

## AGEING WELL IN EAST LOTHIAN ACTIVITY LIST

ACTIVITY	DAY	TIME	VENUE/PLATFORM	PRICE	TO BOOK YOUR PLACE PLEASE CALL
<b>Chair Based Exercise</b>	Monday	14.30-15.30	Aubigny Sports Centre	£3.00	<b>BOOKING REQUIRED</b> Tracey Young 07368 592746 <a href="mailto:tracey.young72@outlook.com">tracey.young72@outlook.com</a>
	Tuesday	14.30-15.30	Aubigny Sports Centre	£3.00	
	Thursday	11.00-11.45	ZOOM	FREE	
<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>Seated Pilates</b>	Monday	10.00-10.45	The Fraser Centre (Live Virtual Class)	£3.00	<b>BOOKING REQUIRED</b> Tine Breusch 01620 892620 or 07981 961034 <a href="mailto:tine.breusch@gmail.com">tine.breusch@gmail.com</a>
	Tuesday	19.00-19.40	ZOOM	£3.00	
	Thursday	10.00-10.40	ZOOM	£3.00	
<b>The Warblers, singing for lung health</b>	Monday	15.00-16.30	YouTube (this session stays up there so can be used at a later date)		<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	15.00-16.30	ZOOM	FREE	
<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:figaroro@yahoo.co.uk">figaroro@yahoo.co.uk</a> Website: <a href="http://rhunterpepper.zumba.com">rhunterpepper.zumba.com</a>
		17.00-17.45	St Andrew Blackadder Church	£4.00	

	Tuesday	18.00-18.45 9.30-10.15 11.30-12.15	St Andrew Blackadder Church Aberlady Village Hall ZOOM	£4.00 £4.00 Monthly fee of £10 for unlimited zoom classes	
	Wednesday	10.00-10.45 11.15-12.00	Gullane Village Hall Aberlady Village Hall	£4.00 £4.00	
	Thursday	9.45-10.30	East Linton Community Hall	£4.00	
<b>Spine Opening Pilates</b>	Wednesday	9.30-10.30 10.45-11.45	ZOOM ZOOM	£4.00	<b>BOOKING REQUIRED</b> Maureen Evans 07799 123635 <a href="mailto:maureen@completemovement.co.uk">maureen@completemovement.co.uk</a>
<b>Gentle Yoga For Everyone – Seated Yoga</b>	Thursday	15.15-16.00	ZOOM	Book 10 classes for £30.00, plus freebies	<b>BOOKING REQUIRED</b> Sue Northrop 07727 883881 <a href="mailto:suemnorthrop@gmail.com">suemnorthrop@gmail.com</a>
<b>Gentle Yoga For Everyone</b>	Monday	16.30-17.30	ZOOM	Book 10 classes for £30.00, plus freebies	<b>BOOKING REQUIRED</b> Sue Northrop 07727 883881 <a href="mailto:suemnorthrop@gmail.com">suemnorthrop@gmail.com</a>
<b>Yoga Present - Meditation</b>	Wednesday	12.00-12.30	ZOOM	FREE for those who attend other classes	<b>BOOKING REQUIRED</b> Sue Northrop 07727 883881 <a href="mailto:suemnorthrop@gmail.com">suemnorthrop@gmail.com</a>

<b>Early Evening Yoga</b>	Thursday	16.30-17.30	ZOOM	Book 10 classes for £30.00, plus freebies	<b>BOOKING REQUIRED</b> Sue Northrop 07727 883881 <a href="mailto:suemnorthrop@gmail.com">suemnorthrop@gmail.com</a>
<b>Senior Mo(ve)ments (simple dance exercise)</b>	Tuesday	10.00-11.00	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	
	Wednesday	9.45-10.45	ZOOM	£4.00	
	Thursday	10.00-11.00	Prestonpans Community Centre	£4.00	
<b>Mindfulness for better health</b>	Tuesday	12.30-13.45	ZOOM	FREE 6 week block	<b>BOOKING REQUIRED</b> Joyce Lukkes 07910 962324 <a href="mailto:joycemindfulness@gmail.com">joycemindfulness@gmail.com</a>
<b>Tai Chi &amp; Wellbeing Class</b>	Thursday	11.00-11.50	ZOOM	FREE 6 week block	<b>BOOKING REQUIRED</b> Christine Dodson 07769 835623 <a href="mailto:cadodson@btinternet.com">cadodson@btinternet.com</a>
<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>
<b>Walking Football</b>	Monday	12.00-13.00	Port Seton Centre	£2.00	<b>BOOKING REQUIRED</b> Vanda Dow 07774 913960 <a href="mailto:vanda74@sky.com">vanda74@sky.com</a>

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. To like us on Facebook please [click here](#) or follow us on Twitter please [click here](#)