, you take it at your own pace. The classes are fun and friendly and open to all. For more information visit the webpage - hunterpepper.zumba.com

Spine Opening Pilates

Helping to open the spine and educating you how to move. They are best for men and women who wish to continue to move safely as they age. Please do check with your doctor or physio, but this class is also often suitable those suffering from Osteoporosis or advanced Osteopenia as we minimise forward bending in the spine.

Gentle Exercise for Seniors

A programme of easy seated and standing up exercises for adults over 60 to maintain their strength, power, balance, flexibility, coordination and agility.

New Age Kurling

New Age Kurling provides all the fun of Curling but without the ice! The object is the same, to hit the target with the Kurling stones. If you have difficulty reaching the floor the Kurling brushes have been designed to allow you to still take your shot. Kurling is a fun way to enjoy some light exercise whilst enjoying a great game with friends.

Yoga For Everyone

If you can breathe, you can do Yoga. A regular Yoga practice can provide a range of benefits for your physical and mental health, focussing on your body's natural tendency to well-being and self-healing. Physical benefits include improvements in balance, flexibility and energy and vitality. Yoga can also help to manage stress and anxiety, helping create a sense of calmness and better concentration.

Classes are designed to be inclusive, with a relaxed pace, limited transitions between standing and floor work and variations offered to suit different bodies and preferences. You can also do Yoga on or with a chair and we encourage you to use Yoga blocks, bricks, belts and the wall to help you get the most out of your practice. You can read more about classes here:

<https://www.revitaliseyoga.co.uk>

Walk & Talk

The group is a Book group with a difference as it starts each gathering with a walk around Haddington of about 45 minutes to one hour. After the walk, you would normally head back to the library for a cup of tea and a biscuit to discuss the books you have read that month. However, as meeting indoors cannot take place right now, you will chat about the books on the walk instead.

Walking Football

Walking football is one of Scotland's fastest growing activities and is a low-impact, modified version of the game, suitable for older men and women of all levels of ability and fitness.

National studies across the UK continually highlight the physical, mental and social benefits of the game and a recent survey amongst the current Dunbar walking footballers produced the following exceptional results:

- ⊕ 74% have lost weight
- ⊕ 78% now play twice a week
- ⊕ 87% improved their balance and flexibility
- ⊕ 95% improved their general fitness levels
- ⊕ 100% reported improved mental wellbeing, increased friendships and greater social activity

Sporting Memories

Sporting Memories Foundation Scotland clubs are open to older sports fans who enjoy reminiscing about their experiences of watching or playing sport. The weekly clubs, facilitated by a trained volunteer, provide a friendly, inclusive and welcoming environment for anybody and are especially keen to welcome those who may feel isolated through illness. If you have a love for sport then we would love to meet you.