

## 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<br>(Class starting 25 <sup>th</sup> Jan 2021) | 14.30-15.00                | ZOOM   | FREE  | <b>BOOKING REQUIRED</b><br>Tracey Young<br>07368 699147<br><a href="mailto:tracey.young72@outlook.com">tracey.young72@outlook.com</a>   |
| <b>Gentle Exercise for Seniors</b>           | Wednesday  | 14.00-15.00                | ZOOM   | FREE  | <b>BOOKING REQUIRED</b><br>Ramon Llano<br>07949 899609<br><a href="mailto:ramon_llano@yahoo.co.uk">ramon_llano@yahoo.co.uk</a>  |
| <b>Seated Pilates</b>                        | Thursday   | 10.00-10.40                | ZOOM   | £2.00   | <b>BOOKING REQUIRED</b><br>Tine Breusch<br>01620 892620 or 07981 961034<br><a href="mailto:tine.breusch@gmail.com">tine.breusch@gmail.com</a>   |
| <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><br>Jane Lewis<br>07519 582130<br><a href="mailto:Jane@gn.apc.org">Jane@gn.apc.org</a><br>Website:<br><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   | 10.00-10.40                | ZOOM   | Zoom classes are by monthly subscription of £15 | <b>BOOKING REQUIRED</b><br>Ruth Pepper<br>07785 707683<br><a href="mailto:figaroroo@yahoo.co.uk">figaroroo@yahoo.co.uk</a><br>Website: <a href="http://rhunterpepper.zumba.com">rhunterpepper.zumba.com</a> |
|  | Tuesday  | 10.00-10.40<br>17.30-18.10 | ZOOM<br>ZOOM   |   |   |
|  | Wednesday  | 10.00-10.40                | ZOOM   |   |   |
|  | Thursday   | 10.00-10.40                | ZOOM   |   |   |

|   |   |                            |              |   |   |
|---|---|----------------------------|--------------|---|---|
| <b>Spine Opening Pilates</b>                      | Wednesday   | 9.30-10.30<br>10.45-11.45  | ZOOM<br>ZOOM | £4.00<br>(Classes to be paid in blocks. If this is not affordable, Maureen will allow you to pay per class) | <b>BOOKING REQUIRED</b><br>Maureen Evans<br>07799 123635<br><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><br>Sue Northrop<br>07727 883881<br><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<br><b>**currently full</b>  | <b>BOOKING REQUIRED</b><br>Sue Northrop<br>07727 883881<br><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><br>Sue Northrop<br>07727 883881<br><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><br>Sue Northrop<br>07727 883881<br><a href="mailto:suemnorthrop@gmail.com">suemnorthrop@gmail.com</a>   |
| <b>Senior Mo(ve)ments (simple dance exercise)</b> | Wednesday   | 9.45-10.45                 | ZOOM         | £12.00 per calendar month   | <b>BOOKING REQUIRED</b><br>Andrea Mannion<br>07711 761165<br><a href="mailto:andrea.mannion@btinternet.com">andrea.mannion@btinternet.com</a><br>Website:<br><a href="http://www.seniormomentsdance.co.uk">www.seniormomentsdance.co.uk</a> |
| <b>Mindfulness for better health</b>              | Wednesday<br>20 <sup>th</sup> Jan 2021<br>Thursday<br>21 <sup>st</sup> Jan 2021 | 13.00-14.00<br>11.00-12.00 | ZOOM<br>ZOOM | FREE taster classes (Potential course tbc in February 2021)   | <b>BOOKING REQUIRED</b><br>Joyce Lukkes<br>07910 962324<br><a href="mailto:joycemindfulness@gmail.com">joycemindfulness@gmail.com</a>   |

|                                      |   |             |      |                   |   |
|--------------------------------------|---|-------------|------|-------------------|---|
| <b>Tai Chi &amp; Wellbeing Class</b> | Thursday<br>(Class starting<br>14 <sup>th</sup> Jan 2021) | 11.00-11.50 | ZOOM | FREE 6 week block | <b>BOOKING REQUIRED</b><br>Christine Dodson<br>07769 835623<br><a href="mailto:cadodson@btinternet.com">cadodson@btinternet.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](#)