

AGEING WELL IN EAST LOTHIAN ACTIVITY LIST

ACTIVITY	DAY	TIME	VENUE/PLATFORM	PRICE	TO BOOK YOUR PLACE PLEASE CALL
Chair Based Exercise	Monday	14.30-15.30	Aubigny Sports Centre	£3.00 **currently full but new dates to be released in 2021	BOOKING REQUIRED Tracey Young 07368 699147 tcraig211@gmail.com
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		
Zumba Gold Classes	Monday	10.00-10.45	ZOOM	Zoom classes are by monthly subscription	BOOKING REQUIRED Ruth Pepper 07785 707683 figaroro@yahoo.co.uk Website: rhunterpepper.zumba.com
		17.00-17.45	St Andrew Blackadder Church	£4.00	
		18.00-18.45	St Andrew Blackadder Church	£4.00	

	Tuesday	9.30-10.15 17.30-18.15	Aberlady Village Hall ZOOM	£4.00	
	Wednesday	10.00-10.45 11.15-12.00 17.30-18.15	Gullane Village Hall Aberlady Village Hall ZOOM	£4.00 £4.00	
	Thursday	9.45-10.30 11.30-12.15	East Linton Community Hall ZOOM	£4.00	
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 01620 248861 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 Suemnorthop@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 Suemnorthop@gmail.com
Yoga Present - Meditation	Wednesday	12.00-12.30	ZOOM	FREE for those who attend other classes	BOOKING REQUIRED Sue Northrop 07727 883881 Suemnorthop@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 Suemnorthop@gmail.com

Senior Mo(ve)ments (simple dance exercise)	Monday Wednesday	11.00-12.00 10.45-11.45	Aberlady Village Hall ZOOM	£4.00 £12.00 per calendar month	BOOKING REQUIRED Andrea Mannion 07711 761165 andrea.mannion@btinternet.com Website: www.seniormomentsdance.co.uk
Mindfulness for better health	Wednesday 13 th + 20 th Jan 2021 Thursday 14 th + 21 st Jan 2021	13.00-14.00 11.00-12.00	ZOOM ZOOM	FREE taster classes (Potential course tbc in February 2021)	BOOKING REQUIRED Joyce Lukkes 07910 362324 joycemindfulness@gmail.com
Tai Chi & Wellbeing Class	Thursday (Class starting 14 th January 2021)	11.00-11.50	ZOOM	FREE 6 week block	BOOKING REQUIRED Christine Dodson 07769 835623 cadodson@btinternet.com
Walk & Talk	First Wednesday of each month (except Jan, July & Aug) (Class starting 3 rd February 2021)	10.00-11.00	Outside The John Gray Centre	FREE	NO BOOKING REQUIRED If you would like more info please contact Parvine, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585
Nordic Walking (Beginners & Advanced)	Thursday BEGINNERS (Class starting 4 th Feb) Thursday ADVANCED (Class starting 4 th Feb)	10.00-11.00 14.00-15.00	Outside The Aubigny Sports Centre Outside The Aubigny Sports Centre	FREE 6 week block (limited spaces) FREE 6 week block (limited spaces)	BOOKING REQUIRED Parvine, Ageing Well Coordinator 07718 117585 pjazayeri@eastlothian.gov.uk

Health and Wellbeing Walks	Please see other document – ‘Health and Wellbeing Walks’ – NO BOOKING REQUIRED Or Contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585 for more info
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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](#)