

## AGEING WELL IN EAST LOTHIAN ACTIVITY LIST (APRIL 2019)

ACTIVITY	DAY	TIME	VENUE	TOWN	PRICE	CONTACT
<b>Chair Based Exercise</b>	Tuesday	10.30-11.30	Musselburgh East Community Centre	Musselburgh	£2.50	Zoe Murdoch 0131 653 5232 <a href="mailto:zmurdoch@eastlothian.gov.uk">zmurdoch@eastlothian.gov.uk</a>
	Thursday	9.30-10.30	St Martins Church Hall	Tranent	£3.00	Ramon Llano 07949 899609 <a href="mailto:ramon_llano@yahoo.co.uk">ramon_llano@yahoo.co.uk</a>
<b>Extend Exercise Class</b>	Monday	10.00-11.00	St Andrews Blackadder Church	North Berwick	£4.00 inc. tea/coffee	Ageing Well Coordinator 01620 827240 or 07718 117585 <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a>
	Monday	11.45-12.45	Lady of the Waves Church Hall	Dunbar	£4.00 inc. tea/coffee	
	Monday	13.30-14.30	Aubigny Sports Centre	Haddington	£4.00 inc. tea/coffee	
	Friday	10.00-11.00	Community Centre or Town Hall	Prestonpans	£4.00 inc. tea/coffee	
<b>The Club</b>	Wednesday (every Wednesday except the first of the month)	13.00-15.00	The Bleachingfield Centre	Dunbar	£1.00	Dunbar Customer Services Dunbar Library 01620 827827
<b>Macmerry Men's Shed</b>	Tuesday and Thursday	12.00-16.30	Macmerry Village Hall	Macmerry	£1.00	David Dickson 07713 276568 <a href="mailto:dave51@talktalk.net">dave51@talktalk.net</a>

<b>New Age Kurling</b>	Tuesday	9.45-11.30	St Martins Church Hall	Tranent	£2.00	David Orr 07938 648038 <a href="mailto:david@thefrasercentre.com">david@thefrasercentre.com</a> Debbie Gibb 07519 929074 <a href="mailto:debbieannegibb@gmail.com">debbieannegibb@gmail.com</a>
	Tuesday	9.00-11.00	St Andrews Blackadder Church	North Berwick	£2.00	
<b>Table Tennis</b>	Tuesday	11.00-12.15	Aubigny Sports Centre	Haddington	£3.00 (first session free)	Lorenas Vismantas 07708 344769 <a href="mailto:lorenas@haddingtontabletennis.club">lorenas@haddingtontabletennis.club</a>
	Thursday	10.45-12.15	Aubigny Sports Centre	Haddington	£3.00 (first session free)	
	Thursday	10.30-12.00	The Bleachingfield Centre	Dunbar	£3.00 (first session free)	
	Saturday	10.00-12.00	Port Seton Community Centre	Port Seton	£3.00 (first session free)	
<b>Active Memories Group</b>	Tuesday	10.00-12.00	John Gray Centre	Haddington	£1.50	Madeleine Hewitt 01620 820680 <a href="mailto:mhewlett@eastlothian.gov.uk">mhewlett@eastlothian.gov.uk</a>
<b>Sporting Memories Group</b>	Monday	14.00-15.00	Tranent Day Care Centre	Tranent	Free	Fraser Wood 07444 674682 <a href="mailto:fraser@thesmf.co.uk">fraser@thesmf.co.uk</a>
	Tuesday	10.30-12.00	Musselburgh Rugby Football Club	Musselburgh	Free	
	Thursday	10.30-12.00	Hallhill Sports Centre	Dunbar	Free	
	Thursday	10.30-12.00	Longniddry Parish Church	Longniddry	Free	
<b>Swimming</b>	Thursday	9.45-11.00	Mercat Gait Sports Centre	Prestonpans	£2.25	Mercat Gait Sports Centre 01875 815483

<b>Tea Dance</b>	Last Wednesday of the month (except July, August and December)	14.00-15.30	Hope Rooms	North Berwick	50p inc. tea/coffee/biscuits	Ageing Well Coordinator 01620 827240 or 07718 117585 <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a>
<b>The Warblers, singing for lung health</b>	Monday	15.00-16.30	Musselburgh East Community Centre	Musselburgh	£2/£4 or what you can afford inc. tea/coffee/biscuits	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>
<b>Zumba Gold Classes</b>	Monday	18.00-18.45	St Andrew Blackadder Church	North Berwick	£3.50	Ruth Pepper 07785 707683 <a href="mailto:figaroroo@yahoo.co.uk">figaroroo@yahoo.co.uk</a> Website: <a href="http://hunterpepper.zumba.com">hunterpepper.zumba.com</a>
	Monday	19.15-20.00	The Abbey Church	North Berwick	£3.50	
	Tuesday	9.30-10.15	Aberlady Village Hall	Aberlady	£3.50	
	Wednesday	10.15-11.00	Gullane Village Hall	Gullane	£3.50	
	Wednesday	12.00-12.45	Longniddry Community Centre	Longniddry	£3.50	
	Thursday	9.45-10.30	East Linton Community Hall	East Linton	£3.50	
	Thursday	11.30-12.15	The Bleachingfield Centre	Dunbar	£3.50	
<b>Spine Opening Pilates</b>	Wednesday	9.30-10.30	Hope Rooms	North Berwick	£4.00 <b>**this class is currently full</b>	Maureen Evans 01620 248861 <a href="mailto:maureen@completemovement.co.uk">maureen@completemovement.co.uk</a>

	Wednesday	10.45-11.45	Hope Rooms	North Berwick	£4.00 **This class block will be from Wed 12 <sup>th</sup> August to Wed 7 <sup>th</sup> October 2019	
<b>Kundalini Yoga</b>	Monday	9.30-10.30	Hope Rooms	North Berwick	£3.50	Melanie Lee 07858 979025 <a href="mailto:seechangeholistic@gmail.com">seechangeholistic@gmail.com</a> Website: <a href="http://seechangeholistic.com">seechangeholistic.com</a>
<b>"Forever Fit" Exercise group for over 60's</b>	Friday	10.30-11.30	St Martin's Church Hall	Tranent	£4.00	Ramon Llano 07949 899609 <a href="mailto:ramon_llano@yahoo.co.uk">ramon_llano@yahoo.co.uk</a>
<b>Yoga For Everyone</b>	Monday	16.30-17.30	Hope Rooms	North Berwick	£3.50 or book 10 classes in advance for £30.00	Sue Northrop 07727 883881 <a href="mailto:Suemnorthop@gmail.com">Suemnorthop@gmail.com</a>
<b>Walking Football</b>	Monday	12.00-13.00	Port Seton Centre	Port Seton	Free or £2.00 for something to eat	Vanda Dow 07774 913960 <a href="mailto:vanda74@sky.com">vanda74@sky.com</a>
	Monday	19.30-20.30	Foresters Park, Lindores Drive	Tranent	£2.00	Willie Gilhooley 07905 380029 <a href="mailto:willieg50@hotmail.co.uk">willieg50@hotmail.co.uk</a>
	Wednesday	19.30-20.30	Foresters Park, Lindores Drive	Tranent	£2.00	
	Friday	13.00-14.00	North Berwick Recreation Park	North Berwick	£1.00	Colin Mackay 07719 714932 <a href="mailto:Cmackay10@blueyonder.co.uk">Cmackay10@blueyonder.co.uk</a>
<b>Senior Mo(ve)ments (simple dance exercise)</b>	Tuesday	14.00-15.00	Pennypit	Prestonpans	£4.00 inc. tea/coffee	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>
	Tuesday	10.00-11.00	The Bridge Centre	Haddington	£4.00 inc. tea/coffee	
	Thursday	10.00-11.00	Community Centre or Town Hall	Prestonpans	£4.00	

<b>Dramarama</b>	Wednesday (term time)	10.30-12.30	Brunton Theatre, Venue 2 / Rehearsal Room	Musselburgh	£3.50	Zoe Murdoch 0131 653 5232 <a href="mailto:zmurdoch@eastlothian.gov.uk">zmurdoch@eastlothian.gov.uk</a>
<b>Cann do Creative</b>	Monday (term time)	14.00-16.00	Longniddry Library	Longniddry	£3.50	Zoe Murdoch 0131 653 5232 <a href="mailto:zmurdoch@eastlothian.gov.uk">zmurdoch@eastlothian.gov.uk</a>
	Wednesday (term time)	10.00-12.00	The Loch Centre	Tranent	£3.50	
<b>Breathe Easy support group for people living with a lung condition</b>	2 <sup>nd</sup> Wednesday of every month	14.00-16.00	Musselburgh East Community Centre	Musselburgh	£2 inc. tea/coffee	Lorna Stewart 01875 813156 Website: <a href="https://www.blf.org.uk/support-for-you/breathe-easy">https://www.blf.org.uk/support-for-you/breathe-easy</a>
<b>North Berwick Friendship Group</b>	1 <sup>st</sup> Tuesday of every month	14.00-15.30	Hope Rooms	North Berwick	Free	Sue Northrop 07727 883881 <a href="mailto:Suemnorthop@gmail.com">Suemnorthop@gmail.com</a>
<b>Health and Wellbeing Walks</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 01620 827240					

For further information on any activities contact Parvine Jazayeri, Ageing Well Coordinator on [pjazayeri@eastlothian.gov.uk](mailto:pjazayeri@eastlothian.gov.uk) or 01620 827240 or 07718 117585

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