

AGEING WELL IN EAST LOTHIAN ACTIVITY LIST

ACTIVITY	DAY	TIME	VENUE/PLATFORM	PRICE	TO BOOK YOUR PLACE PLEASE CALL
Tai Chi Qi Gong & Wellbeing Class	Thursday (6 week block) Starting 4th Nov	10.00-10.50	The Fisherrow Centre	£4.00	BOOKING REQUIRED Christine Dodson 07769 835623 cadodson@btinternet.com
		14.00-14.50	ZOOM	£4.00	
Mindfulness for better health	Tuesday (Beginners 6 week block) Starting 2nd Nov Tuesday (Intermediate 6 week block) Starting 2nd Nov	13.00-14.00	The Bleachingfield Centre	£3.00	BOOKING REQUIRED Joyce Lukkes 07910 962324 joycemindfulness@gmail.com
		16.30-17.30	ZOOM	£3.00	
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	
Seated Pilates	Monday (6 week block) Starting 25th Oct	10.00-10.45	The Fraser Centre (Live Virtual Class)	£18.00 for the 6 week block	BOOKING REQUIRED Tine Breusch 01620 892620 or 07981 961034 pilateswithtine@gmail.com

	Tuesday	19.00-19.40	ZOOM	£3.00	
	Thursday	10.00-10.40	ZOOM	£3.00	
The Warblers, singing for lung health	Monday	15.00-16.30	YouTube (this session stays up there so can be used at a later date)		BOOKING REQUIRED Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/
	Tuesday	15.00-16.30	ZOOM	FREE	
Zumba Gold Classes	Monday	10.00-10.45	ZOOM	Monthly fee of £10 for unlimited zoom classes	BOOKING REQUIRED Ruth Pepper 07785 707683 figaroro@yahoo.co.uk Website: rhunterpepper.zumba.com
		18.00-18.45	St Andrew Blackadder Church	£5.00	
	Tuesday	9.30-10.15 11.30-12.15	Aberlady Village Hall ZOOM	£5.00 Monthly fee of £10 for unlimited zoom classes	
	Wednesday	10.00-10.45 11.30-12.15	Gullane Village Hall Longniddry Community Centre	£5.00 £5.00	
	Thursday	9.45-10.30	East Linton Community Hall	£5.00	
Spine Opening Pilates	Wednesday	10.00-11.00	ZOOM	£4.00	BOOKING REQUIRED Maureen Evans 07799 123635 maureen@completemovement.co.uk

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
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 14.30-15.30	The Fraser Centre The Fraser Centre	£3.00 £3.00	
Yoga For Everyone – Relaxed & Slow Yoga	Tuesday	15.00-15.45	Gullane Village Hall	Book 10 sessions for £60.00 or £12.00 for a single session	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Yoga For Everyone – Balance and Move	Tuesday	16.15-17.00	Gullane Village Hall	Book 10 sessions for £60.00 or £12.00 for a single session	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
Yoga For Everyone on ZOOM	Monday	16.30-17.15	ZOOM	Book 10 sessions for £30.00 or anyone can drop in any time	BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com
	Wednesday (Meditation session)	12.00-12.45	ZOOM		
	Thursday	16.30-17.15	ZOOM		
Walk & Talk	1 st Wednesday of each month	10.00-11.00	Meet outside Haddington Library	FREE (currently full)	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 (currently full)	

Walking Football	Monday	12.00-13.00	Port Seton Centre	£2.00	BOOKING REQUIRED Vanda Dow 07774 913960 vanda74@sky.com
	Monday + Friday	13.00-14.00	Hallhill Sports Centre (on 3G Pitch)	£2.00	Colin Mackay 07719 714932 cmackay10@blueyonder.co.uk
Sporting Memories	Wednesday	10.30-12.00	Musselburgh Rugby Club	FREE	BOOKING REQUIRED Gary Waddell 07941 123278 gary@thesmf.co.uk
	Thursday	10.30-12.00	Hallhill Sports Centre	FREE	

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

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