

## **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.

### **Extend Exercise Class**

Over 60?

Effective, gentle exercises, standing and seated delivered in a safe, fun, welcoming environment with music you'll love! Classes delivered by a fully qualified Extend professional with over 10 years' experience, certified exercise to music, BACPR, registered exercise professional, first aid certified, fully insured, safety assessed venues, licensed music and disclosures. Some classes have a waiting list, please contact before attending.

### **Macmerry Men's Shed**

The Macmerry Men's Shed is a registered charity. The men involve themselves in making bird tables/nesting boxes, garden furniture and so much more. Many of the members have various medical conditions such as stroke recovery, early onset Dementia, cancer, etc. Everyone who comes along shares different skills and it's a great place for men to come along and socialise.

### **New Age Kurling**

New Age Kurling provides all the fun of Curling but without the ice! The object is the same, to hit the target with the Kurling stones. If you have difficulty reaching the floor the Kurling brushes have been designed to allow you to still take your shot. Kurling is a fun way to enjoy some light exercise whilst enjoying a great game with friends

### **Table Tennis**

Table Tennis is a fun sport played by people of all ages and abilities to keep fit and stay social. It is easy to learn and provides exercise with mental and health benefits. The idea behind the sessions are to encourage anyone aged 50 or over to get a bit more active, while trying a game they might enjoy. The beauty of table tennis is that people can play at any level, so the players range from complete beginners to people who played years ago and want to get back into the sport. And, of course, the chance to grab a cuppa and chat goes without saying.

### **Active Memories Group**

The Haddington Active Memories Group is a sporting reminiscence group aimed at men over 60. We meet weekly in the John Gray Centre to talk about sports, socialise and enjoy a pie at "half-time".

### **Sporting Memories Group**

Sporting Memories Foundation Scotland clubs are open to older sports fans who enjoy reminiscing about their experiences of watching or playing sport. The weekly clubs, facilitated by a trained volunteer, provide a friendly, inclusive and welcoming environment for anybody and are especially keen to welcome those who may feel isolated through illness. If you have a love for sport then we would love to meet you.

### **Senior Pilates Standing & Sitting**

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.

### **Tea Dance**

Just pop along for a cup of tea, a chat and a dance

### **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](http://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.

### **Kundalini Yoga**

Kundalini Yoga is described as the 'Yoga of Awareness'. It's an uplifting blend of physical and spiritual (non-religious) practices, incorporating movement, dynamic breathing techniques, meditation, and some chanting of mantras (you don't need to be able to sing!). It builds physical vitality, balance, flexibility, stamina and gives you the ability to remain calm and centred through life's challenges. It works on both body and mind.

### **"Forever Fit" Exercise group for over 60s**

A programme of easy seated and standing up exercises for adults over 60 to maintain their strength, power, balance, flexibility, coordination and agility.

### **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 I encourage you to use Yoga blocks, bricks, belts and the wall to help you get the

most out of your practice. Students say the classes make a real difference to their balance, flexibility and to manage health and well-being. They enjoy the inclusive and relaxed nature of the classes and feel able to work at a pace and level that is comfortable for them. Students leave refreshed, stretched and relaxed. You can read more about classes here: <https://www.revitaliseyoga.co.uk>

### **Walking Football**

Walking football is exactly what it sounds like – a standard game of football where players walk instead of run. It's designed to help people get fit or maintain an active lifestyle no matter what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury.

### **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!

### **Dramarama**

#### **Live Laugh Learn**

No acting experience required. Just come along and join in these fun, friendly workshops to hone your drama techniques or learn a new skill.

### **Cann do Creative**

Weekly drop in craft classes. A wide range of craft activities explored. Taught by a professional artist and open to all abilities and experience. Come along and create something amazing!

### **Breathe Easy support group for people living with a lung condition**

Breathe Easy peer support groups are for anyone affected by a lung condition. There is an opportunity to make new friends who know what you're going through, and learn more about living with a lung condition. Come join us for a chat and a cuppa and a variety of guest speakers.

### **Functional Fitness for Seniors**

As we get older at least 50% of physical decline is due to a lack of activity. Functional Fitness for Seniors can help you turn back the clock, help you move better, feel better and increase your independence and confidence. Functional Fitness brings so many health benefits, it can reduce your chance of type 2 diabetes, heart disease and even some cancers. It can also improve sleep, help reduce weight and improve your quality of life. So what are you waiting for? Sign up today.

### **SOAR @ East Rocks**

The goals of SOAR are to use functional fitness to help you move better, to live better and be able to enjoy more. Health and well-being through basic exercise and diet will greatly help increase your independence and confidence. SOAR is our safe place created specially for seniors to help you stay physical, playful and powerful.

### **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.

Some of the walks take a bus to different start locations once a month too.