

Borders Activities Calendar for Older People

1. Coldstream
2. Duns, Chirnside & Greenlaw
3. Eyemouth & Coldingham
4. Earlston & Lauder
5. Galashiels & Clovenfords
6. Selkirk
7. Melrose & St Boswells
8. Jedburgh, Crailing & Ancrum
9. Kelso, Eckford & Maxton
10. Hawick, Denholm & Newcastleton
11. Innerleithen & Walkerburn
12. Peebles
13. West Linton
14. **Forthcoming Community Events**
15. Useful contact telephone numbers page

* Check venue for prices. Dates and times are subject to change, please check venue before you go.

1

Coldstream

For more information on any of the activities below please contact the British Red Cross Community Coordinator **Andrea: 07860 403738 or 01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>11.30-12.30 Gentle Exercise Coldstream Comm. Hall booking must be made in advance Tel: 07741 530777</p>	<p>09.45-12.15 Library connect & collect service @ Home Place</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>11.45-12.45 Seated Exercise Coldstream Comm Hall with Lynn call 07805 034 932</p>	<p>09.30-10.30 Zumba Coldstream Comm Hall contact 07766 707 330</p>	<p>10.00-10.45 Gentle Exercise Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p> <p>11.15-12.15 Pilates Coldstream Comm. Hall Booking must be made in advance Tel: 07741 530777</p>	<p>09.15-10.15 Pilates Coldstream Comm. Hall with Ian 07929 618 936</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07896 914206</p>	<p>13.30-15.30 Art Group Coldstream Comm Hall with Andrew call 07791 347 916</p>	<p>16.00-16.45 Zumba by zoom contact Norrie 07896 914206</p>	<p>13.30 Knit & Natter Coldstream Comm. Hall booking must be made in advance Tel: 01890 883332</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721 723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>17.30-18.30 Pilates Coldstream Comm. Hall booking must be made in advance call Jan 07741 530777</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'bodys Yoga on zoom call Diane 07758 664 566</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>10.00 Walk it Walk Meet at Greenlaw Memorial Hall. 1st & 3rd Wed of each Month 10.00-12.30 Library connect & Collect Service Volunteer Hall</p>	<p>10.00 Walk it Walk Meet at Bus Shelter, Crosshill Fortnightly 10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p>	
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

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Morning	10.00 Online Movement to Music Classes call Susan 07841 761364	10.00 Walk it Walk Meet at Darnick Community Garden 10.00-10.45 Zumba by zoom Contact Norrie 07986 914206		10.00 Walk it Walk Meet at Ayton Castle South Lodge 10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962	10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206
Afternoon		14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206	13.45-15.30 Library connect & collect service. Eyemouth Leisure Centre	16.00 16.45 Zumba by zoom contact Norrie 07986 914206	
Evening	17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net	17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566

4 Earlston & Lauder

For more information on any of the activities below please contact the British Red Cross Community Coordinator **Harry: 07515 064527 or 01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>		<p>10.00 Walk it Walk Meet at Rhymers Tower Café 10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962 11.30-13.00 Library connect & collect service Earlston High School</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>16.00 16.45 Zumba by zoom contact Norrie 07896 914206</p>	
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

5

Galashiels

For more information on any of the activities below please contact the British Red Cross Community Coordinator **Harry: 07515 064527 or 01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10.00 Online Movement to Music Classes call Susan 07841 761364	10.00-10.45 Zumba by zoom Contact Norrie 07986 914206		10.00 Walk it Walk Meet at Rhymers Tower Café 10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962	10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206
Afternoon		14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206		16.00 16.45 Zumba by zoom contact Norrie 07986 914206	
Evening	17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net	17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Walk it Walk Meet at Selkirk Parish Church</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>09.15-10.00 Spin Class Selkirk Leisure Centre Pre-book call 01750 20897 email selkirk@liveborders.org.uk</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>09.00-10.30 Library connect & collect service St Marys Mill</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 s steven.henderson@walkerburn.net</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p> <p>17.30-18.15 Spin Class Selkirk Leisure Centre Pre-book call 01750 20897 email selkirk@liveborders.org.uk</p>	
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>17.30-18.15 Spin Class Selkirk Leisure Centre Pre-book call 01750 20897 email selkirk@liveborders.org.uk</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>18.45-19.45 Aerobics Class Selkirk Leisure Centre Pre-book call 01750 20897 email selkirk@liveborders.org.uk</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.45-19.45 Metafit Selkirk Leisure Centre Pre-book call 01750 20897 email selkirk@liveborders.org.uk</p> <p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00 Walk it Walk Meet outside Tweedbank Community Centre 1st & 3rd Monday of each Month</p>	<p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>10.30 Walk it Walk Meet in The Square, Melrose</p> <p>10.00 Macmillan Move More Walks meet at Tweedbank Sports Complex booking to made in advance Tel. 01750 726400 or go to liveborders.org.uk</p>	<p>09.00-11.00 Library connect & collect service. Melrose Rugby Club</p> <p>10.00 Walk it Walk Meet at Newtown Comm. Centre 3rd Thursday of each month</p> <p>10.00 Walk it Walk Meet at St Boswells Bus Station 1st Thursday of each month</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month Tel. 07884 187962</p>	<p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>14.30 Walk it Walk meet outside Abbotsford Visitor Centre. Walk Leader: Anna Inman 07985 724 938</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p>	<p>14.00 Walk it Walk Meet Edinburgh Woollen Mill. Melrose last Friday of each Month</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00 18.45 Zumba at Newtown Comm. Centre contact Norrie 07896 914206</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Walk it Walk meet at Bandstand, Murrays Green</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>07.00-07.30 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>		<p>07.00-07.30 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>07.00-07.30 Kettlercise every 2nd Friday LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>14.15-15.45 Library connect & collect service. Canongate Car Park</p> <p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p>	<p>13.15-13.45 Kettlercise every 2nd Friday LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914 206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net 07986 914206</p> <p>19.00-19.30 Indoor Studio Cycling LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-18.45 Kettlercise LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-19.30 Indoor Studio cycling LM Pool pre-book with 01835 863430 email: info@lmp@btconnect.com</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.00-09.30 Zoom online pre-book 01573 224944 email: kelso@liveborders.org.uk</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>09.15-10.00 Step class pre-book 01573 224944 email: kelso@liveborders.org.uk</p> <p>Meet Kelso Rugby Club</p> <p>10.00 Walk it Walk Meet Tourist information, The Square</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p>	<p>09.15-10.00 Legs Bums Tums pre-book 01573 224944 email: kelso@liveborders.org.uk</p> <p>Meet Kelso Rugby Club</p> <p>10.00 Macmillan Move More Walks meet at Kelso Swimming Pool booking to made in advance Tel. 01750 726400 or go to liveborders.org.uk</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>10.00 Walk it Walk Meet Tourist information, The Square</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>
Afternoon		<p>13.30-15.30 Connect & Collect Service. Tait Hall</p> <p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>		<p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p>	
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Cardio blast pre-book 01573 224944 email: kelso@liveborders.org.uk meet at KHS outside pitches</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.00-18.45 Kettlebells pre-book 01573 224944 email: kelso@liveborders.org.uk Meet Kelso Rugby Club</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00-18.45 Zumba at Ednam Comm. Hall contact Norrie 07896 914206</p> <p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-19.45 Step Class pre-book 01573 224944 email: kelso@liveborders.org.uk Meet Kelso Rugby Club</p>	<p>18.00-18.45 Kettlebells pre-book 01573 224944 email: kelso@liveborders.org.uk Meet Kelso Rugby Club</p> <p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

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Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>

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Morning	10.00 Online Movement to Music Classes call Susan 07841 761364	10.00-10.45 Zumba by zoom Contact Norrie 07986 914206		10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206 11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962	10.00 Online Movement to Music Classes call Susan 07841 761364 10.00-10.45 Toning Class by zoom contact Norrie 07986 914206
Afternoon		14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 16.00-16.45 Toning Class by zoom contact Norrie 07986 914206		16.00 16.45 Zumba by zoom contact Norrie 07986 914206	11.15-12.30 Library Connect & Collect Service. Memorial Hall
Evening	17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206 18.00-18.45 Zumba by zoom Contact Norrie 07986 914206 18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net	17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net 19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566	

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>08.15 Contemporary Ballet Classes at Fiona Hamilton School of Dance contact 07894 881747</p> <p>10.30-12.30 Peebles Library Writing Group email: libpeebles@liveborders1.org.uk For info</p> <p>10.00 Online Movement to Music Classes call Susan 07841 761364</p>	<p>09.45-10.45 Tap Dance class @ Eastgate Theatre contact 01721 725 785 email: mail@eastgatearts.com</p> <p>10.00-10.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>11.00-Noon Ballet Dance class @ Eastgate Theatre contact 01721 725 785 email: mail@eastgatearts.com</p> <p>12.15-13.15 Jazz Dance class @ Eastgate Theatre contact 01721 725 785 email: mail@eastgatearts.com</p>	<p>09.30 Classical Ballet Classes at Fiona Hamilton School of Dance contact 07894 881747</p> <p>10.00-10.45 Zumba @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p> <p>10.45 Ballet at the Barre at Fiona Hamilton School of Dance contact 07894 881747</p>	<p>10.00-10.45 Tai Chi by zoom contact Norrie 07986 914206</p> <p>11.00 Alzheimer Borders Online Carer/Family Support Group Last Thursday of each month see above Tel. 07884 187962</p>	<p>09.45-10.45 Ballet Dance Class@ Eastgate Theatre contact 01721 725 785 email: mail@eastgatearts.com</p> <p>11.00-Noon Jazz Dance Class @ Eastgate Theatre contact 01721 725 785 email: mail@eastgatearts.com</p> <p>10.00 Online Movement to Music Class call Susan 07841 761364</p> <p>10.00 Line Dancing Class at Fiona Hamilton School of Dance contact 07894 881747</p> <p>11.15 Classical Ballet Classes at Fiona Hamilton School of Dance contact 07894 881747</p> <p>10.00-10.45 Toning Class by zoom contact Norrie 07986 914206</p>

Afternoon	<p>13.00-15.00 Peebles Can Glebe Garden contact Amy 07380 167 086</p>	<p>14.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>14.00 U3A Peebles monthly meetings 2nd Tuesday of each month-guest speakers.</p> <p>16.00-16.45 Toning Class by zoom contact Norrie 07986 914206</p>	<p>Noon Classical Ballet Classes at Fiona Hamilton School of Dance contact 07894 881747</p> <p>Food & Friendship 2 course meal delivered £4.00 donation contact 01721 722421 or email food.friendshippeebles.com</p>	<p>16.00 16.45 Zumba by zoom contact Norrie 07986 914206</p> <p>17.00-18.00 Neighbourfood Peebles online local farmers market pick up @ Victoria Park or pre-arrange delivery www.neighbourfood.co.uk</p>	<p>13.30-15.00 Library connect & collect service. Gytes Leisure Centre</p>
Evening	<p>17.30-18.00 High Intensity Fitness Class by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Zumba by zoom Contact Norrie 07986 914206</p> <p>18.00-18.45 Peebles Bridge Club, play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>18.15-18.45 Spin Class @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p> <p>19.00-19.30 Circuits @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p>	<p>17.30 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>18.00 Highland Hustle Keep fit with Dance on zoom contact Eileen 07773091775 email: eileengrah@gmail.com</p> <p>18.15-18.45 Spin Class @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p> <p>19.00-19.30 Kettlebells @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p>	<p>18.15-18.45 Spin Class @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p> <p>19.00 Dance for Fitness at Fiona Hamilton School of Dance contact 07894 881747</p> <p>19.00-19.30 Circuits @ The Gytes Leisure Centre contact 01721 723688 email: gytes@liveborders.org.uk</p> <p>19.00 Peebles Bridge Club play by zoom 01721723688 steven.henderson@walkerburn.net</p> <p>19.00-20.15 Aw'Body's Yoga on zoom call Diane 07758 664 566</p>	<p>19.45 Line Dancing Classes at Fiona Hamilton School of Dance contact 07894 881747</p>

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14 Community Information

Eildon	<p>8th November @ 09.30 Earlston Parish Church Remembrance Service. Pre-booking essential 01896 849669</p> <p>8th November 10.50 Remembrance Day Service @ Stow Church all welcome</p> <p>Trinity Church Galashiels Online services@caddonfootgalatrinity.org.uk or 01896 808495</p>	Cheviot	<p>8th November @10.30 Oxnam Kirk Online Remembrance Service facebook or 01835 555 457</p> <p>13th November Jedburgh Presbytery are taking part in the 'tearfund' big quiz night on zoom @19.00 more info or to register contact Gael 07935 669651</p> <p>29th November Jedburgh Outdoor Market. High Street 11.00-14.00</p>	Berwickshire	<p>Festive Cake Sale 14/11/2020 10.00-Noon. Tweed Hall Coldstream.</p> <p>TableTop Sale 28/11/2020 Tweed Hall Coldstream time to be confirmed booking in advance email: admin@coldstreamcommunity.com</p> <p>Craft Evening 02/12/2020 with Lou Washington. Xmas Pine making wreaths Tweed Hall Coldstream email as above</p> <p>Christmas Teas Tweed Hall Coldstream 12/13th December pre-bookings only. Email as above</p>	Tweeddale	<p>Would you like to ride you bike with more confidence, free cycling & maintenance workshops. Fuel Efficiency Driving, this may be in your own car or instructors. Fruit Bush Pruning demo of how to care for fruit bushes in Autumn, free event all welcome Christmas zoom cooking classes 3 week block starting 24th Nov @12.30pm. pre-book only</p> <p>Peebles can garden help fix our yurt. Pre-booking only contact info@peeblescan.org for all above</p>
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Jedburgh: Laidlaw Swimming Pool is now open for use, booking must be made in advance call 01835 863430/ email Imp@btconnect.com

Galashiels: Galashiels Swimming Pool is now open for use booking must be made in advance call 01896 752154/email galashiels@liveborders.org.uk

Duns Swimming Pool is now open for use booking must be made in advance call 01361 883397

Eyemouth Leisure Centre is now open for use contact must be made in advance 01890 750557/email enquiries@liveborders.org.uk

Peebles Swimming Pool is now open contact must be made in advance call:01721 720779/Email peebles@liveborders.org.uk

Selkirk Swimming Pool is now open for use contact must be made in advance call: 01750 20897/ email selkirk@liveborders.org.uk

Teviotdale Leisure Centre is now open for use, contact must be made in advance call: 01450 374440/email

teviotdalm@liveborders.org.uk

Kelso Swimming Pool is now open for use contact must be made in advance call: 01573 224944/email kelso@liveborders.org.uk

15 Useful Contact Numbers

- Alzheimer Scotland Borders: 01573 400324/borders@alzscot.org
- Age Scotland 0800 12 44 22/age.scot/friendship
- Age UK 0800 678 1602
- AskSARA www.scotborders.gov.uk/askSara
- Borderline for adults with mental health needs call 0800 027 4466 opening times vary
- Borders Care and Repair: 01750 724895
- Borders Carers Centre: 01896 752431
- Borders Community Transport Service: 0300 456 1985
- Borders Dental Helpline 0845 300 0930
- Borders Podiatry Service: 01896 826538
- Breathing Space 0800 838587 www.breathingspace.scot
- Chest Heart and Stroke Scotland 0808 801 0899
- Citizens Advice Scotland 0800 028 1456
- Duns Social Work Office: 01361 886103
- Food train: 01896 751750
- Galashiels Social Work Office: 01896 664157
- Hawick Social Work Office: 01450 374545
- Home First Team: 01896 661288
- Kelso Social Work Office: 01573 223501/227977
- Live Borders: 01896 661166
- Macular Society: Advice and Support Line 0300 303 0111
- Macmillan Services: Kirsty Smith/Clare Irvine 01896 826835 (Cancer Information Support Service)

- MS Society Borders Group: Judy Eglington 01573 420576 email: judy.eglington@googlemail.com
- MS Society Helpline 0800 800 8000 Mon-Fri 09.00-19.00 email: helpline@mssociety.org.uk
- Myalgic Encephalomyelitis (ME): 01896 824570
- NHS Wellbeing Service emotional & health support 01896 824502 or visit www.nhsborders.scot.nhs.uk/wellbeing, email: wellbeing@borders.scot.nhs.uk or phone your GP surgery
- Parkinson's Society Borders Branch: Gary Hattie 01750 22588 email: garyhattie1@gmail.com
- Peebles Social Work: 01721 726355
- Red Cross Galashiels 01896 751888
- Royal Voluntary Service 01896 754481
- Queens House: 01573 224886 / 07498799436
- RNIB: Alison Paton-Day [07771940387](tel:07771940387)/Alison.patonday@rnib.org.uk
- Samaritans (24hours) Tel 116 123 email jo@samaritans.org or visit www.samaritans.org
- Scottish Veterans Fund <http://www.veteransscotland.co.uk>
- Scottish Borders Health & Social Care Partnership 01896 664 155 LAC@scotborders.gov.uk
- Shout 24 Hour crisis text line 85258
- Sight Scotland Veterans "Scottish War Blinded" <https://sightscotland.org.uk/veterans>
- The Silver Line: 0800 470 8090
- Spark-Scottish Government Free National relationship counselling Helpline 0808 802 2088
- Walk it Walks: Denise 01835 826702

Useful Information

Alzheimer Scotland are offering online video one-to-one consultations with a Dementia Advisor they are available to book on the 1st & 3rd Wednesday of every month. To book a consultation please contact borders@alzscot.org or call 01573 400324

Digital Buddies Get help to get connected tel: 07921 265515 and or email: Christine@otbs.org

Help with Winter Energy Bills Call 0808 808 2282 email adviceteam@sc.homeenergyscotland.org

NHS Wellbeing Service: Manages stress and worry, help you relax and sleep, improve your emotional wellbeing, improve low mood
This is organised by a 30 minute pre-booked telephone appointment 01896 824502 or email wellbeing@borders.scot.

Library-Connect and Collect Call Library HQ on 01721 726400 Monday-Friday from 11am-3pm (membership number required) or visit www.liveborders.org.uk to collect and drop off library books

Generation Arts "Boundless Project" Arts projects for the over 50s. internet access not required Tel. 07717740595.

Health Improvement Team: Bitesize information sessions. Open to all

Session 1 Look after your mental health (40mins) Wednesday 11th November 12.30pm repeated: Wednesday 11th November @17.30pm

Session 2 Give yourself some breathing space with NHS24 (40Mins) Wednesday 18th November 17.30pm repeated Thursday 19th November @12.30pm

Session 3 Be Suicide ALERT (40Mins) Thursday 26th November 12.30pm repeated Thursday 26th November 17.30pm

All sessions are free, email: health.improvement@borders.scot.nhs.uk

St. Andrews Leckie Church support sessions (Kickstart) in partnership with Christian Action Against Poverty, advice on help for budgeting and support around stress <https://standrewsleckie.co.uk/kickstart/> **available from 28th October This is for Peebles area only**

Bowden and Melrose Parish Church are recording their church services, this can be accessed throughout the following week by calling 01896 808551

Friendship Phone Calls

Turn 2 Us 2 British Red Cross 0808 802 2000

Age Scotland Helpline 0800 12 44 222 www.age.scotland/friendship service

Re-engage for over 75s 0800 716 543 www.reengage.org.uk

Chest Heart & Stroke Scotland Kindness Volunteers 0808 801 0899 www.chss.org.uk/coronavirus

Rev. Andrew Cooper. St Johns Church 07943 509 905 **Jedburgh area only**

Assisted Discharge & Community Led Services

Application to use the service

Priority Level: High <input type="checkbox"/> Medium <input type="checkbox"/> Low <input type="checkbox"/>	Date of Application:		
Name of person who would like to use the service:			
D.O.B:	Male <input type="checkbox"/> Female <input type="checkbox"/>		
Address:	Contact Number:		
Next of Kin details: Name, Address, Tel. No.			
*Should we contact this person for info/access <input type="checkbox"/>			
<u>Medical Conditions</u>			
<u>Physical Conditions</u>			
Memory Difficulties	YES/NO	Speech Difficulties	YES/NO
Deaf Aid Worn	YES/NO	Sight Problem	YES/NO
Drugs/Alcohol	YES/NO		YES/NO
Verbal and/or Physical Challenging Behaviour			YES/NO
Mobility: Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor <input type="checkbox"/>			

Other services in place:

Package of Care Occupational Therapy Physio Social Work
Speech Therapy Voluntary Organisation Other

Please give some brief details of why the applicant would benefit from our services and what sort of help is required, please explain reason for chosen priority level:

Name, number and position held of person making the referral:

.....

Applicant's signature approving consent for referral (Must be completed or have verbal consent):

.....

***Please note if verbal consent given for referral then the referee takes responsibility for information being given to the Red Cross. All information received will remain confidential and will be held securely at our office. Please send this application form to the address below.**

Please note that our workers operate generally as lone workers when visiting clients and therefore any additional information relating to known challenging behaviours of clients must be shared at the point of referral.

**British Red Cross, 1 Wheatlands Mill, Wheatlands Road, Galashiels, TD1 2HQ
[Tel:- 01896 751888](tel:01896751888) or 07713 385270**

E-mail:- CommunityServices@redcross.org.uk

Red Cross Borders/Current Services C-19

Safety aspects	Personal alarms, key safe, fire safety check referrals, Energy Scotland referrals, Border Care and Repair.
Financial Support	DWP referrals, Emergency Food Packs, Hardship Fund, Red Cross Charity Shop vouchers.
Discharge Support/Support in the Community	Discharge shopping, emergency food packs, welfare phone calls, support provided by community coordinators which can be based on the signposting around patient's needs e.g. personal alarm set up for safe discharge, prescription pick up.
Cancer Support Cars	In partnership with MacMillan, donation-based service for cancer patients struggling to get to their cancer treatment appointments (must be able to mobilise without assistance).
Social isolation/Mental Health	Regular welfare calls by Co-ordinators and use of phone buddies (we are expecting that in days to come more walking groups should restart so we will be able to signpost there, at the moment most of the lunch/social groups are not operating). We are reviewing an option of 'home visits' by volunteers and coordinators based on 'the garden to window' contact or with keeping a safe distance outside client's property. We also have a Social Activities Calendar, and are able to signpost people to support groups and social activities like exercise, dance, interest groups this is updated and distributed monthly (please note most activities are conducted online at the moment).
Mobility Aid	Wheelchair, commodes hire (0300 4561914).
Generic Signposting	Based on the individual needs (COVID Calendar, AskSARA, Food Train, Silver Line, local support, resilience groups); including information leaflets which can be posted to clients.
Support for Carers	Carers Centre referrals, welfare checks, phone calls.
Borders Activities Calendar for Older People	Signposting people to their local support groups, available on the request.
Social Media	Dissemination of information.

Contact details:

British Red Cross, 1 Wheatlands Mill, Wheatlands Road, Galashiels, TD1 2HQ

Tel:- 01896 751888 or 07713 385270

E-mail:- CommunityServices@redcross.org.uk