

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/>

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

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 meeting with a walk around Haddington of about 45 minutes to one hour. After the walk they go back to the library, for a cup of tea and a biscuit and discuss the books they have read that month for the Book Club. The Book Club is an East Lothian library service, and the library provides you with 2 books to read. Everyone is given the same books and we borrow them from the library in the normal way, as a member of the library. It is also important to mention that if you don't like the book you don't have to read it! The group is meant to be fun and a way to bring people together socially. As the tea and biscuits cannot take place right now we will just be looking at carrying out the usual walk but instead of meeting after the walk to discuss your book, you will discuss the books on the walk.

Nordic Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. It gives you a highly effective all over workout that doesn't feel like one! Nordic Walking is a fun and social activity that can be enjoyed in town centres or open countryside throughout the year.

Nordic Walking uses specially designed poles – not to be confused with trekking poles – to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking is a genuinely whole body exercise that can be enjoyed at many levels, at low, medium or high intensity.

Health and Wellbeing Walks

Each walk lasts about an hour, no equipment needed apart from a waterproof jacket and comfortable shoes. They are free but you may want to bring some money for a hot drink afterwards.