

## **Information about the Ageing Well activities**

### **Chair Based Exercise**

Weekly gentle exercise session for people of all abilities working out to classic hits from the 50's 60's and 70's. Learn some new moves to your favourite tunes without leaving your seat.

### **Gentle Exercise for Seniors**

A programme of easy seated and standing up exercises for adults over 60 to maintain their strength, power, balance, flexibility, coordination and agility.

### **Seated Pilates**

Low impact sessions to improve your balance and range of movement within your own ability by gently and safely using the basics of Pilates along with different equipment such as resistance bands, Pilate ball, Pilates ring, weights etc.

### **The Warblers, singing for lung health**

The Warblers is a singing group for people with chronic lung conditions. Come and make new friends and have fun singing in a way that can lead to improvements in your breathing and emotional wellbeing. We believe that everyone can sing - no singing experience needed. The Warblers is part of a UK-wide singing for lung health programme supported by British Lung Foundation. For more information see <https://www.warblers.org.uk/>

### **Slow Mindful Yoga**

It is all about yoga poses, breathing and relaxation. Suitable for beginners but plenty of options for more experienced practitioners. Practices will include lying on the floor, standing and may include weight bearing on ankles and wrists and sitting on the floor. Modifications will be offered.

Classes will have a focus on practices that promote calm and resilience, practices that reduce stress, anxiety and tension - a holistic approach towards overall wellbeing.

Participants need to be able to get up and down off the floor safely. Participants need a warm and comfortable space to practice in; ideally a yoga mat, a blanket and a cushion.

### **Zumba Gold Classes**

Zumba Gold is a low-impact Latin inspired Dance class. Suitable for all levels of fitness, you take it at your own pace. The classes are fun and friendly and open to all. For more information visit the webpage - [rhunterpepper.zumba.com](http://rhunterpepper.zumba.com)

### **Spine Opening Pilates**

Helping to open the spine and educating you how to move. They are best for men and women who wish to continue to move safely as they age. Please do check with your doctor or physio, but this class is also often suitable those suffering from Osteoporosis or advanced Osteopenia as we minimise forward bending in the spine.

### **Yoga For Everyone**

If you can breathe, you can do Yoga. A regular Yoga practice can provide a range of benefits for your physical and mental health, focussing on your body's natural tendency to well-being and self-healing. Physical benefits include improvements in balance, flexibility and energy and vitality. Yoga

can also help to manage stress and anxiety, helping create a sense of calmness and better concentration.

Classes are designed to be inclusive, with a relaxed pace, limited transitions between standing and floor work and variations offered to suit different bodies and preferences. You can also do Yoga on or with a chair and we encourage you to use Yoga blocks, bricks, belts and the wall to help you get the most out of your practice. You can read more about classes here:

<https://www.revitaliseyoga.co.uk>

### **Senior Mo(ve)ments (simple dance exercise)**

Fun and simple dance exercises to help strength, balance and co-ordination. Dance to oldies music in a light-hearted atmosphere where any ability is welcome and smiling is essential!

### **Mindfulness for better health**

These sessions are free to attend until we start running sessional blocks and a great way to experience how to be fully present, in the here and now. We have busy minds that like to be in the future or the past, but this isn't always helpful for our wellbeing. In these sessions we explore how mindfulness and meditation can benefit our health and well-being, with some practice and patience.

Mindfulness can reduce stress, we can learn to have a friendlier and kind attitude towards our thinking, we can learn to appreciate more of our lives, and we can learn to respond better to situations.

### **Tai Chi and Wellbeing Class**

Tai Chi gradually builds suppleness and fitness without strain. It promotes better balance, can increase your vitality and reduces feelings of stress.

### **Walk & Talk**

The group is a Book group with a difference as it starts each gathering with a walk around Haddington of about 45 minutes to one hour. After the walk, you would normally head back to the library for a cup of tea and a biscuit to discuss the books you have read that month. However, as meeting indoors cannot take place right now, you will chat about the books on the walk instead.

### **Ageing Well Tennis**

A 6-week tennis course aimed at beginner players or players that have maybe not played for a long time and want to get back into the sport. Each week will cover something different with the aim that at the end of the course you will know how to play each of the main shots, as well as understand the rules and scoring of tennis. The course is a good chance to learn a new sport whilst having fun, getting some exercise and meeting new people!