



**Cost should never be a barrier to participating in sport and physical activity.
Please get in touch to discuss alternative payment options.**

Parvine Woodger | Ageing Well Coordinator
E: pwoodger@eastlothian.gov.uk
T: 07718 117585

Find us on Social Media:
 @AgeingWellEastLothian
 @AgeingWellELC

Activity	Time	Venue	Cost	To book or for more info
Monday				
Qi Gong	11.00-12.00	The Bleachingfield Centre	£5.00	Suzanne Burns 07791 627818 enquiries@burning-brightly.co.uk
The Warblers, singing for lung health	14.30-15.30	Musselburgh East Community Centre	£4/2 or whatever you can afford	Esther Chuang 07717 064923 esther.musictherapy@outlook.com Website: https://www.warblers.org.uk/
Walk & Talk (1 st Monday of each month)	10.00-11.30	Meet outside Musselburgh Library	FREE	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
New Age Kurling (1 st + 3 rd Monday of each month)	13.30-15.00	West Barns Village Hall	FREE	Hazel Gray westbarnsweebiteandblether@gmail.com
Learn to Draw (monthly)	10.30-12.00	John Gray Centre	FREE	Liz Cunningham liz.cunningham53@btinternet.com
Tuesday				
Qi Gong	18.00-19.00	North Berwick Community Centre	£5.00	Suzanne Burns 07791 627818 enquiries@burning-brightly.co.uk
Mindfulness for better health (classes in blocks)	14.15-15.15	John Gray Centre, Star Room	£4.00	Joyce Lukkes 07910 962324 joycemindfulness@gmail.com
New Age Kurling	14.00-16.00	Longniddry Church Hall	FREE	Derek Smith 01875 853322 or 07980 987796 derekg.smith@btinternet.com
Beginners Line Dancing	13.00-14.00	The Fisherrow Centre	£4.00	Susan Oliver 07799 026491 susanholiver@yahoo.co.uk
Wednesday				
Tea Dance (last Wednesday of each month)	14.00-15.30	North Berwick Rugby Club	£1.00	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Simple Yoga	18.00-19.00	The Bridge Centre	£4.00	Timea Porubszky 07898 251216 simpleyogaeastlothian@outlook.com Website: www.simpleyoga.co.uk

Wednesday Continued				
Walk & Talk (1 st Wednesday of each month)	10.00-11.30	Meet outside Haddington Library	FREE	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Beginners Nordic Walking (classes in blocks)	13.00-14.00	Various locations	FREE (Blocks are 3/4 times a year. Call Ageing Well Coordinator for start dates/to book)	Jane Miller 07578 993998 janemiller2014@outlook.com
Mindfulness for better health (classes in blocks)	13.30-14.30	Gullane Village Hall	£5.00	Joyce Lukkes 07910 962324 joycemindfulness@gmail.com
Thursday				
Simple Yoga	10.00-11.00	Prestonpans Community Centre	£4.00	Timea Porubszky 07898 251216 simpleyogaeastlothian@outlook.com Website: www.simpleyoga.co.uk
Tai Chi Qi Gong & Wellbeing Class (classes in blocks)	10.00-11.00 11.15-12.15	The Fisherrow Centre The Fisherrow Centre	£4.00 £4.00	Christine Dodson 07769 835623 cadodson@btinternet.com
Buddy Swimming	10.30-11.30	Aubigny Sports Centre	£2.60 + £1.00 for refreshments	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Senior Mo(ve)ments (simple dance exercise)	11.30-12.30	Musselburgh East Community Centre	£5.00	Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
Beginners Nordic Walking (classes in blocks)	10.00-11.00	Various locations	FREE (Blocks are 3/4 times a year. Call Ageing Well Coordinator for start dates/to book)	Marie Gentles 07846 231290 mgentles.ot@gmail.com
Walking Hockey	17.30-18.30	Meadowmill Sports Centre	£4.00	Hockey Coordinator Mhairi.Mcgregor@scottish-hockey.org.uk
Friday				
Qi Gong	12.00-13.00	The Trinity Centre	£5.00	Suzanne Burns 07791 627818 enquiries@burning-brightly.co.uk
Walk & Talk (1 st Friday of each month)	10.00-11.30	Meet outside Haddington Library	FREE	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Saturday				
Simple Yoga	10.00-11.00	The Bridge Centre	£4.00	Timea Porubszky 07898 251216 simpleyogaeastlothian@outlook.com Website: www.simpleyoga.co.uk
Health and Wellbeing Walks				
Please see other document – ‘Health and Wellbeing Walks’ Or Contact Parvine Woodger, Ageing Well Coordinator on pwoodger@eastlothian.gov.uk or 07718 117585				

Other community groups available for older adults | East Lothian

Activity	Time	Venue	Cost	To book or for more info
Live Well East Lothian (exercise for everyone)	Various	17 classes available every week across East Lothian	Suggested Donation £4	Fiona Morrison 07527 518587 LiveWell@BSLM.org.uk https://www.livewelleastlothian.org/
Monday				
Walking Football	12.00-13.00	Port Seton Community Centre	FREE to play. £2 for hot drink and hot soup/roll	Vanda Dow 07774 913960 vanda74@sky.com
	13.00-14.00	Hallhill Sports Centre, Dunbar (on 3G Pitch)	£3.00	Colin Mackay and/or Graham Cross 07719 714932 cmackay1951@gmail.com / crossyg99@gmail.com
	19.30-20.30	Pinkie School (on 3G pitch)	First few sessions FREE then £20 every 6 months	John Hood 07712 577575 johnhoodmwfc@gmail.com
Extend by Carmen	12.30-13.30	The Bleachingfield Centre	£5.00	Carmen Scott 07917 032435 carmen@carmenskeepfit.com
Zumba Gold Classes	18.00-18.45	St Andrew Blackadder Church	£5.00	Ruth Hunter Pepper 07785 707683 figaroroo@yahoo.co.uk
Archery	11.15-13.15	Aubigny Sports Centre	£2.50 with first visit FREE	Elizabeth Ann Little fizzynan@gmail.com 07835 049805
Simple Yoga	16.00-17.00	The Pennypit Centre	£8.00 or £5.00 concession	Timea Porubszky 07898 251216 simpleyogaeastlothian@outlook.com Website: www.simpleyoga.co.uk
Tuesday				
New Age Kurling	10.00-11.00	The Fraser Centre	£3.00	David Orr 01875 617444 david@thefrasercentre.com
Macmerry Men's Shed	11.00-16.00	Macmerry Village Hall	£2.50	Stuart MacKenzie 07745 310705 macmerry.shed@gmail.com
Senior Mo(ve)ments (simple dance exercise)	9.45-10.45	The Bridge Centre	£5.00	Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
	11.30-12.30	Aberlady Village Hall		
	13.30-14.30	The Fraser Centre		
Walking Football	10.30-12.00	Pennypit 5 aside pitches, Prestonpans	FREE to play. £2 for hot drink and hot soup/roll	Debbie Reynolds and/or Tam Paton 07717 898751 / 07860 116767 debzreynolds84@gmail.com / patontruestory@aol.com

Tuesday Continued				
Zumba Gold Classes	9.30-10.15	Aberlady Village Hall	£5.00	Ruth Hunter Pepper 07785 707683 figaroroo@yahoo.co.uk
Active / Sporting Memories (meet fortnightly)	10.30-12.00	John Gray Centre, Star Room	FREE	Ruth Fyfe 01620 820629 rfyfe@eastlothian.gov.uk
Sporting Memories	13.30-15.00	North Berwick Rugby Club at Recreation Park	FREE	Graham Cross 07983 152566 graham.cross@sportingmemories.uk
Wednesday				
Gentle Spine Opening Pilates	9.30-10.30	ZOOM	£5.00	Maureen Evans 01620 248861 maureen@completemovement.co.uk
Sporting Memories	10.30-12.00	Musselburgh Rugby Club	FREE	Graham Cross 07983 152566 graham.cross@sportingmemories.uk
Over 50's Table Tennis	12.00-14.00	The Bleachingfield Centre	£2.00 with first visit FREE	Neil Paterson neillyboy50@btinternet.com
Gentle Exercise for Seniors	9.30-10.30	The Fraser Centre	£5.00	Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk
Walking Football	18.30-19.30 19.30-20.30	Foresters 3G cage, Lindores Drive, Tranent	£3.00	Willie Gilhooley 07905 380029 willieg50@hotmail.co.uk
Zumba Gold Classes	10.00-10.45	Gullane Village Hall	£5.00	Ruth Hunter Pepper 07785 707683 figaroroo@yahoo.co.uk
	11.30-12.15	Longniddry Community Centre		
Pelvic floor health (Seated Hypopressives)	17.30-18.15	Fairbairn House, Haddington	Taster session FREE, £10 per class	Fiona Morrison 07527 518587 fitter4life@yahoo.com
Archery	13.30-15.30	Seton Gardens/ Riches Gas, Longniddry	£5.00 with first visit FREE	Elizabeth Ann Little fizzynan@gmail.com 07835 049805
Thursday				
Sporting Memories	10.30-12.00	Hallhill Sports Centre, Dunbar	FREE	Graham Cross 07983 152566 graham.cross@sportingmemories.uk
	10.30-12.00	Longniddry Parish Church		
Over 50's Table Tennis	10.00-12.00	The Bleachingfield Centre	£2.00 with first visit FREE	Neil Paterson neillyboy50@btinternet.com
	10.30-12.30	Aubigny Sports Centre	£4.00 with first 2 visits FREE	Gordon Aien 07985 942502 gordon.aien@googlemail.com
Sit and Get Fit (chair based exercise class)	10.00-10.30	ZOOM	£4.00	Tracey Craig 07368 592746 sitandgetfit72@gmail.com

Thursday Continued				
Senior Mo(ve)ments (simple dance exercise)	10.00-11.00	Prestongrange Church Hall	£5.00	Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
	13.30-14.30	Macmerry Miners Club		
Zumba Gold Classes	9.45-10.30	East Linton Community Hall	£5.00	Ruth Hunter Pepper 07785 707683 figaroroo@yahoo.co.uk
Macmerry Men's Shed	11.00-16.00	Macmerry Village Hall	£2.50	Stuart MacKenzie 07745 310705 macmerry.shed@gmail.com
Friday				
New Age Kurling	12.30-14.00	The Fraser Centre	£3.00	David Orr 01875 617444 david@thefrasercentre.com
Walking Football	13.00-14.00	Hallhill Sports Centre, Dunbar (on 3G Pitch)	£3.00	Colin Mackay and/or Graham Cross 07719 714932 cmackay1951@gmail.com / crossyg99@gmail.com
Simple Yoga	17.30-18.30	The Fraser Centre	£8.00 or £5.00 concession	Timea Porubszky 07898 251216 simplyogaeastlothian@outlook.com Website: www.simplyyoga.co.uk
Extend by Carmen	11.00-12.00	Chalmers Memorial Church Hall	£5.00	Carmen Scott 07917 032435 carmen@carmenskeepfit.com
Pelvic floor health (Mat Based Hypopressives)	9.15-10.00	Fairbairn House, Haddington	Taster session FREE, £10 per class	Fiona Morrison 07527 518587 fitter4life@yahoo.com https://www.fitter4life.co.uk/