

AGEING WELL IN EAST LOTHIAN ACTIVITY LIST

| ACTIVITY | DAY | TIME | VENUE/PLATFORM | PRICE | TO BOOK YOUR PLACE PLEASE CALL |
|---------------------------------------|-----------|----------------------------|--|---|---|
| Chair Based Exercise | Monday | 14.30-15.00 | ZOOM | FREE | BOOKING REQUIRED Tracey Young 07368 592746 tracey.young72@outlook.com |
| | Thursday | 11:00-11:45 | ZOOM | FREE | |
| Gentle Exercise for Seniors | Wednesday | 14.00-15.00 | ZOOM | FREE | BOOKING REQUIRED Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk |
| Seated Pilates | Thursday | 10.00-10.40 | ZOOM | £2.00 | BOOKING REQUIRED Tine Breusch 01620 892620 or 07981 961034 tine.breusch@gmail.com |
| 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) | FREE | BOOKING REQUIRED Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/ |
| | Tuesday | 15.00-16.30 | ZOOM | | |
| Slow Mindful Yoga | Monday | 18.30-19.30 | ZOOM | First class FREE, £4.00 thereafter or £40.00 for block of ten | BOOKING REQUIRED Nicola Bourke 07766 174462 nicola_bourke@hotmail.com |
| Zumba Gold Classes | Monday | 10.00-10.40 | ZOOM | Zoom classes are by monthly subscription of £15 | BOOKING REQUIRED Ruth Pepper 07785 707683 figaroro@yahoo.co.uk Website: rhunterpepper.zumba.com |
| | Tuesday | 10.00-10.40 17.30-18.10 | ZOOM ZOOM | | |

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| | Wednesday | 10.00-10.40 | ZOOM | | |
| | Thursday | 10.00-10.40 | ZOOM | | |
| Spine Opening Pilates | Wednesday | 9.30-10.30 10.45-11.45 | ZOOM ZOOM | £4.00 (Classes to be paid in blocks. If this is not affordable, Maureen will allow you to pay per class) | BOOKING REQUIRED Maureen Evans 07799 123635 maureen@completemovement.co.uk |
| Gentle Yoga For Everyone – Seated Yoga | Thursday | 15.15-16.00 | ZOOM | Book 10 classes for £30.00, plus freebies | BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com |
| Gentle Yoga For Everyone | Monday | 16.30-17.30 | ZOOM | Book 10 classes for £30.00, plus freebies **currently full | BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com |
| Yoga Present - Meditation | Wednesday | 12.00-12.30 | ZOOM | FREE for those who attend other classes | BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com |
| Early Evening Yoga | Thursday | 16.30-17.30 | ZOOM | Book 10 classes for £30.00, plus freebies | BOOKING REQUIRED Sue Northrop 07727 883881 suemnorthrop@gmail.com |
| Senior Mo(ve)ments (simple dance exercise) | Wednesday | 9.45-10.45 | ZOOM | £12.00 per calendar month | BOOKING REQUIRED Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk |

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| Mindfulness for better health | Tuesday | 12.30-13.45 | ZOOM | FREE 6 week block | BOOKING REQUIRED Joyce Lukkes 07910 962324 joycemindfulness@gmail.com |
| Tai Chi & Wellbeing Class | Thursday | 11.00-11.50 | ZOOM | FREE 6 week block | BOOKING REQUIRED Christine Dodson 07769 835623 cadodson@btinternet.com |
| Walk & Talk | 1 st Wednesday of each month | 10.00-11.00 | Meet outside Haddington Library | FREE | NO BOOKING REQUIRED Ageing Well Coordinator 07718 117585 pjazayeri@eastlothian.gov.uk |
| Ageing Well Tennis | Wednesday | 11.00-12.00 | Longniddry Tennis Club | £15/block or £2.50/session | BOOKING REQUIRED Euan Cameron 07543 541621 |
| | Thursday | 10.30-11.30 | Tranent Tennis Courts | £15/block or £2.50/session | |

For further information on any activities contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585. To like us on Facebook please [click here](#) or follow us on Twitter please [click here](#)