

Please keep me! Put me on your fridge to remember the weekly events.

# Aberlady Heads Up

## - Regular Events -

### Community Services

#### **Post Office**

The outreach Post Office visits the Aberlady Village Hall twice a week:

- Tuesdays (1pm-3pm)
- Fridays (10am-12pm)

For more information visit

[www.postoffice.co.uk/branch-finder/0074705/aberlady](http://www.postoffice.co.uk/branch-finder/0074705/aberlady)

During these hours, you can also browse the bookshelves of our small **community library** and drop off any donations for **East Lothian Foodbank**.

#### **Royal Bank of Scotland – Mobile Branch**

The RBS Mobile Branch stops in Aberlady every Friday from 11.30am-12pm. They park on the Main St as close to Kilspindie House (Ducks Inn) as possible.

For any queries please contact Bill Dunleavey at [GMBXCD8@RBOS.co.uk](mailto:GMBXCD8@RBOS.co.uk).

#### **Aberlady & Gullane Parish Church**

All are welcome to the weekly church services:

- Gullane Parish Church 9.45am
- Aberlady Parish Church 11.15am

Joint Services are held at 10.30am on the first Sunday of each month.

### Sport & Wellbeing

#### **Zumba Gold**

*Tuesdays, 9.30-10.15am, Aberlady Village Hall*  
Fun, easy to follow, low impact, Latin style dance class. Suitable for all fitness levels - you can work at your own pace. Drop in so no need to book. A friendly and welcoming class that will leave you feeling happier and fitter!

Cost: £5

Contact: Ruth Hunter Pepper at [figaroroo@yahoo.co.uk](mailto:figaroroo@yahoo.co.uk) or visit [rhunterpepper.zumba.com](http://rhunterpepper.zumba.com).

#### **Aberlady Tai Chi Group**

*Tuesdays, 6.15-8.00pm, Aberlady Village Hall*  
Friendly, informal group, practicing Tai Chi for health and enjoyment. The group have 20+ members and 2 fully qualified and insured instructors. Drop in and give it a try! Members range from beginners to more experienced and everyone is welcome.

Cost: First 2 weeks are free, then annual fee of £75 (covers hall hire and Instructors' Insurance).

For further info visit [www.aberladytaichi.com](http://www.aberladytaichi.com).

#### **Sporting Revolution**

*Wednesdays, 6.45-7.30pm, Aberlady Village Hall*  
Adults and families (children aged 9+ with an adult) fun circuit fitness class to improve your fitness and give your child that extra edge in their chosen sport. Classes vary week-to-week giving participants a great all-over workout and also teaches how to train safely, working on techniques and form.

Cost: £6 per person per session

Contact: Scott McKenzie at 07894571028 / [admin@sportingrevolution.co.uk](mailto:admin@sportingrevolution.co.uk) or visit [www.sportingrevolution.co.uk](http://www.sportingrevolution.co.uk).

#### **Gentle Yoga and Meditation**

*Wednesdays, 7.30-8.30pm, Aberlady Kirk Stables*  
Join Angela of Satanama Yoga to your stretch body, mind and soul midweek with a gentle yoga flow. All levels welcome as options are given.

Book at <https://bookwhen.com/satanamayoga>

Cost: £10 per class

Contact: Angela Edwards at [angela\\_edwards\\_holly@yahoo.co.uk](mailto:angela_edwards_holly@yahoo.co.uk).