

### Ageing Well Activities – July to September 2017

Activity	Day and Time	Venue	Further Information
<p style="text-align: center;"><b>Chair Based Exercise</b></p>	<p><b>Tuesdays 10.30 – 11.30am</b></p>	<p><b>Musselburgh East Community Centre,</b> Haddington Rd, Musselburgh EH21 8JJ <b>Cost - £2.50</b></p>	<p>Seated exercise classes are for people of all abilities who wish to partake in gentle exercise</p>
	<p><b>Thursdays 9.30-10.30am</b></p>	<p><b>Fraser Centre, Tranent</b>  <b>Cost - £3</b></p>	
<p style="text-align: center;"><b>Extend Exercise Class</b></p>	<p><b>Mondays 10.00 – 11.00am</b></p>	<p><b>Blackadder Church Hall, North Berwick</b></p>	<p>Gentle exercises either standing or seated which are adapted to your own needs, but no floor exercises!</p> <p><b>Class cost £3.50</b></p>
	<p><b>Tuesdays 10.30 – 11.30am</b></p>	<p><b>Lady of the Waves Church Hall or Bleachingfield Community Centre, Dunbar</b></p>	
	<p><b>Wednesdays 1.30 – 2.30pm</b></p>	<p><b>St Mary’s Church Hall, Haddington</b></p>	
	<p><b>Thursdays 10.00 – 11.00am</b></p>	<p><b>Community Centre or Town Hall, Prestonpans</b></p>	
	<p><b>Fridays 10.00 – 11.00am</b></p>	<p><b>Community Centre or Town Hall, Prestonpans</b></p>	
<p style="text-align: center;"><b>Gardening Group</b></p>	<p><b>Tuesdays 2.00 – 4.00pm</b></p>	<p><b>Abbey Residential Home, North Berwick</b>  <b>Cost - Free</b></p>	<p>Group meets weekly to work in the Abbey Residential Home gardens. <b>Runs April to September</b></p>
<p style="text-align: center;"><b>The Club</b></p>	<p><b>Wednesdays 1.00 – 3.00pm</b></p>	<p><b>Bleachingfield Community Centre, Dunbar</b> <b>Cost - £1.00</b></p>	<p>A weekly drop in group for older people living in the Dunbar area. Meetings can include social and physical activities</p>
<p style="text-align: center;"><b>Men in Shed’s</b></p>	<p><b>Tuesdays and Thursdays 1.30 – 4.30pm</b></p>	<p><b>Macmerry Village Hall,</b> Westbank Road, Macmerry <b>Cost - £1.00</b></p>	<p>There are work benches and tools, which are used by members to share skills. It is a great place for men to come along and socialise. <b>Contact David Dickson for more information 07713 276568.</b></p>

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<b>New Age Kurling</b>	<b>Tuesdays 10.00 – 11.30am</b>	<b>The Fraser Centre, Tranent. Cost – Donation</b>	New Age Kurling is a way to enjoy curling but without the ice. It's an activity that can be enjoyed by all levels of ability. Just come along for some social competitive fun.  Contact Anne Anderson for more information, 07742024871, (Chalmers group)
	<b>Tuesdays 11.00 – 1pm</b>	<b>Hope Rooms, North Berwick Cost - £2 (break for summer 27/5 – 1/9)</b>	
	<b>first Wednesday of month 1.30pm – 3.30pm</b>	<b>Chalmers Church, Port Seton Cost - £2</b>	
<b>Table Tennis</b>	<b>Fridays 10am-11.30am</b>	<b>The Fraser Centre, Tranent. Cost – £2</b>	Come along and enjoy a game of Table Tennis, all levels of ability welcome.  Tea and coffee available after play, contact <a href="mailto:pete@haddingtonttc.com">pete@haddingtonttc.com</a> for more information or call 07986 631480
	<b>Thursdays 2.30pm – 4pm (Haddington Table Tennis Club)</b>	<b>Corn Exchange, Haddington. Cost £3</b>	
<b>Active Memories Group</b>	<b>Tuesdays 10.00 – 12.00pm</b>	<b>John Gray Centre, Haddington Cost - £1.00</b>	Group meets to discuss sporting memories, outings to sporting events and venues, also interesting talks by invited speakers.
<b>Sporting Memories Groups</b>	<b>Mondays 10.30 – 12pm</b>	<b>Ormiston Community Centre (£2)</b>	Tell us about your favourite sporting heroes or event and hear stories from others who love sports memorabilia. We welcome all who are over 65, who would like to have a chat about their sporting memories and learn more about sport in Scotland. Half time refreshments include pie and Bovril! For more information email <a href="mailto:Laura@sportingmemoriesnetwork.com">Laura@sportingmemoriesnetwork.com</a>
	<b>Mondays 1-2.30pm</b>	<b>Haddington Bowling Club</b>	
	<b>Tuesdays 10.30 – 12.00pm</b>	<b>Musselburgh Rugby Football Club, Stoneyhill Farm Road.</b>	
	<b>Tuesdays 10.30 – 12pm</b>	<b>George Johnstone Centre, Tranent</b>	
	<b>Thursday 10.30 – 12.00pm</b>	<b>Hallhill Sports Centre, Kellie Road, Dunbar. Cost - £1</b>	
	<b>North Berwick</b>	<b>Hope Rooms, 34 Forth St. Cost £1</b>	
<b>Longniddry</b>	<b>Longniddry Parish Church, Elcho Rd.</b>		
<b>Swimming</b>	<b>Thursdays 10.00 – 11.30am</b>	<b>Mercat Gait Sports Centre, Prestonpans</b>	Supportive group that helps you get back into the pool. For more information call the Mercat Gait Sports Centre on 01875 815 483.

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<p align="center"><b>Tea Dance</b></p>	<p><b>Wednesdays 2.00 – 3.30pm</b>  <b>Next dance Wednesday 27<sup>th</sup> Sept</b></p>	<p><b>Hope Rooms, North Berwick</b>   <b>Cost - 50p</b></p>	<p>Just pop along for a cup of tea, a chat and a dance. Dance is aimed at people living with Dementia and their carers.</p>
<p align="center"><b>The Warblers, singing for lung health</b></p>	<p><b>Mondays 3.00 – 4.30pm</b></p>	<p><b>Macbeth Moir Training room 1, MECCA, Musselburgh.</b>  <b>Cost - £4/£2 (or what you can afford)</b></p>	<p>Open to anyone with a lung condition. No singing experience needed. Improve your breathing by singing in a fun and relaxed environment. For information contact Jane Lewis.  <a href="mailto:Jane@gn.apc.org">Jane@gn.apc.org</a> , 07519 582130</p>
<p align="center"><b>Zumba Gold Classes</b></p>	<p><b>Mondays 7.15 – 8.00pm</b>   <b>Tuesdays 9.30 – 10.15am</b>   <b>Wednesdays 10.15 – 11.00am</b>   <b>Wednesdays 12.00 – 12.45pm</b>   <b>Thursdays 9.45 – 10.30am</b>   <b>Thursdays 11.30 – 12.15pm</b></p>	<p><b>North Berwick Community Centre</b>   <b>Aberlady Village Hall</b>   <b>Gullane Village Hall</b>   <b>Longniddry Community Centre</b>   <b>East Linton Community Hall</b>   <b>Bleachingfield Community Centre, Dunbar</b>  <b>Cost - £3.50</b></p>	<p>Fun, low impact Latin-inspired dance class. Come along and enjoy learning Salsa, Merengue, Cha Cha Cha, Rock and Roll, Disco and more!</p>
<p align="center"><b>Spine Opening Pilates</b>   <b>(Starting 1st March 2017)</b></p>	<p><b>Wednesdays 9.30am – 10.30am</b></p>	<p><b>Hope Rooms, North Berwick, cost £3.50</b></p>	<p>Block of mindful Pilates classes with Maureen Evans of Complete Movement suitable for men and women. These classes focus on opening the spine and educating you how to move. In addition, these classes aim to minimise spinal flexion and so are also suitable those suffering from Osteoporosis or advanced Osteopaena. Please seek medical advice before undertaking an exercise class if you have concerns over your health or any recent fractures.  <b>NOTE: Mats will not be supplied for this class so please bring your own.</b>          Contact Maureen for more info – 01620 248861</p>
<p align="center"><b>“Forever Fit” Exercise group for the over 60’s</b></p>	<p><b>Fridays 11 – 12pm</b></p>	<p><b>St Martin’s Church Hall, Tranent</b>  <b>Cost - £3</b></p>	<p>The class consists of very gentle (seated and standing) exercises. Suitable for all, especially if living with arthritis, diabetes and high blood pressure. Contact Ramon for info – 07949 899 609</p>

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<p align="center"><b>New to Yoga Class</b></p>	<p><b>Mondays 4.30 – 5.30pm</b></p>	<p><b>Hope Rooms, North Berwick</b>  <b>Drop In £3.50</b>  <b>Book 10 classes in advance for £30</b></p>	<p>Relaxed Yoga class for everyone, classes are informal, relaxed and inclusive, suitable for all ages and stages. All equipment provided, please wear comfy clothes.                  Contact Sue for info – 07702 433 860</p>
<p align="center"><b>Walking Football</b></p>	<p><b>Mondays 12pm – 1pm</b></p>	<p><b>Port Seton Centre, Cost £2</b></p>	<p>Vanda Dow on <a href="mailto:vanda74@sky.com">vanda74@sky.com</a></p>
<p align="center"><b>Walkin’ East Lothian Health Walks</b></p>	<p><b>Mondays 1.30pm</b></p> <p><b>Tuesdays 10.30am</b></p> <p><b>Tuesdays 10.30am</b></p> <p><b>Wednesdays 10.30am</b></p> <p><b>Thursdays 10.30am</b></p>	<p><b>North Berwick</b>  <b>(Council Offices on Quality Street)</b></p> <p><b>Dunbar</b>  <b>(Bleachingfield Community Centre)</b></p> <p><b>Aberlady</b>  <b>(Old Aberlady Inn)</b></p> <p><b>Haddington</b>  <b>(Cafe in Aubigny Sports Centre)</b></p> <p><b>Prestonpans</b>  <b>(Prestonpans Community Centre)</b></p>	<p>Join us for health walk, led by trained volunteers. These walks are a fun social way to exercise in the fresh air.                  Each walk lasts about an hour, no equipment needed apart from a waterproof jacket and comfortable shoes. They are free but you may want to bring some money for a hot drink afterwards.</p> <p>Some of the walks take a bus to different start locations once a month, for further information check the website pages below  <a href="http://www.activeeastlothian.co.uk/community-recreation/walkin-east-lothian-58">http://www.activeeastlothian.co.uk/community-recreation/walkin-east-lothian-58</a></p> <p>Call or email Avril McKenzie for more information. 01620 827240, <a href="mailto:amckenzie@eastlothian.gov.uk">amckenzie@eastlothian.gov.uk</a></p> <p>No dogs allowed on these walks.</p>
<p align="center"><b>Walk Some More</b></p>	<p><b>Second and Fourth Wednesday of every month</b></p> <p><b>Various times</b></p>	<p><b>Various walking Routes</b></p>	<p>The Walk Some More group walk in different locations across East Lothian and last approximately 2 hours.                  Dogs are welcome, but are the responsibility of the owners and must be kept on a lead.                  See website for further information.  <a href="https://sites.google.com/site/walksomemore/home">https://sites.google.com/site/walksomemore/home</a></p>

**For further information on any activities contact Avril McKenzie on [amckenzie@eastlothian.gov.uk](mailto:amckenzie@eastlothian.gov.uk) or 01620 827240 or 0771 811 7585**