

AGEING WELL IN EAST LOTHIAN ACTIVITY LIST (JAN 2020)

ACTIVITY	DAY	TIME	VENUE	TOWN	PRICE	CONTACT
Chair Based Exercise	Monday	14.30-15.30	Aubigny Sports Centre	Haddington	£3.00 **starts 3rd Feb	Tracey Young 07368 699147 tcraig211@gmail.com
	Tuesday	10.30-11.30	Musselburgh East Community Centre	Musselburgh	£2.50	Zoe Murdoch 0131 653 5232 zmurdoch@eastlothian.gov.uk
	Thursday	9.30-10.30	The Fraser Centre	Tranent	£3.00	Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk
Extend Exercise Class	Monday	10.00-11.00	St Andrews Blackadder Church	North Berwick	£4.00 inc. tea/coffee	Carmen Scott 07917 032435
	Monday	11.50-12.50	Lady of the Waves Church Hall	Dunbar	£4.00 inc. tea/coffee	
	Monday	13.30-14.30	Aubigny Sports Centre	Haddington	£4.00 inc. tea/coffee	
	Friday	10.00-11.00	Community Centre or Town Hall	Prestonpans	£4.00 inc. tea/coffee	
Macmerry Men's Shed	Tuesday and Thursday	12.00-16.30	Macmerry Village Hall	Macmerry	£1.00	David Dickson 07713 276568 dave51@talktalk.net
New Age Kurling	Tuesday	9.45-11.30	The Fraser Centre	Tranent	£2.50 **this class is currently full. Call David to be added to waiting list	David Orr 07938 648038 david@thefrasercentre.com

	Tuesday	10.00-11.00	St Andrews Blackadder Church	North Berwick	£2.00	Debbie Gibb 07519 929074 debbieannegibb@gmail.com
Table Tennis	Wednesday	12.30-14.00	The Bleachingfield Centre	Dunbar	£3.00 (first session free)	Lorenas Vismantas 07708 344769 lorenas@haddingtontabletennis.club
	Thursday	10.45-12.15	Aubigny Sports Centre	Haddington	£3.00 (first session free)	
	Thursday	10.30-12.00	The Bleachingfield Centre	Dunbar	£3.00 (first session free)	
Active Memories Group	Tuesday	10.30-12.00	John Gray Centre	Haddington	£1.50	Ruth Fyfe 01620 820629 rfyfe@eastlothian.gov.uk
Sporting Memories Group	Monday	14.00-15.00	Tranent Day Care Centre	Tranent	Free	Fraser Wood 07444 674682 fraser@thesmf.co.uk
	Tuesday	10.30-12.00	Musselburgh Rugby Football Club	Musselburgh	Free	
	Thursday	10.30-12.00	Hallhill Sports Centre	Dunbar	Free	
	Thursday	10.30-12.00	Longniddry Parish Church	Longniddry	Free	
Senior Pilates Standing & Sitting	Monday	9.30-10.30	The Fraser Centre	Tranent	£4.00 **starts 3rd Feb	Tine Breusch 01620 892620 or 07981 961034 tine.breusch@gmail.com
	Thursday	10.30-11.30	Longniddry Community Centre	Longniddry	£4.00	
Tea Dance	Last Wednesday of the month (except July, August and December)	14.00-15.30	Hope Rooms	North Berwick	50p inc. tea/coffee/biscuits	Ageing Well Coordinator 01620 827240 or 07718 117585 pjazayeri@eastlothian.gov.uk

	First Thursday of the month (except July, August and December)	14.00-15.30	The Fraser Centre	Tranent	£3.00 inc. tea/coffee/biscuits **starts 6th Feb	
The Warblers, singing for lung health	Monday	15.00-16.30	Musselburgh East Community Centre	Musselburgh	£2/£4 or what you can afford inc. tea/coffee/biscuits	Jane Lewis 07519 582130 Jane@gn.apc.org Website: https://www.warblers.org.uk/
Zumba Gold Classes	Monday	17.30-18.15	St Andrew Blackadder Church	North Berwick	£4.00	Ruth Pepper 07785 707683 figaroroo@yahoo.co.uk Website: rhunterpepper.zumba.com
	Tuesday	9.30-10.15	Aberlady Village Hall	Aberlady	£4.00	
	Tuesday	19.00-19.45	St Andrew Blackadder Church	North Berwick	£4.00	
	Wednesday	10.15-11.00	Gullane Village Hall	Gullane	£4.00	
	Wednesday	12.00-12.45	Longniddry Community Centre	Longniddry	£4.00	
	Thursday	9.45-10.30	East Linton Community Hall	East Linton	£4.00	
	Thursday	11.30-12.15	The Bleachingfield Centre	Dunbar	£4.00	
Spine Opening Pilates	Wednesday	9.30-10.30	Hope Rooms	North Berwick	£4.00 **this class is currently full	Maureen Evans 01620 248861 maureen@completemovement.co.uk
	Wednesday	10.45-11.45	Hope Rooms	North Berwick	£4.00	

Kundalini Yoga	Monday	9.30-10.30	Hope Rooms	North Berwick	£3.50	Melanie Lee 07858 979025 seechangeholistic@gmail.com Website: seechangeholistic.com
"Forever Fit" Exercise group for over 60's	Friday	10.30-11.30	St Martin's Church Hall	Tranent	£4.00	Ramon Llano 07949 899609 ramon_llano@yahoo.co.uk
Yoga For Everyone	Monday	16.30-17.30	Hope Rooms	North Berwick	£3.50 or book 10 classes in advance for £30.00	Sue Northrop 07727 883881 Suemnorthop@gmail.com
Walking Football	Monday	12.00-13.00	Port Seton Centre	Port Seton	Free or £2.00 for something to eat	Vanda Dow 07774 913960 vanda74@sky.com
	Monday	13.00-14.00	Hallhill Centre	Dunbar	£2.00	Graham Cross 07983 152566 cross.spott@btopenworld.com
	Monday	19.30-20.30	Foresters Park, Lindores Drive	Tranent	£2.00	Willie Gilhooley 07905 380029
	Wednesday	19.30-20.30	Foresters Park, Lindores Drive	Tranent	£2.00	willieg50@hotmail.co.uk
Senior Mo(ve)ments (simple dance exercise)	Tuesday	14.00-15.00	Pennypit	Prestonpans	£4.00 inc. tea/coffee	Andrea Mannion 07711 761165 andrea.mannion@btinternet.com
	Tuesday	10.00-11.00	The Bridge Centre	Haddington	£4.00 inc. tea/coffee	Website: www.seniormomentsdance.co.uk
	Thursday	10.00-11.00	Community Centre or Town Hall	Prestonpans	£4.00	
Dramarama	Wednesday (term time)	10.30-12.30	Brunton Theatre, Venue 2 / Rehearsal Room	Musselburgh	£3.50	Zoe Murdoch 0131 653 5232 zmurdoch@eastlothian.gov.uk
Cann do Creative	Monday (term time)	14.00-16.00	Longniddry Library	Longniddry	£4.00	Zoe Murdoch 0131 653 5232 zmurdoch@eastlothian.gov.uk

Breathe Easy support group for people living with a lung condition	2 nd Wednesday of every month	14.00-16.00	Musselburgh East Community Centre	Musselburgh	£3 inc. tea/coffee	Lorna Stewart 01875 813156 Website: https://www.blf.org.uk/support-for-you/breathe-easy
Functional Fitness for Seniors	Monday Wednesday Friday	13.00-14.00 13.00-14.00 14.00-15.00	Dunbar Leisure Pool North Berwick Sports Centre Aubigny Sports Centre	Dunbar North Berwick Haddington	£3.00 **starts 10th Feb £3.00 **starts 12th Feb £3.00 ** starts 14th Feb	Gavin Duncan 07540 224648 gavin@crossfiteastrocks.com
SOAR @ East Rocks	Tuesday Thursday Saturday	11.30-12.30 & 19.00-20.00 11.30-12.30 11.00-12.00	CrossFit East Rocks, Foxlake	Dunbar	£5 (first class free)	Gavin Duncan 07540 224648 gavin@crossfiteastrocks.com
Nordic Walking	Friday	10.00-11.00	Aubigny Sports Centre	Haddington	Free **8 week block, twice a year. Call Ageing Well Coordinator for more info/book.	Ageing Well Coordinator 01620 827240 or 07718 117585 pjazayeri@eastlothian.gov.uk
Health and Wellbeing Walks	Please see other document – ‘Health and Wellbeing Walks’ Or Contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 01620 827240					

For further information on any activities contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 01620 827240 or 07718 117585

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