

## AGEING WELL IN EAST LOTHIAN ACTIVITY LIST (JAN 2020)

ACTIVITY	DAY	TIME	VENUE	TOWN	PRICE	CONTACT
<b>Chair Based Exercise</b>	Monday	14.30-15.30	Aubigny Sports Centre	Haddington	£3.00 <b>**starts 3<sup>rd</sup> Feb</b>	Tracey Young 07368 699147 <a href="mailto:tcraig211@gmail.com">tcraig211@gmail.com</a>
	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	The Fraser Centre	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	Carmen Scott 07917 032435
	Monday	11.50-12.50	Lady of the Waves Church Hall	Dunbar	£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	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>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	The Fraser Centre	Tranent	£2.50 <b>**this class is currently full. Call David to be added to waiting list</b>	David Orr 07938 648038 <a href="mailto:david@thefrasercentre.com">david@thefrasercentre.com</a>

	Tuesday	10.00-11.00	St Andrews Blackadder Church	North Berwick	£2.00	Debbie Gibb 07519 929074 <a href="mailto:debbieannegibb@gmail.com">debbieannegibb@gmail.com</a>
<b>Table Tennis</b>	Wednesday	12.30-14.00	The Bleachingfield Centre	Dunbar	£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)	
<b>Active Memories Group</b>	Tuesday	10.30-12.00	John Gray Centre	Haddington	£1.50	Ruth Fyfe 01620 820629 <a href="mailto:rfyfe@eastlothian.gov.uk">rfyfe@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>Senior Pilates Standing &amp; Sitting</b>	Monday	9.30-10.30	The Fraser Centre	Tranent	£4.00 <b>**starts 3<sup>rd</sup> Feb</b>	Tine Breusch 01620 892620 or 07981 961034 <a href="mailto:tine.breusch@gmail.com">tine.breusch@gmail.com</a>
	Thursday	10.30-11.30	Longniddry Community Centre	Longniddry	£4.00	
<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>

	First Thursday of the month (except July, August and December)	14.00-15.30	The Fraser Centre	Tranent	£3.00 inc. tea/coffee/biscuits <b>**starts 6<sup>th</sup> Feb</b>	
<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	17.30-18.15	St Andrew Blackadder Church	North Berwick	£4.00	Ruth Pepper 07785 707683 <a href="mailto:figaroroo@yahoo.co.uk">figaroroo@yahoo.co.uk</a> Website: <a href="http://hunterpepper.zumba.com">rhunterpepper.zumba.com</a>
	Tuesday	9.30-10.15	Aberlady Village Hall	Aberlady	£4.00	
	Tuesday	19.00-19.45	St Andrew Blackadder Church	North Berwick	£4.00	
	Wednesday	10.15-11.00	Gullane Village Hall	Gullane	£4.00	
	Wednesday	12.00-12.45	Longniddry Community Centre	Longniddry	£4.00	
	Thursday	9.45-10.30	East Linton Community Hall	East Linton	£4.00	
	Thursday	11.30-12.15	The Bleachingfield Centre	Dunbar	£4.00	
<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	

<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	13.00-14.00	Hallhill Centre	Dunbar	£2.00	Graham Cross 07983 152566 <a href="mailto:cross.spott@btopenworld.com">cross.spott@btopenworld.com</a>
	Monday	19.30-20.30	Foresters Park, Lindores Drive	Tranent	£2.00	Willie Gilhooley 07905 380029
	Wednesday	19.30-20.30	Foresters Park, Lindores Drive	Tranent	£2.00	<a href="mailto:willieg50@hotmail.co.uk">willieg50@hotmail.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
	Tuesday	10.00-11.00	The Bridge Centre	Haddington	£4.00 inc. tea/coffee	<a href="mailto:andrea.mannion@btinternet.com">andrea.mannion@btinternet.com</a>
	Thursday	10.00-11.00	Community Centre or Town Hall	Prestonpans	£4.00	Website: <a href="http://www.seniormomentsdance.co.uk">www.seniormomentsdance.co.uk</a>
<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	£4.00	Zoe Murdoch 0131 653 5232 <a href="mailto:zmurdoch@eastlothian.gov.uk">zmurdoch@eastlothian.gov.uk</a>

<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	£3 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>Functional Fitness for Seniors</b>	Monday Wednesday Friday	13.00-14.00 13.00-14.00 14.00-15.00	Dunbar Leisure Pool North Berwick Sports Centre Aubigny Sports Centre	Dunbar North Berwick Haddington	£3.00 <b>**starts 10<sup>th</sup> Feb</b> £3.00 <b>**starts 12<sup>th</sup> Feb</b> £3.00 <b>** starts 14<sup>th</sup> Feb</b>	Gavin Duncan 07540 224648 <a href="mailto:gavin@crossfiteastrocks.com">gavin@crossfiteastrocks.com</a>
<b>SOAR @ East Rocks</b>	Tuesday Thursday Saturday	11.30-12.30 & 19.00-20.00 11.30-12.30 11.00-12.00	CrossFit East Rocks, Foxlake	Dunbar	£5 (first class free)	Gavin Duncan 07540 224648 <a href="mailto:gavin@crossfiteastrocks.com">gavin@crossfiteastrocks.com</a>
<b>Nordic Walking</b>	Friday	10.00-11.00	Aubigny Sports Centre	Haddington	Free <b>**8 week block, twice a year. Call Ageing Well Coordinator for more info/book.</b>	Ageing Well Coordinator 01620 827240 or 07718 117585 <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</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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