

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

Parvine Jazayeri | Ageing Well Coordinator

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Find us on Social Media:

 @AgeingWellEastLothian

 @AgeingWellELC

Activity	Time	Venue	Cost	To book or for more info
Monday				
Qi Gong				Classes due to start end of Feb/start of Mar. More info to follow soon.
Seated Aerobics	14.30-15.30	Longniddry Parish Church	£4.00	Grace Turnbull 07720 527834 turnbull.grace@gmail.com
The Warblers, singing for lung health	14.30-15.30	Musselburgh East Community Centre	£4/2 or whatever you can afford	Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/
Walk & Talk (1 st Monday of each month)	10.00-11.00	Meet outside Musselburgh Library	FREE	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Tuesday				
Qi Gong				Classes due to start end of Feb/start of Mar. More info to follow soon.
Seated Pilates	19.00-19.40	ZOOM	£4.00	Tine Breusch 01620 892620 or 07981 961034 pilateswithtine@gmail.com
The Warblers, singing for lung health	15.00-16.00	ZOOM	£4/2 or whatever you can afford	Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/
Mindfulness for better health (classes in blocks)	12.45-13.45	John Gray Centre, Star Room	£4.00	Joyce Lukkes 07910 962324 joycemindfulness@gmail.com
Simple Yoga	18.00-19.00	Athelstaneford Village Hall	FREE	Timea Porubszky 07898 251216 simplyogaeastlothian@outlook.com
New Age Kurling	14.00-16.00	Longniddry Church Hall	FREE	Derek Smith 01875 853322 or 07980 987796 derekg.smith@btinternet.com
Wednesday				
Mindfulness for better health (classes in blocks)	13.00-14.00	The Bleachingfield Centre	£4.00	Joyce Lukkes 07910 962324 joycemindfulness@gmail.com
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

Wednesday Continued				
Walking Hockey	12.00-13.00	Meadowmill Sports Centre	FREE	Hockey Coordinator awren@elothianmail.net 07718 698960
Simple Yoga	18.00-19.00	The Bridge Centre	£4.00	Timea Porubszky 07898 251216 simplyogaeastlothian@outlook.com
Walk & Talk (1 st Wednesday of each month)	10.00-11.00	Meet outside Haddington Library	FREE	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Beginners Nordic Walking (classes in blocks)	13.00-14.00	Meet at the Pencaitland Pavilion & Bowling Club off the A6093. The carpark is at end of Scholars Court.	FREE (Blocks are 3/4 times a year. Call Ageing Well Coordinator for start dates/to book)	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Thursday				
Tai Chi Qi Gong & Wellbeing Class (classes in blocks)	9.45-10.45 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
Seated Pilates	10.00-10.40	ZOOM	£4.00	Tine Breusch 01620 892620 or 07981 961034 pilateswithtine@gmail.com
Beginners Nordic Walking (classes in blocks)	10.00-11.00	Meet outside Aubigny Sports Centre	FREE (Blocks are 3/4 times a year. Call Ageing Well Coordinator for start dates/to book)	Ageing Well Coordinator 07718 117585 pwoodger@eastlothian.gov.uk
Friday				
Qi Gong				Classes due to start end of Feb/start of Mar. More info to follow soon.
Walk & Talk (1 st Friday of each month)	10.00-11.00	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 simplyogaeastlothian@outlook.com
Health and Wellbeing Walks				
Please see other document attached – ‘Health and Wellbeing Walks’ Or Contact Parvine Jazayeri, Ageing Well Coordinator on pwoodger@eastlothian.gov.uk or 07718 117585				
Buddy Walking				
If you are interested in a Buddy Walk, please contact Donna Clelland, Buddy Walking Project Worker on dclelland@eastlothian.gov.uk or 07989 737014				

Other community groups available for older adults | East Lothian

Activity	Time	Venue	Cost	To book or for more info
Monday				
Yoga For Everyone on ZOOM	16.30-17.30	ZOOM (free access to all recordings and pop ups)	Book 10 sessions for £40.00 or anyone can drop in any time	Sue Northrop 07727 883881 suemnorthrop@gmail.com
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 (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 2G Astro)	First few sessions FREE then £20 every 2 nd month	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 Pepper 07785 707683 figaroroo@yahoo.co.uk
Tuesday				
New Age Kurling	10.00-11.00	The Fraser Centre	£3.00	David Orr 01875 617444 david@thefrasercentre.com
Yoga For Everyone – Balance & Move	15.30-16.30	Gullane Village Hall + available on ZOOM (free access to all recordings and pop ups)	Book 10 sessions for £40.00 or anyone can drop in any time	Sue Northrop 07727 883881 suemnorthrop@gmail.com
Mindful Meditation	16.30-17.00	Gullane Village Hall	FREE (donation is welcome)	Sue Northrop 07727 883881 suemnorthrop@gmail.com
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
Senior Mo(ve)ments (simple dance exercise)	9.45-10.45	The Bridge Centre	£4.00	Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
	11.30-12.30	Aberlady Village Hall		
Zumba Gold Classes	9.30-10.15	Aberlady Village Hall	£5.00	Ruth Pepper 07785 707683 figaroroo@yahoo.co.uk

Tuesday Continued				
Macmerry Men's Shed	11.00-16.00	Macmerry Village Hall	£2.50	David Dickson 07713 276568 dave51@talktalk.net
Active Memories / Sporting Memories (meet fortnightly)	10.30-12.00	John Gray Centre, Star Room	FREE	Ruth Fyfe 01620 820629 rfyfe@eastlothian.gov.uk or Graham Cross 07983 152566 graham.cross@sportingmemories.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	9.00-10.00	ZOOM	£5.00	Julie Wilson 07585 227603 julie@completemovement.co.uk
	10.30-11.15	North Berwick Bowling Club	£7.00	
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	£4.00	Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk
Walking Football	18.15-19.15 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 Pepper 07785 707683 figaroroo@yahoo.co.uk
	11.30-12.15	Longniddry Community Centre		
Thursday				
Sporting Memories	10.30-12.00	Hallhill Sports Centre	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 visit FREE	Gordon Aien 07985 942502 gordon.aien@googlemail.com
Yoga For Everyone on ZOOM	16.30-17.30	ZOOM (free access to all recordings and pop ups)	Book 10 sessions for £40.00 or anyone can drop in any time	Sue Northrop 07727 883881 suemnorthrop@gmail.com
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		

Thursday Continued

Sit and Get Fit	10.00-10.30	ZOOM	£4.00	Tracey Craig 07368 592746 sitandgetfit72@gmail.com
Zumba Gold Classes	9.45-10.30	East Linton Community Hall	£5.00	Ruth Pepper 07785 707683 figaroroo@yahoo.co.uk
Macmerry Men's Shed	11.00-16.00	Macmerry Village Hall	£2.50	David Dickson 07713 276568 dave51@talktalk.net

Friday

New Age Kurling	13.00-14.00	The Fraser Centre	£3.00	David Orr 01875 617444 david@thefrasercentre.com
Walking Football	13.00-14.00	Hallhill Sports Centre (on 3G Pitch)	£3.00	Colin Mackay and/or Graham Cross 07719 714932 cmackay1951@gmail.com / crossyg99@gmail.com
Extend by Carmen	10.00-11.00	Prestonpans Community Centre	£5.00	Carmen Scott 07917 032435 carmen@carmenskeepfit.com

Live Well East Lothian

Live Well East Lothian offers gentle exercise, relaxation, and advice for patients living in East Lothian who have heart problems, who may have undergone heart surgery, suffer lung problems, have diabetes, suffer from long term conditions or just want to get fitter.

There are also new classes for stroke victims and those who may be a bit unsteady (Postural Instability) and need a bit of strength to prevent themselves from falling. All are provided by qualified instructors.

Classes available in: Haddington, Musselburgh, Dunbar, Tranent and North Berwick.

Fiona Morrison
07527 518 587

Livewell@bslm.org.uk

Website: <https://www.livewelleastlothian.org/>