



**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**  
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**Find us on Social Media:**  
 @AgeingWellEastLothian  
 @AgeingWellELC

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

Wednesday Continued				
<b>Walk &amp; Talk</b> (1 <sup>st</sup> Wednesday of each month)	10.00-11.30	Meet outside Haddington Library	FREE	Ageing Well Coordinator 07718 117585 <a href="mailto:pwoodger@eastlothian.gov.uk">pwoodger@eastlothian.gov.uk</a>
<b>Beginners Nordic Walking</b> (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 <a href="mailto:janemiller2014@outlook.com">janemiller2014@outlook.com</a>
<b>Mindfulness for better health</b> (classes in blocks)	13.30-14.30	Gullane Village Hall	£5.00	Joyce Lukkes 07910 962324 <a href="mailto:joycemindfulness@gmail.com">joycemindfulness@gmail.com</a>
Thursday				
<b>Simple Yoga</b>	10.00-11.00	Prestonpans Community Centre	£4.00	Timea Porubszky 07898 251216 <a href="mailto:simpleyogaeastlothian@outlook.com">simpleyogaeastlothian@outlook.com</a> Website: <a href="http://www.simpleyoga.co.uk">www.simpleyoga.co.uk</a>
<b>Tai Chi Qi Gong &amp; Wellbeing Class</b> (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 <a href="mailto:cadodson@btinternet.com">cadodson@btinternet.com</a>
<b>Buddy Swimming</b>	10.30-11.30	Aubigny Sports Centre	£2.60 + £1.00 for refreshments	Ageing Well Coordinator 07718 117585 <a href="mailto:pwoodger@eastlothian.gov.uk">pwoodger@eastlothian.gov.uk</a>
<b>Senior Mo(ve)ments (simple dance exercise)</b>	11.30-12.30	Musselburgh East Community Centre	£5.00	Andrea Mannion 07711 761165 <a href="mailto:andrea.mannion@btinternet.com">andrea.mannion@btinternet.com</a> Website: <a href="http://www.seniormomentsdance.co.uk">www.seniormomentsdance.co.uk</a>
<b>Beginners Nordic Walking</b> (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 <a href="mailto:mgentles.ot@gmail.com">mgentles.ot@gmail.com</a>
<b>Walking Hockey</b>	17.30-18.30	Meadowmill Sports Centre	£4.00	Hockey Coordinator <a href="mailto:Mhairi.Mcgregor@scottish-hockey.org.uk">Mhairi.Mcgregor@scottish-hockey.org.uk</a>
Friday				
<b>Qi Gong</b>	12.00-13.00	The Trinity Centre	£5.00	Suzanne Burns 07791 627818 <a href="mailto:enquiries@burning-brightly.co.uk">enquiries@burning-brightly.co.uk</a>
<b>Walk &amp; Talk</b> (1 <sup>st</sup> Friday of each month)	10.00-11.30	Meet outside Haddington Library	FREE	Ageing Well Coordinator 07718 117585 <a href="mailto:pwoodger@eastlothian.gov.uk">pwoodger@eastlothian.gov.uk</a>
Saturday				
<b>Simple Yoga</b>	10.00-11.00	The Bridge Centre	£4.00	Timea Porubszky 07898 251216 <a href="mailto:simpleyogaeastlothian@outlook.com">simpleyogaeastlothian@outlook.com</a> Website: <a href="http://www.simpleyoga.co.uk">www.simpleyoga.co.uk</a>
<b>Health and Wellbeing Walks</b>				
Please see other document – ‘Health and Wellbeing Walks’ Or Contact Parvine Woodger, Ageing Well Coordinator on <a href="mailto:pwoodger@eastlothian.gov.uk">pwoodger@eastlothian.gov.uk</a> or 07718 117585				

## Other community groups available for older adults | East Lothian

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

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

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