

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
Seated Aerobics	Monday	14.30-15.30	Longniddry Parish Church	£4.00	BOOKING REQUIRED Grace Turnbull 07720 527834 turnbull.grace@gmail.com
Tai Chi Qi Gong & Wellbeing Class	Thursday (Classes in blocks)	10.00-10.50	The Fisherrow Centre	£4.00	BOOKING REQUIRED Christine Dodson 07769 835623 cadodson@btinternet.com
		14.00-14.50	ZOOM	£3.00	
Mindfulness for better health	Monday (Beginners 6-8 week block) <i>*Starting 9th May*</i>	13.00-14.00	John Gray Centre (Star Room)	£3.00	BOOKING REQUIRED Joyce Lukkes 07910 962324 joycemindfulness@gmail.com
	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	

Extend by Carmen	Friday	10.00-11.00 11.30-12.30	Prestonpans Community Centre	£5.00	BOOKING REQUIRED Carmen Scott 07917 032435 contact@carmenskeepfit.com
Simple Yoga	Wednesday	18.00-19.00	Haddington Bridge Centre	£4.00	BOOKING REQUIRED Timea Porubszky 07898 251216 simpleyogaeastlothian@outlook.com
	Saturday	10.00-11.00	Haddington Bridge Centre	£4.00	
Senior Mo(ve)ments (simple dance exercise)	Tuesday	9.45-10.45	Haddington Bridge Centre	£4.00	BOOKING REQUIRED Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
		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	
Seated Pilates	Tuesday	19.00-19.40	ZOOM	£4.00	BOOKING REQUIRED Tine Breusch 01620 892620 or 07981 961034 pilateswithtine@gmail.com
	Thursday	10.00-10.40	ZOOM	£4.00	
The Warblers, singing for lung health	Monday	14.30-15.30	Musselburgh East Community Centre ZOOM option is also available	£4/2 or whatever you can afford	BOOKING REQUIRED Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/
	Tuesday	15.00-16.00	ZOOM	£4/2 or whatever you can afford	
Zumba Gold Classes	Monday	10.00-10.45	ZOOM	Monthly fee of £10 for unlimited zoom classes	BOOKING REQUIRED Ruth Pepper 07785 707683

	Tuesday	18.00-18.45	St Andrew Blackadder Church	£5.00	figaroroo@yahoo.co.uk Website: rhunterpepper.zumba.com
		9.30-10.15	Aberlady Village Hall	£5.00	
		11.30-12.15	ZOOM	Monthly fee of £10 for unlimited zoom classes	
	Wednesday	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		
Walk & Talk	1 st Wednesday of each month	10.00-11.00	Meet outside Haddington Library	FREE	BOOKING REQUIRED Ageing Well Coordinator 07718 117585 pjazayeri@eastlothian.gov.uk
	1 st Monday of each month	10.00-11.00	Meet outside Musselburgh Library	FREE	
Nordic Walking	Thursday (Beginners 6 week block)	10.00-11.00	Meet outside Aubigny Sports Centre	FREE	BOOKING REQUIRED Ageing Well Coordinator 07718 117585 pjazayeri@eastlothian.gov.uk
	(Intermediate 6 week block)	13.00-14.00	Meet outside Aubigny Sports Centre	<i>(Blocks are 2/3 times a year. Call Ageing Well Coordinator for more info/book)</i>	
Health and Wellbeing Walks	BOOKING REQUIRED Please see other document – ‘Health and Wellbeing Walks’ Or Contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585				

Other community activities for older adults within East Lothian

New Age Kurling	Tuesday	10.00-11.00 11.30-12.30	The Fraser Centre The Fraser Centre	£3.00 £3.00	BOOKING REQUIRED David Orr 01875 617444 david@thefrasercentre.com
	Friday	13.00-14.00	The Fraser Centre	£3.00	
Spine Opening Pilates	Monday	11.15-12.00	North Berwick Bowling Club	£7.00	BOOKING REQUIRED Maureen Evans 07799 123635 maureen@completemovement.co.uk
	Wednesday	10.00-11.00	ZOOM	£5.00	
Sporting Memories	Wednesday	10.30-12.00	Musselburgh Rugby Club	FREE	BOOKING REQUIRED Graham Cross 07983 152566 Graham@thesmf.co.uk
	Thursday	10.30-12.00 10.30-12.00	Hallhill Sports Centre Longniddry Parish Church	FREE FREE	
Over 50's Table Tennis	Wednesday	12.30-2.00	Bleachingfield Centre	£2.00 with first visit FREE	BOOKING REQUIRED Neil Paterson neillyboy50@btinternet.com
	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	BOOKING REQUIRED Gordon Aien 07985 942502 gordon.aien@gmail.com
Yoga For Everyone – Relaxed & Slow Yoga	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	BOOKING REQUIRED Sue Northrop 07727 883881 suenorthrop@gmail.com

				all zoom classes and recordings	
Yoga For Everyone on ZOOM	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	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Gentle Exercise for Seniors	Wednesday	9.30-10.30	The Fraser Centre	£4.00	BOOKING REQUIRED Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk
Active Memories (for gents)	Tuesday (meet monthly)	10.00-12.00	John Gray Centre	FREE	FOR MORE INFORMATION Ruth Fyfe 01620 820629 rfyfe@eastlothian.gov.uk
Walking Football	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 nd month FREE to play. £2 for hot drink and hot soup/roll	BOOKING REQUIRED Vanda Dow 07774 913960 vanda74@sky.com John Hood 07712 577575 johnhoodmwfc@gmail.com Debbie Reynolds and/or Tam Paton 07717 898751 / 07860 116767 debzreynolds84@gmail.com / patontruestory@aol.com

	Wednesday	18.15-19.15 19.30-20.30	Foresters 3G cage Lindores Drive, Tranent	£2.00	Willie Gilhooley 07905 380029 willieg50@hotmail.co.uk
	Monday + Friday	13.00-14.00	Hallhill Sports Centre (on 3G Pitch)	£2.00	Colin Mackay and/or Graham Cross 07719 714932 cmackay1951@gmail.com / crossyg99@gmail.com

For further information on any activities, contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585.

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