

## AGEING WELL - EAST LoTHIAN - ACTIVITY LIST

### Ageing Well activities

\*Cost should never stop be barrier to participating in sport and physical activity – please get in touch to discuss alternative payment options\*

ACTIVITY	DAY	TIME	VENUE/PLATFORM	PRICE	TO BOOK YOUR PLACE/FOR MORE INFO PLEASE CALL
<b>Seated Aerobics</b>	Monday	14.30-15.30	Longniddry Parish Church	£4.00	<b>BOOKING REQUIRED</b> Grace Turnbull 07720 527834 <a href="mailto:turnbull.grace@gmail.com">turnbull.grace@gmail.com</a>
<b>Tai Chi Qi Gong &amp; Wellbeing Class</b>	Thursday (Classes in blocks)	10.00-10.50	The Fisherrow Centre	£4.00	<b>BOOKING REQUIRED</b> Christine Dodson 07769 835623 <a href="mailto:cadodson@btinternet.com">cadodson@btinternet.com</a>
		14.00-14.50	ZOOM	£3.00	
<b>Mindfulness for better health</b>	Monday (Beginners 6-8 week block)	13.00-14.00	John Gray Centre (Star Room)	£3.00	<b>BOOKING REQUIRED</b> Joyce Lukkes 07910 962324 <a href="mailto:joycemindfulness@gmail.com">joycemindfulness@gmail.com</a>
	Wednesday (Beginners 6-8 week block)	13.00-14.00	Bleachingfield Centre	£3.00	
	Friday (Intermediate 6-8 week block)	16.30-17.30	ZOOM	£3.00	
<b>Extend by Carmen</b>	Monday	12.30-1.30	Bleachingfield Centre	£5.00	<b>BOOKING REQUIRED</b> Carmen Scott 07917 032435 <a href="mailto:carmen@carmenskeepfit.com">carmen@carmenskeepfit.com</a>
	Friday	10.00-11.00 11.30-12.30	Prestonpans Community Centre	£5.00	

<b>Simple Yoga</b>	Wednesday	18.00-19.00	Haddington Bridge Centre	£4.00	<b>BOOKING REQUIRED</b> Timea Porubszky 07898 251216 <a href="mailto:simpleyogaeastlothian@outlook.com">simpleyogaeastlothian@outlook.com</a>
	Saturday	10.00-11.00	Haddington Bridge Centre	£4.00	
<b>Senior Mo(ve)ments (simple dance exercise)</b>	Tuesday	9.45-10.45	Haddington Bridge Centre	£4.00	<b>BOOKING REQUIRED</b> Andrea Mannion 07711 761165 <a href="mailto:andrea.mannion@btinternet.com">andrea.mannion@btinternet.com</a> Website: <a href="http://www.seniormomentsdance.co.uk">www.seniormomentsdance.co.uk</a>
		11.30-12.30	Aberlady Village Hall	£4.00	
	13.30-14.30	Dirleton Kirk Hall	£4.00		
	Thursday	10.00-11.00	Prestonpans Community Centre	£4.00	
11.30-12.30		Musselburgh East Community Centre	£4.00		
13.30-14.30		Macmerry Miners Club	£4.00		
<b>Seated Pilates</b>	Tuesday	19.00-19.40	ZOOM	£4.00	<b>BOOKING REQUIRED</b> Tine Breusch 01620 892620 or 07981 961034 <a href="mailto:pilateswithtine@gmail.com">pilateswithtine@gmail.com</a>
	Thursday	10.00-10.40	ZOOM	£4.00	
<b>The Warblers, singing for lung health</b>	Monday	14.30-15.30	Musselburgh East Community Centre ZOOM option is also available	£4/2 or whatever you can afford	<b>BOOKING REQUIRED</b> Jane Lewis 07519 582130 <a href="mailto:Jane@gn.apc.org">Jane@gn.apc.org</a> Website: <a href="https://www.warblers.org.uk/">https://www.warblers.org.uk/</a>
	Tuesday	15.00-16.00	ZOOM	£4/2 or whatever you can afford	
<b>Zumba Gold Classes</b>	Monday	10.00-10.45	ZOOM	Monthly fee of £10 for unlimited zoom classes	<b>BOOKING REQUIRED</b> Ruth Pepper 07785 707683 <a href="mailto:figaroroo@yahoo.co.uk">figaroroo@yahoo.co.uk</a> Website: <a href="http://rhunterpepper.zumba.com">rhunterpepper.zumba.com</a>
		18.00-18.45	St Andrew Blackadder Church	£5.00	
	Tuesday	9.30-10.15	Aberlady Village Hall	£5.00	

	Wednesday	11.30-12.15	ZOOM	Monthly fee of £10 for unlimited zoom classes	
		10.00-10.45	Gullane Village Hall	£5.00	
		11.30-12.15	Longniddry Community Centre	£5.00	
	Thursday	9.45-10.30	East Linton Community Hall	£5.00	
<b>Walk &amp; Talk</b>	1 <sup>st</sup> Wednesday of each month	10.00-11.00	Meet outside Haddington Library	FREE	<b>BOOKING REQUIRED</b> Ageing Well Coordinator 07718 117585 <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a>
	1 <sup>st</sup> Monday of each month	10.00-11.00	Meet outside Musselburgh Library	FREE	
<b>Nordic Walking</b>	Thursday (Beginners 6 week block)	10.00-11.00	Meet outside Aubigny Sports Centre	FREE <i>(Blocks are 2/3 times a year. Call Ageing Well Coordinator for more info/book)</i>	<b>BOOKING REQUIRED</b> Ageing Well Coordinator 07718 117585 <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a>
	(Intermediate 6 week block)	13.00-14.00	Meet outside Aubigny Sports Centre		
<b>Health and Wellbeing Walks</b>	<b>BOOKING REQUIRED</b> Please see other document – ‘Health and Wellbeing Walks’ Or Contact Parvine Jazayeri, Ageing Well Coordinator on <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a> or 07718 117585				

### Other community activities for older adults within East Lothian

<b>New Age Kurling</b>	Tuesday	10.00-11.00 11.30-12.30	The Fraser Centre The Fraser Centre	£3.00 £3.00	<b>BOOKING REQUIRED</b> David Orr 01875 617444 <a href="mailto:david@thefrasercentre.com">david@thefrasercentre.com</a>
	Friday	13.00-14.00	The Fraser Centre	£3.00	
<b>Spine Opening Pilates</b>	Monday	11.15-12.00	North Berwick Bowling Club	£7.00	<b>BOOKING REQUIRED</b> Maureen Evans 07799 123635 <a href="mailto:maureen@completemovement.co.uk">maureen@completemovement.co.uk</a>
	Wednesday	10.00-11.00	ZOOM	£5.00	
<b>Sporting Memories</b>	Wednesday	10.30-12.00	Musselburgh Rugby Club	FREE	<b>BOOKING REQUIRED</b> Graham Cross 07983 152566 <a href="mailto:Graham@thesmf.co.uk">Graham@thesmf.co.uk</a>
	Thursday	10.30-12.00 10.30-12.00	Hallhill Sports Centre Longniddry Parish Church	FREE FREE	
<b>Over 50's Table Tennis</b>	Wednesday	12.30-2.00	Bleachingfield Centre	£2.00 with first visit FREE	<b>BOOKING REQUIRED</b> Neil Paterson <a href="mailto:neillyboy50@btinternet.com">neillyboy50@btinternet.com</a>
	Thursday	10.30-12.00	Bleachingfield Centre	£2.00 with first visit FREE	
	Thursday	10.30-12.00	Aubigny Sports Centre	£4.00 with first visit FREE	<b>BOOKING REQUIRED</b> Gordon Aien 07985 942502 <a href="mailto:gordon.aien@gmail.com">gordon.aien@gmail.com</a>
<b>Yoga For Everyone – Relaxed &amp; Slow Yoga</b>	Tuesday	16.00-17.00	Gullane Village Hall	Book 10 sessions for £60.00 or £12.00 for a single session. You also get free access to	<b>BOOKING REQUIRED</b> Sue Northrop 07727 883881 <a href="mailto:suenorthrop@gmail.com">suenorthrop@gmail.com</a>

				all zoom classes and recordings	
<b>Yoga For Everyone on ZOOM</b>	Monday  Wednesday (Meditation session)  Thursday	16.30-17.30  12.00-12.30  16.30-17.30	ZOOM  ZOOM  ZOOM	Book 10 sessions for £40.00 or anyone can drop in any time, plus free access to all recordings and pop ups	<b>BOOKING REQUIRED</b> Sue Northrop 07727 883881 <a href="mailto:suemnorthrop@gmail.com">suemnorthrop@gmail.com</a>
<b>Gentle Exercise for Seniors</b>	Wednesday	9.30-10.30	The Fraser Centre	£4.00	<b>BOOKING REQUIRED</b> Ramon Llano 07949 899609 <a href="mailto:ramon_llano@yahoo.co.uk">ramon_llano@yahoo.co.uk</a>
<b>Active Memories (for gents)</b>	Tuesday (meet monthly)	10.00-12.00	John Gray Centre	FREE	<b>FOR MORE INFORMATION</b> Ruth Fyfe 01620 820629 <a href="mailto:rfyfe@eastlothian.gov.uk">rfyfe@eastlothian.gov.uk</a>
<b>Walking Football</b>	Monday  Monday  Tuesday	12.00-13.00  19.30-20.30  10.30-12.00	Port Seton Community Centre  Pinkie School  Pennypit 5 aside pitches, Prestonpans	FREE to play. £2 for hot drink and hot soup/roll  First few sessions FREE then £20 every 2 <sup>nd</sup> month  FREE to play. £2 for hot drink and hot soup/roll	<b>BOOKING REQUIRED</b> Vanda Dow 07774 913960 <a href="mailto:vanda74@sky.com">vanda74@sky.com</a>  John Hood 07712 577575 <a href="mailto:johnhoodmwfc@gmail.com">johnhoodmwfc@gmail.com</a>  Debbie Reynolds and/or Tam Paton 07717 898751 / 07860 116767 <a href="mailto:debzreynolds84@gmail.com">debzreynolds84@gmail.com</a> / <a href="mailto:patontruestory@aol.com">patontruestory@aol.com</a>

	Wednesday	18.15-19.15 19.30-20.30	Foresters 3G cage Lindores Drive, Tranent	£2.00	Willie Gilhooley 07905 380029 <a href="mailto:willieg50@hotmail.co.uk">willieg50@hotmail.co.uk</a>
	Monday + Friday	13.00-14.00	Hallhill Sports Centre (on 3G Pitch)	£2.00	Colin Mackay and/or Graham Cross 07719 714932 <a href="mailto:cmackay1951@gmail.com">cmackay1951@gmail.com</a> / <a href="mailto:crossyg99@gmail.com">crossyg99@gmail.com</a>
<b>Macmerry Men's Shed</b>	Tuesday + Thursday	11.00-16.00	Macmerry Village Hall	£2.50	<b>BOOKING REQUIRED</b> David Dickson 07713 276568 <a href="mailto:dave51@talktalk.net">dave51@talktalk.net</a>
<b>Live Well East Lothian</b>	<p>Live Well East Lothian offers gentle exercise, relaxation, and advice for patients living in East Lothian who have heart problems, who may have undergone heart surgery, suffer lung problems, have diabetes, suffer from long term conditions or just want to get fitter.</p> <p>There are also new classes for stroke victims and those who may be a bit unsteady (Postural Instability) and need a bit of strength to prevent themselves from falling. All are provided by qualified instructors.</p>				<p><b>BOOKING REQUIRED</b> Fiona Morrison 07527 518 587 Website: <a href="https://www.livewelleastlothian.org/">https://www.livewelleastlothian.org/</a></p> <p>Classes are running in Musselburgh, Tranent, Haddington, North Berwick and Dunbar.</p>

For further information on any activities, contact Parvine Jazayeri, Ageing Well Coordinator on [pjazayeri@eastlothian.gov.uk](mailto:pjazayeri@eastlothian.gov.uk) or 07718 117585.

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