

Borders Weekly Calendars for Older People 10/01/2020

1. Coldstream
2. Duns, Chirnside & Greenlaw
3. Eyemouth & Coldingham
4. Earlston & Lauder
5. Galashiels & Clovenfords
6. Selkirk
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11. Innerleithen & Walkerburn
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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>11.35-12.20 Gentle Exercise Leitholm Village Hall.</p>	<p>10.00-16.00 Men's Shed Rodgers Hall.</p>	<p>9.30-10.30 Zumba Community Centre. 10-00 onwards, Ramblers 1st Wednesday of month. Meet at Castle Car Park.</p>	<p>10.00-11.00 Walk it Walk (fortnightly) approx. 1 hour. Meet at Community Centre. Tea/coffee and delicious scones after. Donation for refreshments. 10.00-16.00 Men's Shed Rodgers Hall. 10.00-10.45 Gentle Exercise (fortnightly). Community Centre. £4.</p>	
Afternoon	<p>13.30-16.30 Art Group Parish Church Hall.</p>	<p>12:00-13.00 Seated Exercise Community Centre. 14:00-15:00 U3A Latin (fortnightly). Community Centre. 15:15-16:15 U3A Latin for beginners (fortnightly). Community Centre.</p>	<p>12 noon-14.00 Delicious! Social Lunch (Abundant Borders) at Royal British Legion. £3. (October till Last week of April) 13.30-15.30 Art Class Community Centre.</p>	<p>12.00-14.00 Leitholm Soup Social The Plough Inn. Contribution based. 14.00 Over 60's Club Bowling Club. Re-start September.</p>	<p>12.30-16.00 Handicrafts Club Community Centre.</p>
Evening	<p>18.00-20.00 Weight Watchers Community Centre. 19.00-21.00 Archery Community Centre. 19:30-21:00 Theatre club Community Centre (breaks for summer).</p>	<p>19.00-20.30 Yoga Community Centre. 20.00-21.00 Tai Chi alternative Tuesdays. Community Centre (breaks for summer). Re-starts September. £6.</p>	<p>17.30-20.00 Italian night The Plough Inn, Leitholm. 18.00-19.00 Zumba Community Centre.</p>	<p>19.00-21.00 Badminton over 40's Community Centre. 19.30-21.30 History Society 1st Thursday of the month. Meet at the Leet Room Community Centre (break for summer). Re-starts October.</p>	

Duns, Chirside & Greenlaw

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 (1 hour approx.) Walk it Walk (fortnightly), dementia friendly. Meet at Mercat Cross Duns Square.</p>	<p>10.00-12.00 New Horizons Borders (mental health charity) Drop-in, Community Centre, Duns.</p> <p>10:00-12:00 Pastel Art Class Chirside Community Centre, Studio 1. £6 per class. Payable in advance each month.</p> <p>10.00-12.00 Lip Reading Classes Southview Church, Chirside. No charge.</p> <p>10.00-14.00 RVS Social Centre Turnbull Court, Duns.</p> <p>10.00-16.00 Men's Shed, behind New Primary School, Duns.</p> <p>10.45 -11.30 Over 50s Aquarobics Duns Swimming Pool.</p>	<p>10.00 (1 hour approx.) Walk It, walk 1st and 3rd Wed. Meet at Greenlaw Memorial Hall.</p> <p>10.00-11.15 Readers Group 1st Wednesday of month (group A) Duns library.</p> <p>11.45-13.00 Readers Group 1st Wednesday of month (group B) Duns library.</p>	<p>09:45 -11:45 Scottish Country Dancing every other Thursday. Chirside Community Centre.</p> <p>10.00 Walk it Walk (approx. 1 hour) dementia friendly. Meet at Chirside Crosshill bus shelter.</p> <p>10.00 -14.00 RVS Social Centre Turnbull Court, Duns.</p> <p>10.00-16.00 Men's Shed, behind New Primary School.</p> <p>10:30-11:30 Qigong Studio 1, Chirside Community Centre.</p> <p>10.45-11.45 Over 50s & Disabled Session Duns Swimming Pool.</p> <p>Digi Savvy Session Duns Library. 1st Thursday of month. Call to book a place: 01750 726400. Free - donations welcome.</p>	<p>09.30-11.00 Yoga Guy Roberts Room, swimming pool, Duns. £8.00.</p> <p>10.00-11.00 Swimming for over 40s Duns swimming pool.</p> <p>10.15-11.15 Gentle Exercise Duns Library. £2.</p>

Afternoon	<p>13.30-14.15 Gentle Exercise (Gex) Paxton Village Hall. £4.</p>	<p>12:30-14:30 Pastel Art Class Chirnside Community Centre, Studio 1. £6 per class. Payable in advance each month.</p> <p>12:30-15:00 Borders M.E. Group at Persons, Duns 2020: 11/02; 12/05/; 11/08; 10/11.</p> <p>14.00-16.00 What Matters Hub every 2nd Tuesday Library Contact Centre, Duns.</p> <p>Trefoil Guild (Adult Guiding) 3rd Monday of the month. Community Centre, Duns.</p> <p>14.30-16.30 In Stiches Community Centre, Duns.</p> <p>15.00-16.00 Tai Chi Community Centre, Duns. Breaks in June. Re-starts September. £4.</p> <p>15:00-16:00 Indoor Bowling Chirnside Community Centre</p>	<p>12.00-13.00 (last serving) Lunch Club 1st Wednesday of the month. At A Heart of Duns. £5. Soup and pudding followed by tea/coffee and biscuits. Play area for toddlers. Transport can be arranged if needed. To book, please call A Heart for Duns on 01361 884 935.</p> <p>13.30-15.00 New Age Kurling 1st Wednesday of the month. Volunteer Hall, A Heart of Duns.</p> <p>13.00-15.00 Musical Memories last Wednesday of the month Turnbull Court, Langtongate.</p>	<p>11.00-15.00 Older Peoples Lunch 2 course lunch £5.95. White Swan, Duns.</p> <p>14.00-16.00 Needles and Natters Community Centre, Duns.</p>	<p>12.00-14.00 Chirnside Community Lunch last Friday of the month, Chirnside Community Centre.</p> <p>12.00-14.00 Greenlaw Lunch Club Fairburn Hall.</p>
Evening	<p>18.15-19.15 Yoga Westruther Village Hall. Everything provided. £6.</p> <p>18:30-19:30 Tai Chi Guy Roberts Room, Duns Swimming Pool. Stops end of June. Re-starts September. £6.</p> <p>19:15-10:30 Accordion and Fiddle Group. 3rd Monday of each month (Sept-May) Masonic Lodge, 41 Newtown Street, Duns: 20/01; 17/02; 16/03; 20/04; 18/05.</p> <p>19.30-21.30 Scottish Country Dancing Whitsome Village Hall: 06/01/2020 – 09/03/2020.</p>	<p>18:30-20:00 Yoga with Evanna Duns Rugby Club. Suitable for all, beginners welcome. £7.50 per class.07854 092743.</p> <p>19.30-21.30 Duns Camera Club Community Centre, Duns. Breaks for summer.</p> <p>19.30-21.30 Scottish Country Dancing Paxton Village Hall: 07/01/2020 – 10/03/2020.</p>	<p>18:30-20:00 Yoga Chirnside Community Centre, Function Room.</p> <p>18.30 Highland Hustle Dance and fitness class set to high beat music. No need to be able to dance. Suitable for all. Guy Roberts Room, Duns swimming pool.</p> <p>19:00-20:30 Hatha Yoga Greenlaw Memorial Hall. Re-starts September.</p> <p>20:00-21:00 Bingo night Plough Inn, Duns.</p>	<p>18:15-19:45 Pilates Chirnside Community Centre, Function Room (<i>please call to attend class</i>).</p> <p>18:45-21:15 SWI monthly. Chirnside Community Centre.</p> <p>19:30-21:30 Scottish Wildlife Trust (Duns) 1st Thursday of month, at Parish Church, Duns. Illustrated talk (different each month). £1.50. non-members welcome.</p> <p>20:00 Acoustic night Black Bull, Duns.</p>	<p>19.30-22.00 RSCDS Duns & District monthly Dance Volunteer Hall, Duns. £6. All welcome.</p> <hr/> <p>SATURDAY 9am Veterans Breakfast Club White Swan, Duns. 20:00-21:00 Bingo night Plough Inn, Duns.</p>

Eyemouth & Coldingham

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>08.00-09.00 Gentle Yoga and Tai Chi Cockburnspath Village Hall. No fee but a small donation is welcome. No experience required. A yoga mat and blanket are required.</p> <p>10.00-10.45 Aqua Zumba Eyemouth swimming pool.</p> <p>10.00-10.45 Exercise Rehab Eyemouth Leisure Centre. £3.</p> <p>11.00-11.45 Pool Rehab Eyemouth Swimming Pool.</p> <p>11.00-14.30 What Matters Hub every 2nd Monday of month. Eyemouth Community Centre.</p>	<p>10.00 Walk it Walk, dementia friendly. Meet at Eyemouth Community Centre.</p> <p>10.00-14.00 RVS Social Centre Parish Church, Eyemouth.</p> <p>10.00-16.00 Men's Sheds TEDDA Centre, Eyemouth.</p> <p>10.30-13.00 Eyemouth Tea Dance every 2nd Tuesday of month. Eyemouth Community Centre.</p> <p>10.00 Ayton Walk it Further twice weekly meet at Ayton Community Hall.</p>	<p>09.00-09.45 Silver Spin Eyemouth Studio.</p> <p>09:30-14:30 Cockburnspath Village Hall Café serves delicious homemade food.</p> <p>10.00-10.45 Gym Rehab Eyemouth Leisure Centre. £3</p> <p>10.00 Paths for all walks meet at Burnmouth Village Hall.</p> <p>10.00-14.00 RVS Social Centre Parish Church, Eyemouth.</p> <p>11.00-11.45 Pool Rehab Eyemouth Swimming Pool. £3.</p> <p>11.00-11.45 Open Exercise Class Eyemouth Studio.</p>	<p>09.30-10.30 Smooth Movers (gentle exercise) Cockburnspath Village Hall.</p> <p>10am Walk it Walk, dementia friendly. Meet outside <u>Ayton</u> Community Hall.</p> <p>10am Paths for all walks meet at Bus Shelter, Crosshill, <u>Chirnside</u>.</p> <p>10.00-10.45 Gym Rehab Eyemouth Leisure Centre. £3.</p> <p>10.00-16.00 Men's Sheds TEDDA Centre.</p> <p>10.30-12.30 Lip Reading Group Eyemouth Community Centre. No charge.</p> <p>11:30-12:30 Diabetes Classes Eyemouth Community Centre. £3.75.</p>	
Afternoon	<p>13:30-14:30 Diabetes Classes Eyemouth Community Centre. £3.75.</p> <p>14.00-15.30 Carers support group drop-in. 1st Monday of month. Eyemouth Community Centre.</p>	<p>13.00-15.00 EDEDS Social Group Eyemouth Community Centre.</p> <p>13.00-15.00 New Horizons Borders Coffee and Chat, Eyemouth Community Centre. All Welcome.</p>	<p>14.00-16.00 New Kurling Coldingham Village Hall. Every 2nd week. Breaks for summer. No experience necessary.</p> <p>14:00 - U3A Creative Writing at Eyemouth Community Centre. Monthly. Next date 22/01.</p>	<p>13.00-15.00 EDEDS Social Group Eyemouth Community Centre.</p>	<p>14.00-16.00 Pain Association Scotland Reston Village Hall (self-management training for people with chronic pain). Eyemouth group meet once a month. Next meetings: 24/01; 28/02; 27/03; 24/04; 22/05 breaks for summer.</p> <p>15.30-16.30 Tai Chi (Healthy Living Group) Community Centre, Duns.</p>

					Breaks in June. Re-starts September.
Evening	<p>18.30-20.00 Mindfulness and Meditation Cockburnspath Village Hall. No fee but a small donation towards the hire of the hall is welcome. No experience required.</p> <p>19.00 Walk it Walk, dementia friendly. Meet outside Eyemouth swimming pool.</p>	<p>17.00-18.00 Aqua Jogging Eyemouth Swimming pool.</p> <p>18.00-19.00 Walking Netball Eyemouth High School. £3.</p>	<p>19.00-19.45 Aquafit Eyemouth swimming pool.</p> <p>19.00-21.00 Bridge Cockburnspath Village Hall. No experience needed.</p> <p>19.00-21.00 Scottish Country Dancing Eyemouth Community Centre: 08/01/2020 – 11/03/2020.</p>	<p>17.00-18.00 Aqua Jogging Eyemouth swimming pool.</p> <p>19.00 SWI Cockburnspath Village Hall. Meets on 3rd Thursday of each month (Sept to May). Annual membership is £17 or £3 per meeting.</p>	<p>18:30 Open Minds Linkum Court, Eyemouth. Struggling with mental health, feeling isolated and lonely. A group meets for a friendly chat with people who lived with the experience of mental health issues.</p> <hr/> <p>SATURDAY 11.00-15.00 Coldingham Community Bookshop (beside the Priory Gates). All welcome to browse.</p> <hr/> <p>SUNDAY 18.00-20.00 Badminton Cockburnspath Village Hall. All welcome.</p>

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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>09.45-10.45 Exercise to Music Church Hall. Earlston</p> <p>06.30 Metafit Lauder Comm. Centre</p>	<p>10.30-12.30 Lip Reading Classes "Free" Red Lion Hotel, Earlston. Weekly Contact: 07824 904190</p> <p>10.30-11.30 Guild Fettle Lauder Comm. Centre</p>	<p>06.30 Metafit Lauder Comm. Centre</p> <p>10.00 Walk it Walk, Lauder Leisure Centre</p> <p>10.30-12.00 Bible Study Earlston Parish Church</p> <p>10.30-12.00 Community Café Earlston Parish Church</p>	<p>10.00 Walk it Walk Rhymers Tower Café Earlston</p> <p>11.00-14.00 Lunch Club Hanover Close</p> <p>10.00-11.45 Jo Jingles Lauder Comm. Centre</p>	<p>06.30 Metafit Lauder Comm. Centre</p>
Afternoon		<p>12.00-13.30 Lauder Soup Lunch 1st Tuesday of month. Lauder Community Centre</p> <p>12:30-17:00 Lauderdale Men's Shed Leader Leisure Centre</p> <p>14.00-16.00 The Guild Earlston Club Earlston Parish Church (fortnightly)</p>	<p>14.00-16.00 Wednesday Club Earlston Parish Church (fortnightly)</p>	<p>12:30-17:00 Lauderdale Men's Shed Leader Leisure Centre</p> <p>13.00-15.00 Thursday Social Lauder Leisure Centre</p> <p>14.00-15.30 New Age Kurling & Table Tennis Lauder Leisure Centre</p>	
Evening	<p>19.00-20.00 Football Lauder Comm. Centre</p> <p>19.15-20.45 Yoga Lauder Comm. Centre</p> <p>20.00-21.00 Basketball Lauder Comm. Centre</p>	<p>18.00-18.45 Spin classes Lauder Comm. centre</p> <p>19.00-20.-00 Walking Football Lauder Leisure Centre</p> <p>19.00-20.00 Zumba classes Lauder Comm. Centre</p> <p>19.00-20.00 Walking Football Lauder Comm. Centre</p> <p>19.00-21.00 Earlston Chess Club Earlston Bowling Club. (Sept 2019- April)</p>	<p>16.00-18.00 Ballet Lauder Comm. Centre</p> <p>18.00-19.00 Circuits Lauder Comm. Centre</p> <p>18.15-19.00 Adult Tap Lauder Comm. Centre</p>	<p>18.00-18.45 Spin/Abs Class Lauder Comm. Centre</p> <p>18.30-19.30 Kettles Lauder Comm. Centre</p> <p>19.30 Earlston SWI 3rd Thursday of month. Hanover Close</p> <p>19.45-20.45 Callanetics Lauder Comm. Centre</p> <p>20.00 Earlston Women Group 1st Thursday of the month. Earlston Parish Church</p>	<p>SATURDAY at Lauder Community Centre</p> <p>08.45-9.45 Kettles</p> <p>10.00-10.45 Callanetics</p> <p>10.45-11.45 Barre Concept</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.30-11.00 Over 60's fitness class. Focus Centre Galashiels</p> <p>10.00-11.00 Zumba Gold £4 Trinity Church, Hall 1</p> <p>10.00 Walk it Walk 1st & 3rd of each month. Tweedbank Comm Centre</p> <p>10.00-14.30 RVS Senior Social Centre North Wheatlands Mill Wheatlands Road</p> <p>11.00-12.00 Walking Hockey Langlee Comm. Centre</p> <p>11.00- 14.00 Lunch/Social Group Cornmill Court</p> <p>10.00-12.00 Yoga for MS clients only 2nd & 4th Monday of each month at Langlee Comm. Centre.</p> <p>11.30-12.30 Walking Netball Focus Centre</p>	<p>9.00- 9.30 Silver Spinners Galashiels Swimming Pool</p> <p>9.30-11.30 New Age Kurling Fountainhall Village Hall</p> <p>10.00 12.00 Stitch & Chat Galashiels Library</p> <p>10.00-10.45 AquaFit for all ages. Gala Swimming Pool</p> <p>10.00-14.30 RVS Learning Difficultly. Social Centre North Wheatlands Mills Wheatlands Road</p> <p>10.00 Move More Walks "cancer friendly walks" meet at Darnick Community Garden</p> <p>10.00-16.00 Men's Shed Community Centre Langlee</p> <p>10.00- 11.00 Zumba. St Pauls Church Galashiels</p>	<p>09.30-11.00 Crochet Focus Centre</p> <p>10.00-11.30 Coffee Morning Clovenfords Hotel</p> <p>10.00 Walk it Walk dementia friendly, Focus Centre</p> <p>10.00-16.00 Men's Shed Community Centre Langlee</p> <p>10.00 Macmillan Move More Walks Tweedbank Sports Complex</p> <p>10.30 Walk it Walk The Square Melrose</p> <p>10.30-11.30 Gentle Exercise Langlee Community Centre. £3</p> <p>10.00-14.30 RVS Senior & PD Social Centre North Wheatlands Mill Wheatlands Road</p> <p>10.00-11.00 Tri Fusion Studio Live Borders</p>	<p>09.00-09.30 Silver Spinners Gala Swimming Café</p> <p>10.00-10.45 Aqua Fit Gala Pool</p> <p>10.15-11.15 Gentle Exercise Caddonfoot Hall</p> <p>10.00 12.00 Deaf & Hard of Hearing Drop-in BRC Galashiels</p> <p>10.00-16.00 Men's Shed Community Centre Langlee</p> <p>10.00-14.30 RVS Learning Difficulty. Social Centre North Wheatlands Mills</p>	<p>10.00 Walk it Walk Langlee Comm. Centre dementia friendly</p> <p>10.00-11.30 Memory Café 1st Friday of each month. The Restaurant, Borders College.</p> <p>10.00-14.30 RVS Social Centre North Wheatlands Mill</p> <p>10.00-12.00 New Horizons Borders, Coffee and Chat at New Horizons Offices, Gala.</p> <p>10.00-13.00 Red Cross Knitting Group Red Cross Shop, Douglas Bridge</p> <p>11.15-12.00 Legs Bums & Tums, Lucy Sanderson Hall</p> <p>12.30-13.15 Yoga Focus Centre</p>
Afternoon	<p>13.00 New Galashiels Book Group Last Monday of each month. Galashiels Library</p> <p>13.30-15.30 Line Dancing Focus Centre</p> <p>14.00-15.30 Walking Football, Indoor from Nov-March Langlee Community Centre.</p> <p>14.00-16.00 U3A 1st Monday of month. Galashiels Rugby Club no meetings July & August</p>	<p>12.30-13.30 Lapwing Club Baptist Church Hall</p> <p>13.00-15.00 New Age Kurling Caddonfoot hall Clovenfords</p> <p>14.00-16.00 Scrabble Last Monday of the month. Clovenfords Hotel</p> <p>14.00-16.00 Bookworms 2nd Tuesday of every month. Clovenfords Hotel</p> <p>14.15 The Guild Trinity Church. September till May</p>	<p>10.30-11.30 Line Dancing Focus Centre</p> <p>10.00-14.30 Physical Difficulty Social Centre Focus Centre</p> <p>11.00-13.00 Craft Class Focus centre</p> <p>11.00-12.00 Steadi Tweedbank Indoor Bowling Club</p> <p>11.00-13.00 RNIB Art Club, Langlee Community Centre</p> <p>13.30-15.30 Heart for Art Dementia sufferers who would enjoy an afternoon of creativity</p>	<p>13.00-16.00 What Matters Hub Hope central</p> <p>12.30-13.30 Lunch Club St Pauls (Not summer)</p> <p>12.30 Stow Lunch Club</p> <p>13.30-15.30 Gala Windbags, long term conditions directed, exercise to the music, Lucy Sanderson Hall, CH&S</p> <p>14.00-15.30 Walking Football, Indoor Langlee Community Centre. Nov-March</p>	<p>1400-1600 Sporting Memories Come along for tea coffee and a chat. Share stories of games Gala Rugby Club. 3rd Friday of every month</p> <p>13.30-16.30 Bridge-experienced Caddonfoot Hall Cardrona</p>

		<p>14.15-15.15 Steadi Tweedbank sports £3.50</p> <p>14.00-16.00 Headway 1st and 3rd of the month. Trinity Church</p> <p>14.30-15.30 Get Clicking Lessons Galashiels Library (booking essential)</p> <p>14.00-16.00 Book-worms club 2nd Tuesday of the month. Cardrona Hotel</p>	<p>in a friendly environment. Trinity Church Galashiels.</p> <p>13.00-15.30 Over 60s Club at Langlee Comm. Centre</p> <p>13.30-15.00 Carers Support Group 3rd Wed. of month. Brewery, Low Buckholmside</p> <p>13.30-15.30 Macular Society Support Group Livingston Place see notes for times</p> <p>13.45-14.30 Open Exercise Classes "Live Borders" Volunteer Hall</p> <p>14.00-16.00 Art Group Baptist Church Hall</p>	<p>14.00-15.30 Bridge-beginners Caddonfoot Hall Clovenfords</p>	
Evening	<p>19.00-21.00 Langlee Choir Community Centre</p> <p>19.00-21.00 Borders Bipolar 2nd Monday of each month. Self-Help Group, Galashiels Resource Centre</p> <p>19.30 SWI 1st Monday of month, Clovenfords Village Hall</p> <p>19.30 Art Class Focus Centre. Sep till June</p> <p>19.30-21.00 Borders Philatelic Society every 2nd Monday. St. Paul's Church Hall</p>	<p>19.00-21.00 Gala Water Singers Fountainhall School</p> <p>19.00-20.00 Highland Hustle Langlee Community centre</p> <p>19.00-20.30 Enable Group for people with physical disabilities at Focus Centre</p>	<p>19.00 Borders Prostate Cancer Support 1st Wednesday of month. Chaplaincy Centre BGH</p> <p>19.30 SWI every 3rd Wednesday. Fountainhall Village hall</p> <p>18.30-20.00 Silver Stars Line Dancing Langlee CC</p> <p>19.00-22.00 Camera Club Langlee CC</p> <p>19.45- 21.30 Meditation Yoga Fountainhall Village Hall</p> <p>20.00-22.00 Radio Club Focus Centre</p>	<p>16.30-20.00 Weight Watchers Trinity Church, Hall 1</p> <p>18.30-19.30 Zumba, Lucy Sanderson Hall Galashiels</p> <p>19.00 Trinity Choir Trinity Church, Hall 2</p> <p>19.00-21.30 Line Dancing Focus centre</p> <p>19.30 Gala Studio Club Arts & Crafts Old Gala House</p> <p>19.30-21.00 Sewing Bees Group Langlee CC</p> <p>19.00-20.30 Meditation Class (Beginners welcome) Old Gala House</p> <p>19.30-21.00 Country Dancing Caddonfoot Village Hall</p> <p>19:15-10:30 Accordion and Fiddle Group. 1st Thursday of each month (Oct-Apr). Gala YM RFC, 4 Roxburgh Street, Galashiels: 06/02; 05/03; 02/04</p>	<p>18.00-18.45 Boxability Lucy Sanderson Hall Galashiels</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00 Walk it Walk Selkirk Parish Church</p> <p>8.00-10.00 Breakfast Club Open Door cafe 1st Monday each month. Parish Church Hall</p> <p>10.30 coffee, tea, home baking Open Door café, Parish Church Hall</p> <p>12.00-14.00 Open Door Café 2nd and 4th Monday Lunches. Selkirk Parish Church Hall</p>	<p>9.45-10.30 Gentle Exercise class Fit Borders Parish Church. £2.50</p> <p>10:00-16:00 Selkirk Community Shed Argus Centre, Goslawdales, Selkirk</p>	<p>10.00-14.30 RVS Social Centre Mungo Park Day Centre, contact Gary Hamilton</p> <p>10.00 Walk it Walk dementia friendly meet outside Selkirk Parish Church (ON HOLD)</p> <p>10.00-12.00 Meet and Greet coffee/tea. Lindean Village hall</p> <p>ACE (adult continuing education). monthly commencing the 19 September at the High School, Contact Helen Clark.</p> <p>Walk it weekly Coming soon</p>	<p>09.30-11.00 Gentle Exercise Rugby Club</p> <p>09.45-10.30 Gentle Exercise Parish Church. Cuppa available after the class which is included in the price. £2.50</p> <p>10:00-16:00 Selkirk Community Shed Argus Centre, Goslawdales, Selkirk</p>	<p>10.00-12.00 Coffee Plus Parish Church Hall</p> <p>10.00-14.30 RVS Social Centre Mungo Park Day Centre</p> <p>11.30-14.30 Food for Thought Rowlands- 24-26 West Port, cooked, affordable meals, also help using computers</p> <p>13.00-14.30 Selkirk Musical Memories @“The Bield” contact Elizabeth 01750 22076</p>
	Afternoon	<p>13.00-15.00 New Horizons Borders Drop-In (mental health charity) Rowlands</p> <p>13.30-15.30 Living well Project (for people with chronic conditions) Philiphaugh Community School</p> <p>14.00 Monday Club Our Lady & St Joseph’s Hall (alternate Mon)</p>	<p>12.00-13.00 Smooth Movers Ashkirk Village Hall</p> <p>14.00-15.00 Parish Church Ladies Chat/ Crafts- 2nd Tuesday of the month. (starts 1st October) Speakers, demos and crafts, Selkirk Church Friends</p> <p>14.00-16.00 New Age Kurling 1st & 3rd Tuesdays of month. Yarrowford Village Hall</p>	<p>13.30-14.30 xtend 60+ exercise Catholic Church Hall</p>	<p>12.00-13.00 Community Café Philiphaugh Comm. School</p> <p>14.00-16.00- Cameo (come and meet) commencing on 27th September (various invited speakers)- Selkirk Parish Church. (fortnightly)</p>
Evening	<p>19.00-20.00 Zumba Parish Church Selkirk</p>		<p>19.00 21.00 Whist Club Philiphaugh Comm. School (fortnightly)</p>	<p>18.15-19.15 Zumba O’Malley’s £6</p>	<p>19.30 Reach out last Friday of month. Parish Church Hall. (ladies only)</p> <p>19.30 21.00 Bingo Philiphaugh Comm. School</p>

Melrose & St Boswells

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>10.00-16.00 St. Boswells Sewing Group 2nd Monday of month. Lesser Village Hall</p> <p>10.00-11.00 Walk Low level health walk, which is short and sociable Darnick Community Gardens</p>	<p>9.15 Extend 60's Keep fit St Boswell village hall.</p> <p>10am Walk it Walk meet outside Darnick Community Garden</p> <p>10.00-14.30 RVS Social Centre Community Wing, Newtown St Boswells</p> <p>09.30-11.00 CHSS Rehabilitation support in BGH stroke unit</p>	<p>10.30 Walk it Further Group The Square Melrose</p> <p>11.00-12.00 Exercise to Music Tweedbank Comm. Centre</p>	<p>10.00 Walk it Walk 3rd Thurs of the month. Meet outside Newtown Community Centre</p> <p>10.00 Walk it Walk meet 1st Thursday of the month. St Boswells Bus Station</p>	
Afternoon	<p>14.00-16.00 Art Group St Boswells Church Hall</p> <p>14.00-16.00 Parkinson's Support Last Monday of month. The Chaplaincy Centre BGH</p>	<p>12.00-14.30 Borders Dementia Working Group Last Tuesday of each month. NHS Board Room, Newstead</p> <p>12:30-15:00 Borders M.E. Group at Milestone, Newtown St Boswells 2020: 14/01; 14/04; 14/07; 13/10. 18.30-19.30 Zumba Newtown Community Centre</p>	<p>12.00-13.30 St Boswells Senior Residents Soup Club. Church Hall. All welcome</p> <p>13.30-15.30 Craft Club St Boswells Church Hall</p>	<p>5.30– Highland Hustle Newtown Community Wing, Old School Building</p>	<p>14.00 Walk it Walk Last Friday of month. Meet at Edinburgh Woollen Mill, Melrose</p>
Evening		<p>19.30- Scottish Women's Institute St Boswells Lesser Hall</p>	<p>19.30-21.30 One Accord Choir Newtown St Boswells Community Hall. All welcome</p>	<p>17.00-18.00 Exercise Class to one living Heart Illness Chaplaincy Centre BGH</p> <p>19.30-21.30 One Accord Ladies Barbershop Choir Newtown St Boswells Centre</p>	

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.30-14.00 RVS Social Centre Millfield Gardens</p> <p>09.30 Senior Swimming Laidlaw Memorial Pool 65+ only. £3.05</p> <p>10.00 Walk it Walk dementia friendly. Meet at the bandstand on Murray's Green</p> <p>10.00 Macmillan Move More Walks "Cancer Friendly Walks" meet at Tourist Info Office</p> <p>10.30-12.00 Ancrum Community Café 2nd Mon of month. Ancrum Village Hall</p> <p>10.30-12.00 RBLs Jedburgh ex-vets coffee & Chat</p>	<p>09.30-14.00 RVS Social Centre Millfield pop in for a chat</p> <p>10.00-11.30 Coffee morning Queens court</p> <p>10.00-12.00 Lip Reading Classes, Kenmore Hall</p> <p>10.30-11.30 Pilates for affected by MS only, Jedburgh Medical Practice every 2nd Tuesday</p>	<p>10.00-12.00 Sewing Group 1st & 3rd Wednesday of month. St Johns Church</p> <p>09.30-14.00 RVS Social Centre Millfield Gardens</p> <p>11.00-12.00 Library Café 3rd Wednesday of the month. Oxnam Village Hall</p> <p>11.00 Extended Exercise Ancrum Public Hall</p>	<p>10.30-12.00 Jed. RBLs ex-vets coffee & Chat</p> <p>10.00 Macmillan Move More Walks 1st Thursday of every month. Meet at Harestanes Visitor Centre</p>	<p>10.30-12.00 Jed. RBLs ex-vets coffee & Chat</p>
Afternoon	<p>13:00-16:00 Ladies Shed, Abbey Place, Jedburgh</p> <p>13.30- 15.00 Forget me Not Café 1st Monday of month. Jedburgh Co-Op Community room, Jedburgh (starts 7th January)</p> <p>14.00 Knitting /Craft Circle last Monday of the month. Ancrum Village Hall</p> <p>14.00 onwards Ancrum Church Guild 1st Monday of month. All welcome</p>	<p>13.00-16.00 Jed Shed (Men) Abbey Place</p> <p>14.00-15.30 RNIB Drop-in Jedburgh Library, have a chat to discuss your needs.</p> <p>14.00-15.30 Carers Support Group 3rd Tuesday of month. Jed. Health Centre</p>	<p>13.00-16.00 Jed Shed (Men) Abbey Place</p> <p>14.00-15.00 Gentle Exercise Town Hall. £3</p>	<p>11.30-14.00 Lunch Club Thistle Pavilion</p> <p>13.00-16.00 Ladies Shed Abbey place</p>	

Evening	<p>18.00-19.00 Zumba Kenmore Hall, Jedburgh</p> <p>14.00 onwards last Mon of month. Knitting/craft circle Ancrum Public Hall</p> <p>19.30-21.00 Indoor Bowling Oxnam Village Hall (Oct-March)</p>	<p>19.30-21.30 Ancrum Astronomy Club 1st Tues of month. Ancrum Village Hall (Sept-May) ancrumastronomyclub.org.uk</p>	<p>19.00-21.00 Oxnam Valley Voices Oxnam Village Hall</p> <p>19.30-21.30 Ancrum WRI 2nd Wed of month. Village Hall</p>	<p>17.30- 18.00 Rotary Club Carters Rest</p> <p>18.00-19.00 Pilates Kenmore Hall</p>	<p>19.30 Oxnam Film Night 3rd Friday of month. Village Hall</p> <p>20.00 Bingo Tory Club Abbey Place. All welcome</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>09.00am–14.00 Women Together(Guild) Tuesday & Thursday. Bonar Room, Kelso North Church</p> <p>09.00-10.00 Pilates M-Pulsive Dance Studio, Kelso</p> <p>09.30–14.30 RNIB at BGH eye centre, chat re. your needs, or try limited equipment.</p> <p>10.00-12 noon Lip Reading Group Kelso Hospital, seminar Room.</p> <p>11.00-12.30 Carers Support group 1st Monday of month, Kelso Hospital</p>	<p>09.30–10.30 Mobility & Stretch Abbey Row Centre</p> <p>09.15-10.30 Pilates Quaker Meeting House Kelso</p> <p>10.00 Walk it Walk Outside Tourist Information, Kelso</p> <p>10.00-14.30 RVS Social Centre Evangelical Church, Kelso</p> <p>10.00-16.00 Men’s Shed, Roxburgh St., Kelso</p> <p>10.00–12.00 Knit & Natter Abbey Row Centre, Kelso</p> <p>10.00-14.30 RVS Social Centre every 2nd Tuesday. Youth Hall Yetholm</p> <p>10.30-11.30 Pilates Quaker Meeting House, Kelso</p>	<p>10.00-12.00 CHSS Rehabilitation support, Kelso Hospital</p> <p>10.00-16.00 Men’s Shed, Roxburgh St. Kelso</p> <p>10.00 Macmillan Move More Walks meet at Kelso Swimming Pool</p> <p>10.00-1500 Dementia Drop in Café Place and Space, Murray House, Kelso</p> <p>10.30-12.30 Macular Society Support Group Abbey Row Centre</p>	<p>10.00-16.00 Men’s Shed, Roxburgh St. Kelso</p> <p>10.00-12.00 Kelso Art Group Abbey Row. All Arts & Crafts</p> <p>10.00-14.30 RVS Social Centre Evangelical Church Kelso</p> <p>10.00-11.30 D Cafe at Cafe U 3rd Thursday of every month</p> <p>11.00-12.00 Smooth Movers Kelso Swimming Pool Studio</p>	<p>09.15- 10.30 Pilates Stichill Village Hall</p> <p>10.00 Walk it Walk Outside Tourist Information. Kelso</p> <p>10.00-12.00 Library Café Eckford Village Hall (every 3 weeks)</p> <p>10.00-12.00 Painting for Pleasure Yetholm Village Hall</p> <p>10.30-11.30 Gentle Exercise Rugby Club Kelso £3</p> <p>10.30 Memory Café Kelso 2nd Friday of month. Tait Hall (Starts 14th December)</p> <p>11.00-14.00 Friday Food & Blether The Planet, Kelso. Refreshments available £1.</p>
Afternoon	<p>13.30 -15.30 Kelso Senior Citizens Carpet Bowling at Abbey Row Centre (winter months only)</p> <p>14.00 Zumba Gold Kelso North Church</p> <p>14.00-16.00 Stitch & Chat Group Abbey Row</p> <p>17.30-18.45 Pilates: see back page for details</p>	<p>12:30-15:00 Borders M.E. Group at Mayfield 2020; 10/03; 09/06; 08/09; 08/12</p> <p>13.00 - 16.00 What Matters Hub Tait Hall, Kelso</p> <p>13.30-15.30 Seton Care Befriending Group every 2nd week. Abbey Row Centre, Kelso</p> <p>14.00-16.00 Stitch & Chat Group Abbey Row</p> <p>14.00-16.00 Ednam ladies Badminton Ednam Village Hall (winter months)</p> <p>14.30-16.30 Writers Workshop every 2nd Tuesday Abbey Row Centre</p>	<p>12.00-13.00 Seated Movers Kelso swimming pool</p> <p>12.00-14.00 New Horizons Borders Coffee and Chat Quaker Meeting Rooms, Kelso</p> <p>13.30-15.30 Tea Dance at Murray House. Dementia Friendly, All Welcome</p> <p>17.30-18.45 Pilates Maxton Village Hall</p>	<p>13.30-15.30 Carpet Bowls, Abbey Row, Kelso. (Seasonal)</p>	

Evening	<p>18.50–19.50 Callanetics at Abbey Row Centre 19.30 SWRI 3rd Mon of month. Bonar Room Kelso North Church. (Sept -June only) 19.00-20.00 Pilates M-Pulsive Dance Studio, Kelso</p>	<p>17.30-18.45 Pilates Quaker Meeting House, Kelso 18.00-19.00 Walking Football Kelso High School (winter only) 19.00 Abbey Stitchers every 4th Tuesday. Abbey Row (not July/August) 19.00-21.00 Men’s Shed Roxburgh St. Kelso 19.00-21.00 Abbey Quilters 2nd Tuesday of month. Abbey Row Centre 19.00 Kelso Heritage Society every 3rd Tuesday of the month. Abbey Row 19.00-21.00 Men’s Shed Kelso</p>	<p>18.00-19.00 Zumba Ednam Village Hall 19.15-20.15 Pilates “Men Only” M-Pulsive Dance Studios</p>	<p>18.00 Art Workshop 3rd Thursday of month. Murray House, Kelso 19.00 Kelso Camera Club Abbey Row 19-15-20.00 PIYO Fitness Abbey Fitness, Kelso 20.30-23.00 Cross Keys Hotel Kelso Music Session. All welcome</p>	<p>18.15 Pilates Stichill Village Hall 20.00 Kelso Folk & Live Music Singaround. Cross Keys, Kelso 21.45 Kelso Live Music Club Sessions The Cobbles, Kelso</p>
					<p><u>SATURDAY</u> 10.00 Walk it Walk meet at Town House, Square (fortnightly)</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00-12.00 Chest Heart & Stroke Group Teviot Church</p> <p>10.00-12 noon lip reading group Hawick community hospital (Seminar Room) re-starts Thurs 13th September.</p> <p>10.00-14.30 RVS Social Centre Evergreen Hall</p> <p>10.00-16.00 Men's shed. Lothian street</p> <p>10.00-12.00 New Horizon peer support group 4 Annfield mill, Teviot crescent</p> <p>13.00-15.00 New Horizons Borders, Mental Health awareness, coffee and chat. Textile Museum 2nd Floor</p>	<p>09.00-12.00 Reminiscence Group Burnfoot Hub</p> <p>10.00-11.30 Carers Support Group 2nd Tuesday of month. Community Hospital</p> <p>09.30-11.00 Get Clicking (Computer classes) Library</p> <p>10.00 – 12.00 Artbeat Hawick Youth Centre</p> <p>10.00-14.30 RVS Social Centre Evergreen Hall</p> <p>10.00-10.45 Open Exercise Class Teviotdale Leisure Centre</p> <p>10.00-16.00 Men's shed Lothian street</p> <p>10.30-11.30 Pilates MS Sufferers only every 2nd Tuesday, Hawick Day Hospital</p> <p>11.00-11.45 Smooth Movers Burnfoot Hub. £2.50</p>	<p>09.30-11.30 Knitting group Congregational Church</p> <p>10.30 Walk it Group Lawson's Bridge Hawick</p> <p>10.00-12.00 Mindfulness – not Running just now. Walk in Congregational Church</p> <p>10.00-15.00 Community Gardening Walled Garden Winton Lodge</p> <p>10.30-11.15 Smooth Movers Evergreen Hall</p> <p>10.00-16.00 Men's shed Lothian street</p> <p>10.30 Coffee Stop Liddesdale Parish Church.</p>	<p>9.45-10.30 Gentle exercise Denholm Village Hall £4</p> <p>10.00-12.00 Art Group Congregational Church. £7.00 Contact Anthony Hawthorne</p> <p>10.00-12.00 Lip Reading Classes Community Hospital</p> <p>10.00-16.00 What Matters Hub The Heart of Hawick</p> <p>13.30-15.30 New Hawick Afternoon Dance - last Thursday of the month. The Lodge 424, Union Street</p>	<p>10.00-14.30 RVS Social Centre Evergreen Hall</p> <p>10.00-12.30 Coffee Morning Salvation Army</p> <p>10.30 Walk it Group Lawsons Bridge</p> <p>10.30-11.30 Gentle/seated Exercise Newcastleton Health Centre. All welcome</p>

Afternoon	<p>14.00-16.00 50+ Group Scrabble Catholic Church Hall</p> <p>14.00-15.00 Cameo Group Salvation Army, Hawick</p> <p>13.00-15.00 Boccia (similar to Bowls) Burnfoot community centre.</p> <p>14.00 Knitting Group Copshaw Kitchen, Newcastleton</p> <p>15.00-16.00 Book Club Hawick Library 1st Mon. of each month</p> <p>16.00-19.00 Hawick Buddies Social Evening 1st Monday in month. Mansfield House Hotel Evening-Artbeat-photography with Pat Rafferty</p>	<p>13.30 Mexican Chain Dominoes Newcastleton Health Centre</p> <p>13.30-15.30 New Age Kurling at No 8 Club. 2nd Tuesday of each month.</p> <p>13.30-14.30 MS & Parkinson's Seated exercise class Hawick community Hospital (every second Tue from 29 Oct 2019)</p> <p>14.00-15.15 Carpet Bowling Burnfoot community centre. Re-starts August</p> <p>14.00-16.00 Friendship Hour 2nd & 4th Tuesday of month. Hawick Baptist Church</p> <p>14.30-16.30 Carpet Bowling Evergreen Hall. Starts September.</p> <p>16.00-17.00 Small group Training A small exercise class exercises are tailored to what participants want to achieve Teviotdale Leisure Centre</p>	<p>12.00-13.00 Soup Lunch Congregational Church</p> <p>13.00- 14.00 Singing Group Congregational Church</p> <p>13.00-15.00 Artbeatz, Music, Dance Animation Artbeat Studios.</p> <p>1400-1600 Parkinson's Group Last Wednesday of each month. Frank Scott Court.</p>	<p>12.00 -1.15 Lunch Club Evergreen Hall</p> <p>13.30-15.30 Forget me not Club 3rd Thursday, monthly. 111 Masonic Hall</p> <p>14.00-15.00 Rugby Memories Lunch Hawick Rugby Club 1st Thursday, monthly (Sept-June)</p> <p>14.30-15.30 Walking Rugby 3rd Thursday of every month. Old Baths, Bath Street Hawick Match fee £3.00. All Welcome</p> <p>18.00-19-15 Tai Chi & Oigoing Classes. Wilton Church Hall. All welcome</p> <p>18.00-20.00 Lip Reading Classes Hawick Comm. Hospital</p> <p>09.45-10.30 Denholm Gentle Exercise. £4.00. finishes on the 20th June- restarts Aug 16th</p>	<p>12.00-14.00 Burnfoot purple diners 2 courses. Burnfoot Hub. £2.00</p> <p>12.00 Lunch Club Newcastleton 2nd Friday of month(Sept-May)</p> <p>13.00-15.00 New Horizon (mental health charity) drop-in, Borders Textile Towerhouse</p> <p>14.30-16.30 Carpet Bowling Evergreen Hall. Starts September</p> <p>St Mary's Church lunch club 1x monthly, minister Alastair Cook</p> <p>14.30-16.00 Friendship Group Last Friday of every month. Congregational Church</p>
Evening	<p>18.30- 20.30 Bingo Burnfoot Hub Café</p> <p>19.00 MS Society last Monday every month. Social meeting Weatherspoon's</p> <p>19.00-21.00 Country Dancing Evergreen Hall</p>	<p>19.00-21.00 Carpet Bowling Evergreen Hall. (Sept-April)</p>		<p>18.30- Café Church Almond Tree, town centre</p> <p>19.30-21.00 Scottish Country Dancing Drumlanrig School</p> <p>20.00-21.00 Hawick Legion Walking Football Old Baths, Hawick</p>	<p>Monday-Friday</p> <p>10.00-16.00 Men's Shed Lothian Street</p> <p>Mon, Tues, Thurs & Friday 10.00 12.00 & 13.00-15.00 Artbeat crafts, arts and Music Hawick Youth Centre</p>

Innerleithen & Walkerburn

For more information on any of the activities below please contact the British Red Cross Community Coordinator **Dawn: 07860 412802 or 01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.00-14.30 RVS Social Parish Church Hall, Leithen Rd</p> <p>11.30-12.30 Gentle Exercise Walkerburn Village Hall</p>	<p>09.45-12.00 Probus Club Union Club (fortnightly Sept-April)</p> <p>12.00-14.00 Lunch Club over 50s 1st/3rd Tuesday of the month. Walkerburn Village Hall £3. (Sept-April)</p>	<p>10.00- 11.45 Strictly Seniors Dance Group Masonic Hall</p> <p>10.00 Walk it Walk Walkerburn Parking Area</p> <p>10.00-14.30 RVS Social Centre Parish Church hall, Leithen Rd</p> <p>10.30-12.00 IT Drop in St Ronans Primary School (term time only)</p>		<p>10.00 Walk it Walk meet outside Whistle Stop Café, Innerleithen</p> <p>10.00-14.30 RVS Social Centre Innerleithen Parish church, Leithen Rd</p>
Afternoon	<p>13.45-14.30 Gentle Exercise Union Club Innerleithen £2.50</p>	<p>13.00-16.00 Crafts-4-u (Quilting) Walkerburn Old Mill Car Park</p> <p>13.00-16.00 Craft Box Church of Scotland Innerleithen (fortnightly)</p> <p>14.00 Innerleithen Bridge Club Traquair Village Hall</p> <p>14.30 Walkerburn OAP Village Hall. (Oct-May)</p>	<p>14.00-16.00 Innerleithen Senior Citizens Club Vale Club (last Wednesday of month)</p>	<p>13.30-15.30 Crafts-4-u Walkerburn, Old Mill Car Park (crochet & Knitting)</p> <p>14.00-15.00 Carpet bowls, Walkerburn Hall (fortnightly)</p> <p>14.00-15.00 Zumba Gold Church of Scotland, Innerleithen. £4</p>	<p>13.00-16.00 Crafts-4-u Walkerburn Old Mill car park</p>
Evening	<p>19.00-20.45 Mindful Yoga Walkerburn Village Hall. £7</p> <p>19.30 The Guild Walkerburn Public Hall</p>		<p>19.00-21.00 Crafts-4-u Walkerburn, Old Mill Car Park</p>		<p>SUNDAY</p> <p>18.00-21.00 Table tennis. All ages. Walkerburn Village Hall</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

10.00 Walk it Walk meet inside Burgh Hall
10.00-14.30 RVS Social Centre St Andrew's-Leckie Hall
10.00-14.30 Peebles Library Writing Group 1st Monday of month
10.00-16.00 Men's Shed Ex-Service Men's Club. School Brae
10.15-11.00 Gentle Exercise Bowling club West Linton. £2.50

09.00-09.45 Seated Movers Gytes Leisure Centre. £4
09.45-10.30 Probus Union Club 1st & 3rd Tues (Oct-Apr)
10.00-11.00 Smooth Movers Gytes Leisure centre. £4
10.00-14.30 RVS Social Centre St Andrews Leckie Church
10.00-12.00 IT Drop-in Room2 Drill Hall (term time)
10.00-12.00 Peebles CAN community garden (behind Victoria Park)
10.30-12.00 Carers Support Group 1st Tuesday of month. Volunteer Resource centre
10.30-12 Writing Group Peebles Library

10.00-14.30 RVS Social Centre St Andrew's-Leckie Hall
10.00 MS Power plate Gytes Leisure Centre. £3.75
10.00-15.00 Community Garden. The Glebe
10.00-16.00 Men's Shed Ex-Service Men's Club School Brae
10.15-11.00 60+ exercise class Parish Church
11.30-13.00 A Bite and a Blether, bacon roll, baking, tea/coffee. £2.50 Eddleston Village hall

10.00-12.00 Lipreading classes Hay Lodge Health Centre
11.00-12.00 Smooth Movers Gytes Leisure centre. £4
11.30-12.30 50+ Walking Netball Drill Hall

09.30-10.30 Exercise to Music Traquair Village Hall Nr. Peebles
10.00-12.00 Drop in Parish Church (Bacon roll & Chat)
10.00-12.00 Peebles CAN community garden (behind Victoria Park)
10.30-11.30 Meet and Make (for people with dementia)
11.30-12.15 Seated Movers Gytes Leisure Centre
12.00-13.00 Peebles Soup Club Drill Hall
11.15-12.00 Gentle Exercise Drill Hall. £2.50
11.30-12.15 Seated Movers Gytes Leisure Centre Studio

Afternoon

12.00-14.00 Soup, Sandwich & Chat Leckie Church
14.00-16.00 Mary Allen Club Ladies 60+ Peebles CC
 1st Monday of month excl. Sept-May
19.30 The Women's Guild Peebles & Trefoil Guild Dovecot Court, Peebles

12.00-13.00 Gentle Movement Gytes Leisure centre
10.30-12.30 U3A Drill Hall Members only. (fortnightly)
12.00-13.00 Peebles Soup Club Drill Hall. £2.50
13.30-14.30 Walking Hockey Drill Hall.
14.00-16.00 Walkerburn Guild last Tuesday of every month until April. Walkerburn Hall
14.00-16.00 U3A monthly meeting for new guests.

13.30-16.00 What Matters Hub Eastgate Theatre cafe
14.00-16.00 CHSS Haylodge Hospital (stroke club)
14.00 Peebles Pensioners Assoc Burgh Hall (Feb-Jun & Sept-Nov) waiting list
14.00-16.00 Ladies 60+ Badminton Peebles CC
14.00-16.00 Art Group Drill Hall (fortnightly)
14.30-16.30 Guild every 3rd Wednesday of month. Broughton Village Hall

13.00-15.00 New Horizons (Mental Health Charity) drop-in, Burgh Halls
13.39-15.30 60+ Badminton Drill Hall
14.00-15.30 Strictly Senior Dance Group MacFarlane Hall
14.00-16.00 Friendship group Leckie Memorial Church (fortnightly)

12.30-2.30 Friday Activity Drop- in Peebles Drill Hall
14.30-15.30 Peebles Craft Box Community Centre (fortnightly)
14.30-16.00 Over 50's Walking Football Drill Hall

		Contact must be made before attending 16.00-17.00 Embroidery Drill hall (fortnightly)			
Evening	18.30– Highland Hustle FHSD Studios, Old Halyrude School 19.00 Peebles Bridge Club Peebles Hydro (Sept to May) contact secretary 19.00-20.00 Zumba Broughton Village Hall	19.00-21.00 Carpet Bowling Drill Hall 19.00-21.00 Spinners “Wool” Broughton Village Hall 19.30 Peebles Chess Club Neidpath Inn (Sept-Apr) 19.30-22.00 Choral Society Broughton Village Hall	19.00-21.00 Peebles Camera Club 1st & 3rd Wed of every month. Peebles CC (Sept-May) 17.30-21.30 Rural every 2nd Wednesday of the month. Broughton Village Hall 19.30-21.00 SWI Walkerburn Hall 19.30-21.30 Sugarcraft classes every 4th Wednesday of the month. Broughton Village Hall	18.00-19.00 Yoga Drill Hall 19.00 Peebles Bridge Club Peebles Hydro all year (contact secretary) 19.30 Peebles Archaeological Society Peebles CC 3rd Thursday (every month Sept-Nov & Jan–Apr) 19.30 Peebles Singers Dovecot Court 19.30–21.00 Eddleston Voices Community Choir Eddleston church. £2 19.30 Carpet Bowls Eddleston Village Hall 20.00-22.00 Senior Badminton Broughton Village Hall	<hr/> SATURDAY 11.00-14.00 Peebles Secret Garden Deans Wynd Peebles SUNDAY 15.00-17.00 Vicky’s Tea every 2nd Sunday. Rooms Leckie Church (referral only)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10.15-11.00 Gentle Exercise West Linton Bowling Club £2.50	9.00-10.15 Whitecrane Tai Chi Newlands centre Rommano Bridge. £7 10.15 Table tennis for Seniors Newlands Centre Rommano Bridge 1hr £3, 2hrs £4	10.15-11.00 Gentle Exercise Bowling Club West Linton 11.00-13.00 Knitter &/or Natter Lamancha Café tea/coffee/bacon roll/cakes	10.00-14.30 RVS Social Centre Graham Institute	10.00-11.00 Surf club Newlands Centre Rommano Bridge. £10
Afternoon		13.30-15.30 Afternoon Blether Club 2nd Tuesday of month. Old Church Hall			14.00-16.00 Cosy Café 2nd Friday of month. New Church Hall
Evening	19.15 SWI Graham Institute monthly (Nov-April)	19.30 Historical Assoc. Old Church Hall (Sept-April)	19.00-20.00 Tai-Chi last Wed of month. New Church Hall. All welcome 19.30 Garland Sugarcraft Club Broughton Village Hall. (Sept-March)	19.00-20.00 Tone Zone Fitness New Church Hall. All welcome. £4.50	18.00 Games night 1st & 3rd Friday of month. Lamancha Café all ages £2

14 Forthcoming Community Events

Eildon					<p>Friday 17 January 10:30-12:30 Walk & Beach Clean Survey – Killidraughts. Meet outside Eyemouth Leisure Centre. 24 January 10:30-12:30 Beach Clean & Survey – Coldingham. Meet outside Coldingham Beach Café.</p>
Berwickshire					<p>Saturday 18 January 10:30-12:30 Beach Clean & Survey - Eyemouth. Meet outside Eyemouth Leisure Centre. 1 February 09:30-19:00 Arts & Crafts Textiles Celebration. Marchmont House, Greenlaw. £75, displays, talks and demonstrations, from 1850's to present day. Tel: 01361 882053.</p> <p>Sunday 26 January Walk & Beach Clean Survey – Linkim Shore. Meet outside St Verdas Hotel, Coldingham.</p>

15 Useful Contact Numbers

- Alzheimer Scotland Borders: 01573 400324
- Borders Care and Repair: 01750 724895
- Borders Carers Centre: 01896 752431
- Duns Social Work Office: 01361 886103
- Food train: 01896 751750
- Galashiels Social Work Office: 01896 664157
- Hawick Social Work Office: 01450 374545
- Hospital to Home Team: 01896 661288
- Kelso Social Work Office: 01573 223501/227977
- Live Borders: 01896 661166
- Macmillan Services: Kirsty Smith/Clare Irvine 01896 826835 (Cancer Information Support Service)
- Peebles Social Work: 01721 726355
- Queens House: 01573 224886 / 07498799436
- Red Cross Galashiels: 01896 751888
- RNIB: Alison Paton-Day 07771940387
- The Silver Line: 0800 470 8090
- Transport Hub: 0300 456 1985
- Walk it Walks: Denise 01835 826702