

## **Borders Activities Calendar for Older People July 2021**

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

The information contained within this document is for general informational purposes only. All information is provided in good faith and is all found within public domain

# 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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>11.15-12.15 Pilates</b> Coldstream Comm. Hall booking must be made in advance call 01890 883332</p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 91420</p> <p><b>11.45-12.45 Seated Exercise</b> Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p>	<p><b>09.30-10.30 Zumba</b> Coldstream Comm Hall contact 07766 707 330</p> <p><b>10.00 Walk it Walk</b> Burnmouth Village Hall contact Su 07971 060774</p>	<p><b>10.00-11.00 Gentle Exercise</b> Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p> <p><b>10.00 Walk it Walk</b> Comm. Centre Coldstream Fortnightly contact Denise 07813 535 394</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p> <p><b>11.15-12.15 Pilates</b> Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777</p>	<p><b>09.15-10.15 Pilates</b> Coldstream Comm. Hall with Ian 07929 618 936</p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>
Afternoon		<p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07896 914206</p>	<p><b>13.30-15.30 Art Group</b> Coldstream Comm Hall with Andrew call 07791 347 916</p>		<p><b>13.00-14.00 Handicraft Group</b> Coldstream Comm. Hall booking must be made in advance Tel: 01890 883332</p>

<b>Evening</b>	<p><b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>17.30-18.30 Pilates with Jan</b> Coldstream Comm. Hall booking must be made in advance Tel: Jan 07741 530777 <b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a> <b>16.30-18.30 Mobile Library</b> <b>Connect &amp; Collect Service</b> Home Place Coldstream <b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206 <b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206 <b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a> <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>17.30-18.30 Zumba</b> by zoom Contact Norrie 07986 914206 <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'bodys Yoga</b> on zoom call Diane 07758 664 566</p>
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## 2 Duns Chirnside & 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><b>09.00-18.00 A Heart for Duns Comm. Fridge</b>, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p><b>10.00 Online Movement to Music</b> Classes call Susan 07841 761364</p> <p><b>10.00 Walk it Walk</b> Meet at Mercat Cross Duns Fortnightly contact Myra 07837 451 486</p> <p><b>10.00-Noon Chirnside Comm. Larder.</b> Chirnside Comm Centre. All Welcome Text: 07828 240 909</p> <p><b>11.00-13.00 Reston Food Larder.</b> Reston Village Hall</p> <p><b>00.01-23.59 Auchencrowe Mini Larder.</b> Craw Inn All Welcome Abbey St Bathans</p>	<p><b>09.00-11.00 Mobile Post Office</b> Greenlaw War Memorial</p> <p><b>10.00 Walk it Further</b> every 2<sup>nd</sup> &amp; 4<sup>th</sup> start 29/06. Contact Myra 07837 451 496</p> <p><b>09.00-18.00 A Heart for Duns Comm. Fridge</b>, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>11.00-13.00-Noon Reston Food Larder.</b> Reston Village Hall All welcome</p> <p><b>00.01-23.59 Auchencrowe Mini Larder.</b> Craw Inn All Welcome</p>	<p><b>09.00-18.00 A Heart for Duns Comm. Fridge</b>, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p><b>00.01-23.59 Auchencrowe Mini Larder.</b> Craw Inn All Welcome</p> <p><b>10.00 Walk it Walk</b> Meet at Greenlaw Memorial Hall. 1<sup>st</sup> &amp; 3<sup>rd</sup> Wed of each Month contact Eileen 01361 810642</p> <p><b>10.00-Noon Chirnside Comm. Larder.</b> Chirnside Comm Centre. All Welcome Text: 07828 240 909</p> <p><b>11.00-13.00 Reston Food Larder.</b> Reston Village Hall All welcome</p> <p><b>11.30-13.30 Mobile Post Office</b> Greenlaw War Memorial Hall</p>	<p><b>09.00-11.00 Mobile Post Office</b> Greenlaw War Memorial Hall</p> <p><b>09.00-18.00 A Heart for Duns Comm. Fridge</b>, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p><b>00.01-23.59 Auchencrowe Mini Larder.</b> Craw Inn All Welcome</p> <p><b>10.00 Walk it Walk</b> Meet at Bus Shelter, Crosshill Fortnightly contact Denise 07813 535 394</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p> <p><b>11.00-13.00 Reston Food Larder.</b> Reston Village Hall All welcome</p>	<p><b>09.00-18.00 A Heart for Duns Comm. Fridge</b>, Volunteer Hall Duns All Welcome or contact 01361 884935</p> <p><b>10.00 Online Movement to Music</b> Classes call Susan 07841 761364</p> <p><b>10.00-Noon Chirnside Comm. Larder.</b> Chirnside Comm Centre. All Welcome Text: 07828 240 909</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p> <p><b>11.00-13.00 Reston Food Larder.</b> Reston Village Hall All welcome</p> <p><b>00.01-23.59 Auchencrowe Mini Larder.</b> Craw Inn All Welcome</p>
Afternoon	<p><b>14.00-16.00 Mobile Post Office</b> Greenlaw War Memorial Hall</p> <p><b>14.00-16.00 Abbey St Bathans Mini Larder.</b> Riverside Bakery Car Park All welcome</p>	<p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>	<p><b>16.15-18.30 Mobile Library Connect &amp; Collect Service.</b> Volunteer Hall Car Park. Duns</p>		<p><b>15.00-16.00 Mobile Post Office</b> Greenlaw War Memorial</p>

<b>Evening</b>	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-18.45 Peebles Bridge Club</b>, play by zoom 01721723688 steven.henderson@walkerburn.net</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email eileengrah@gmail.com</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>17.30-18.30 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>
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# 3 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**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>09.00-09.45 Spin Class outside at Eyemouth Swim Pool</b> 01890 750557 to book</p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>12.01-24.01 Longformacus Food Larder.</b> Village Hall Storage Unit Tel. 01361 890311</p>	<p><b>09.50 Walk it Walk Meet</b> Widows &amp; Bairns Statue on the Bantry Contact Sheila 01890 750 870</p> <p><b>10.00-11.00 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>12.01-24.01 Longformacus Food Larder.</b> Village Hall Storage Unit Tel. 01361 890311</p> <p><b>10.00-14.00 Preston Mini Larder @Village Hall</b> All Welcome</p>	<p><b>10.00-Noon Eyemouth Larder @ Eyemouth Parish Hall</b> All Welcome also on facebook</p> <p><b>12.01-24.01 Longformacus Food Larder.</b> Village Hall Storage Unit Tel. 01361 890311</p>	<p><b>10.00 Walk it Walk Meet</b> Ayton Castle South Lodge contact Denise 07813 535 394</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p> <p><b>12.01-24.01 Longformacus Food Larder.</b> Village Hall Storage Unit Tel. 01361 890311</p>	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07896 914206</p> <p><b>12.01-24.01 Longformacus Food Larder.</b> Village Hall Storage Unit Tel. 01361 890311</p>
Afternoon	<p><b>13.00-15.00 Post Office</b> Services within Ayton Village Shop</p> <p><b>13.50-14.40 RBS Mobile Branch</b> Ayton</p>	<p><b>14.00-15.30 Cockburnspath &amp; Cove Comm. Food Store</b> Church Hall Cockburnspath All Welcome</p> <p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07896 914206</p>	<p><b>13.30-15.00 Mobile Library Connect &amp; Collect Service</b> Eyemouth Leisure Centre</p>	<p><b>13.15-15.15 Post Office</b> Services within Ayton Village Shop</p>	<p><b>14.00-15.30 Cockburnspath &amp; Cove Comm. Food Store</b> Church Hall Cockburnspath All Welcome</p>
Evening	<p><b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>19.00 Walk it Walk</b> Eyemouth contact Fiona 01890 751483</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.00 Walk it Walk Meet</b> outside swimming pool contact Fiona 01890 751 483</p>	<p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>17.30-18.30 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'body's Yoga</b> on zoom call Diane 07758 664 566</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364	<b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206	<b>10.00 Walk it Walk</b> Meet outside Lauder Leisure Centre contact John 01578 722207 <b>10.30 Walk it Further</b> Meet outside Lauder Leisure Centre contact Anne 07814 336241	<b>10.00 Walk it Walk</b> Meet at Rhymers Tower Café Earlston contact Mary 07717 706 931 <b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206	<b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364 <b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206
Afternoon		<b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206	<b>13.45-15.45 Mobile Post Office @ TD4 6DB</b>	<b>15.00-15.30 Mobile Post Office</b> Oxtan <b>16.00-17.00 Mobile Library connect &amp; collect service</b> Earlston High School <b>16.00 16.45 Zumba</b> by zoom contact Norrie 07896 914206	<b>14.00-16.00 Mobile Post Office @TD4 6DB</b>
Evening	<b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206	<b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a> <b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a> <b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206 <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566	<b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206 <b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a> <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566	<b>17.30-18.30 Zumba</b> by zoom Contact Norrie 07986 914206 <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566	<b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00 Walk it Walk</b> meet outside Tweedbank Comm. Centre 1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of each month contact Maureen 01896 757634</p> <p><b>10.15-11.15 Gala Walking Netball</b> @ Focus Centre more info Contact 07990 071 896</p>	<p><b>10.00-10.45 Zumba</b> St Pauls Church Hall Gala Contact Norrie 07986 914206</p> <p><b>10.00 Walk it Walk</b> Meet outside Darnick Comm. Garden Contact Denise 07813 535 394</p> <p><b>10.00 Walk it Walk</b> meet outside Langlee Comm Centre <b>ON HOLD</b></p>	<p><b>10.00 Walk it Walk</b> meet outside Focus Centre contact Jon 07510 901839</p> <p><b>10.30 Gentle Exercise</b> Langlee call Denise 07713 357 450</p>	<p><b>10.00 Walk it Walk</b> Meet at Rhymers Tower Café contact Mary 07717 706931</p> <p><b>10.00 Walk it Easy</b> meet at entrance to Victoria Park contact Tracey 07547 024 592</p> <p><b>10.00 Walk it Walk</b> Meet at St.Boswells contact Susan 07717 547858</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p> <p><b>10.30 Walk it Walk</b> meet at Stow XRoads call 01578 730 546</p>	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p> <p><b>10.00 Walk it Walk</b> meet outside Langlee Comm Centre <b>ON HOLD</b></p>
Afternoon	<p><b>12.15-14.45 Library Connect &amp; Collect Service.</b> Live Borders Car Park. Galashiels</p> <p><b>15.00-15.45 Mobile Post Office</b> Clovenfords</p>	<p><b>12.30 Walk it Walk</b> Meet @ Stow Station House contact 01578 730 546</p> <p><b>13.00-14.00</b> Mobile Post Office Bowden</p> <p><b>13.30-14.00</b> Mobile Post Office Clovenfords</p> <p><b>14.00-16.00 Circle Dancing</b> @Yoga Mill Gala Tel Kate 07523 266 657</p> <p><b>16.00-16.45 Zumba</b> by zoom contact Norrie 07986 914 206</p>	<p><b>13.30-15.30 Heart for Art.</b> Trinity Church Hall contact heartfor.art@crossreach.org.uk</p>	<p><b>13.30-15.30 Gala Windbags</b> Lucy Sanderson Hall. Gala contact Wilma 01896 753 493</p> <p><b>17.30-18.15 Zumba</b> by Old Parish Church Gala contact Norrie 07986 914206</p>	



<b>Evening</b>	<p><b>18.00- 18.45 Zumba.</b> Pavilion Cinema contact Lenore 07826 849 115</p> <p><b>18.00-18.45 Zumba</b> by zoom contact Norrie 07986 914 206</p> <p><b>19.00 Langlee Comm. Choir</b> all welcome contact langleecommunitychoir.org.uk</p> <p><b>19.00-20.00 Clubbercise @</b> Caddonfoot Hall call 07794 657 018 for bookings</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00 -19.00 Zumba</b> by zoom contact Norrie 07986 914 206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.00-21.00 Gala Chess Club</b> Focus Centre checkout facebook for booking</p> <p><b>19.00-21.00 Gala Water Singers.</b> Fountainhall School All Welcome contact 01578 730 289</p> <p><b>20.00 Meditation Classes @</b> Yoga Mill contact Sarah 07784 740 179</p>	<p><b>18.00-19.00 Zumba</b> by zoom contact Norrie 07986 914 206</p> <p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30- 19.15 Zumba.</b> Pavilion Cinema contact Lenore 07826 849 115</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>
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Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Walk it Walk</b> Meet at Town Clock contact Jon 07510 0901839</p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>10.30 Walk it Walk</b> meet Sustainable Selkirk Advice Centre contact Iain 07838 033281</p>	<p><b>08.00-08.45 Spin Class</b> Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p>	<p><b>09.30-10.15 Spin Class</b> Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>
Afternoon	<p><b>13.30-14.30 Mobile Post Office</b> Ettrickbridge</p>	<p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>		<p><b>17.30-18.30 Zumba</b> by zoom contact Norrie 07986 914206</p>	<p><b>15.15-16.45 Mobile Library Connect &amp; Collect Service</b> Victoria Hall</p>
Evening	<p><b>18.00-18.45 Zumba</b> in Selkirk Parish Church Contact Norrie 07986 914206</p>	<p><b>17.30-18.15 Spin Class</b> Selkirk Rugby Club Tel. 01750 20897 for booking</p> <p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-19.00 Zumba</b> by zoom. contact Norrie 07986 914206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.99-20.00 Clubbercise</b> @ Selkirk Rugby Club call 07794 657 018 for bookings</p>	<p><b>18.00-19.00 Zumba</b> by zoom. contact Norrie 07986 914206</p> <p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00 Peebles Bridge Club</b> play by zoom 01721723688 <a href="mailto:steven.henderson@walkerburn.net">steven.henderson@walkerburn.net</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>

# 7 Melrose & St Boswells

For more information on any of the activities below please contact the British Red Cross Community Coordinator  
Harry: 07515064527 or 01896 751888

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00 Walk it Walk Meet</b> outside Tweedbank Community Centre 1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of each Month contact Maureen 01896 757634</p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>10.00 Walk it Walk Meet</b> outside Darnick Comm. Garden Contact Denise 07813 535 394</p>	<p><b>10.30 Walk it Walk Meet</b> in The Square, Melrose contact Martin 07858 386485</p> <p><b>10.00 Macmillan Move More Walks</b> meet at Tweedbank Sports Complex booking to made in advance Tel. 01750 726400 or email <a href="mailto:liveborders.org.uk">liveborders.org.uk</a></p> <p><b>10.30 Walk it Further Group</b> Meet in Square, Melrose</p> <p><b>11.00-14.30 Mobile Post Office</b> Melrose</p>	<p><b>10.00 Walk it Walk Meet</b> at Newtown Comm. Centre 3<sup>rd</sup> Thursday of each month contact Susan 07717 754858</p> <p><b>10.00 Walk it Walk Meet</b> at St Boswells Bus Station 1<sup>st</sup> Thursday of each month contact Susan 07717 547 858</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p>	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>
Afternoon	<p><b>14.45-16.15 Mobile Post Office</b> Melrose</p>	<p><b>14.30-16.15 Mobile Post Office</b> Melrose</p> <p><b>14.30 Walk it Walk meet</b> outside Abbotsford Visitor Centre. Contact Anna 07985 724 938</p> <p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>		<p><b>14.45-15.15 Mobile Post Office</b> Melrose</p> <p><b>16.00 16.45 Zumba</b> by zoom contact Norrie 07986 914206</p> <p><b>17.30-19.15 Mobile Library Connect &amp; Collect Service</b> Melrose Rugby Club</p>	<p><b>14.00 Walk it Walk Meet</b> Edinburgh Woollen Mill. Melrose last Friday of each Month contact Isobel 07976 275796</p>
Evening	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775</p> <p><b>18.00-19.00 Zumba</b> in Newtown Comm. Centre contact Norrie 07986 914 206</p> <p><b>18.15 St Boswells Cricket Club</b> training night contact Jamie 07368 303 414</p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00-19.00 Zumba</b> by zoom. contact Norrie 07986 914206</p> <p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.15 St Boswells Cricket Club</b> training night contact Jamie 07368 303 414</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>09.00 Tai Chi</b> Queen Marys Gardens all welcome Free Classes</p> <p><b>10.00 Walk it Walk</b> meet at Tourist Info Office contact Denise 0781 3535394</p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p>	<p><b>07.00-07.30 Kettlercise</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>09.00 Tai Chi</b> Queen Marys Gardens all welcome Free Classes</p> <p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>09.00 Tai Chi</b> Queen Marys Gardens all welcome Free Classes</p>	<p><b>07.00-07.30 Kettlercise</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>09.00 Tai Chi</b> Queen Marys Gardens all welcome Free Classes</p> <p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p>	<p><b>07.00-07.30 Kettlercise every 2<sup>nd</sup> Friday</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p> <p><b>10.00 Jed Art Project @ St Marys Church</b> contact 07746 419 879</p>
Afternoon		<p><b>13.00-16.00 Jed Mens Shed</b> Abbey Place All welcome</p> <p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>	<p><b>13.00-16.00 Jed Mens Shed</b> Abbey Place All welcome</p>	<p><b>12.45-14.15 Library Connect &amp; collect service.</b> Canongate Car Park</p> <p><b>16.00 16.45 Zumba</b> by zoom contact Norrie 07986 914206</p>	<p><b>13.00 Macmillan Move More Walks</b> Meet at Harestanes First Friday each Month</p> <p><b>13.15-13.45 Kettlercise every 2<sup>nd</sup> Friday</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p>
Evening	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-18.45 Kettlercise</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>18.00-18.45 Zumba by zoom</b> Contact Norrie 07986 914 206</p> <p><b>18.30-20.30 Jed Mens Shed</b> Abbey Place All welcome</p> <p><b>19.00-19.30 Indoor Studio Cycling</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-18.45 Kettlercise</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.00-19.30 Indoor Studio cycling</b> LM Pool pre-book with 01835 863430 email: <a href="mailto:info@lmp@btconnect.com">info@lmp@btconnect.com</a></p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.00-20.00 Clubbercise @Jed Legion</b> call 07794 657 018 for bookings</p>	

# 9 Kelso, Eckford & Yetholm

For more information on any of the activities below please contact the British Red Cross Community Coordinator  
Lukasz 07595 205725 or 01896 751888

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>09.00-09.30 Zoom online</b> pre-book 01573 224944 email: <a href="mailto:kelso@liveborders.org.uk">kelso@liveborders.org.uk</a></p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>11.00-Noon Walk n' Talk</b> Walking Group meet at Floors Castle booking call 07827 823809 <b>Alzheimer Borders</b></p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>10.00-14.00 Kelso Mens Shed</b> Rox.St. open to all contact 07854 688 829 £1.00 daily fee</p>	<p><b>10.00 Macmillan Move More Walks</b> meet at Kelso Swimming Pool booking to made in advance Tel. 01750 726400 or go to <a href="http://liveborders.org.uk">liveborders.org.uk</a></p>	<p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p> <p><b>10.30 Bacon Butty &amp; Blether</b> Cross Keys (Oak Room) price £4.50 All welcome</p>	<p><b>10.00 Walk it Walk</b> Meet Tourist information, The Square contact Amanda 07918 186058</p> <p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p> <p><b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p> <p><b>11.00 Walk it EASY</b> Meet Tourist information, The Square contact Amanda 07918 186058</p>
Afternoon		<p><b>12.45-15.15 Mobile Library Connect &amp; Collect Service</b> Tait Hall</p> <p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>		<p><b>16.00 16.45 Zumba</b> by zoom contact Norrie 07986 914206</p> <p><b>17.30-18.30 Zumba.</b> St Pauls Church Contact Norrie 07986 914206</p>	
Evening	<p><b>18.00-18.45 Zumba</b> Ednam Village Hal Contact Norrie 07986 914206</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30-19.30 Walking Football</b> @KHS 3G pitch contact Alan on 07818 288744</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-19.00 Zumba</b> Ednam Village Hall contact Norrie 07986 914206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.00-21.00 Kelso Camera Club</b> (online at present) email: <a href="mailto:wcc54@gmail.com">wcc54@gmail.com</a></p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Morning</b>	<p><b>06.30-07.00 Spin Class</b>                  Teviotdale Leisure Centre                  Call 01450 374440  <b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p>	<p><b>06.30-07.00 Spin Class</b>                  Teviotdale Leisure Centre                  Call 01450 374440  <b>10.00-10.45 Zumba</b> by zoom                  Contact Norrie 07986 914206</p>	<p><b>10.30 Walk it Walk</b> meet Bus Station at High School</p>	<p><b>10.00-10.45 Tai Chi</b> by zoom                  contact Norrie 07986 914206</p>	<p><b>10.30 Walk it Walk</b> meet at Bus Stop High School contact Jon 07510 0901839  <b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364  <b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>	
	<b>Afternoon</b>	<p><b>14.30-16.30 Boccia</b> at the Evergreen Hall contact Ryan 07825 138 098</p>	<p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>			
		<b>Evening</b>	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom                  Contact Norrie 07986 914206  <b>18.00-18.45 Zumba</b> by zoom                  Contact Norrie 07986 914206</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>18.00-19.00 Zumba</b> by zoom                  Contact Norrie 07986 914206  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00-18.30 Spin Class</b>                  Teviotdale Leisure Centre                  Call 01450 374440  <b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566  <b>19.00 Bingo</b> @The Bourtree last Wed of each month more info call 01450 360450</p>	<p><b>17.30-18.30 Zumba</b> by zoom                  Contact Norrie 07986 914206  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566  <b>19.00-20.00 Clubbercise</b> @ Evergreen Hall call 07794 657 018 for bookings  <b>17.00 Quiz Night</b> at the Bourtree last Thursday of each month for more info call 01450 360450</p>
					<p><b>Saturday:</b> Hawick Armed Forces Veterans Breakfast Club 10.00 – Noon @ Evergreen Hall. Hawick  <b>Sunday: 19.00 Bingo</b> @ Hawick Burns Club. Tel 01450 372474</p>	

# 11 Innerleithen & Walkerburn

For more information on any of the activities below please contact the British Red Cross Community Coordinator 07841 727 044 or **01896 751888**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>10.00 Walk it Walk</b> Meet at Alexandra Park call Alice 07974 782 016</p>	<p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p>	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364  <b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206  <b>10.00 Walk it Walk</b> meet outside The Vale Club Contact Neil 07900 908 787</p>
Afternoon		<p><b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>			<p><b>13.00-14.30 Library Connect &amp; Collect Service.</b> Memorial Hall</p>
Evening	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206  <b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206  <b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>17.30-18.30 Zumba</b> by zoom Contact Norrie 07986 914206  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Morning</b>	<p><b>10.00 Walk it Walk</b> meet @ Burgh Hall contact Brian 01721 720981  <b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p>	<p><b>10.00-17.00 Eastgate Theatre Cafe</b> contact 01721 725785  <b>10.00-10.45 Zumba</b> @ Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a>  <b>10.00-Noon PeeblesCAN Comm. Garden</b> Volunteer Sessions emailinfo@peeblescan.org  <b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206  <b>11.00-11.45 Aerobics</b> @ The Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a>  <b>11.30-14.00 Food Foundation Mini Market</b> Victoria Park Centre All welcome</p>	<p><b>10.00-17.00 Eastgate Theatre Cafe</b> contact 01721 725785  <b>10.00-11.00 Adult at the Barre Ballet classes</b> Fiona Henderson school of Dance call 07733 409708  <b>11.15-12.15 Adults Classical Ballet</b> classes Fiona Henderson School of Dance call 07733 409708</p>	<p><b>08.00-08.30 Spin Class</b> @The Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a>  <b>10.00-17.00 Eastgate Theatre Cafe</b> contact 01721 725785  <b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p>	<p><b>09.45-12.15 Mobile Library Connect &amp; Collect Service</b> Gytes Leisure Centre  <b>10.00-Noon PeeblesCAN Comm. Garden</b> Volunteer Sessions emailinfo@peeblescan.org  <b>10.00 Online Movement to Music Class</b> call Susan 07841 761364  <b>10.00-17.00 Eastgate Theatre Cafe</b> contact 01721 725785  <b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206  <b>10.00 -11.00 Adult Line Dancing</b> Classes Fiona Henderson School of Dance call 07733 409708  11.15-12.15 Adult Beginners Ballet classes Fiona Henderson School of Dance call 07733 409708</p>
	<b>Afternoon</b>	<p><b>12.20-12.50 Mobile Post Office</b> Heriot  <b>13.00-15.00 PeeblesCAN Comm. Garden</b> Volunteer Sessions emailinfo@peeblescan.org</p>	<p><b>14.00 U3A Peebles</b> monthly zoom meetings 2<sup>nd</sup> Tuesday of each month-guest speakers.  <b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>		<p><b>12.20-12.50 Mobile Post Office</b> Heriot  <b>13.45-14.00- Mobile Post Office</b> Fountainhall  <b>17.30 18.30 Zumba</b> by zoom contact Norrie 07986 914206</p>



<b>Evening</b>	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00-18.30 Spin Class</b> @ The Gytes Leisure Centre contact 01721 723688 email: <a href="mailto:gytes@liveborders.org.uk">gytes@liveborders.org.uk</a></p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.15-20.15 Adult Contemporary Dance</b> classes @ Fiona Henderson School of Dance call 07733 409708</p>	<p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206</p> <p><b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>18.00-19.00 From August Clubbercise</b> @ Drill Hall Peebles call for pre-bookings 07794 657 018</p>	<p><b>19.00 Peebles Bridge Club</b> play by zoom 01721723688 <a href="mailto:steven.henderson@walkerburn.net">steven.henderson@walkerburn.net</a></p> <p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p> <p><b>19.15-20.15 Adult Dance for Exercise</b> classes Fiona Henderson School of Dance call 07733 409708</p>	
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# 13 West Linton

For more information on any of the activities below please contact the British Red Cross Community Coordinator 07841 727 044 or 01896 751888

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364</p>	<p><b>10.00-10.45 Zumba</b> by zoom Contact Norrie 07986 914206</p>	<p><b>11.00-11.45 Gentle Exercise.</b> Newlands Centre for booking call Philippa 07707 048 362 cost £4.50</p>	<p><b>10.00-10.45 Tai Chi</b> by zoom contact Norrie 07986 914206</p>	<p><b>10.00 Online Movement to Music Classes</b> call Susan 07841 761364  <b>10.00-10.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>
Afternoon		<p><b>14.00 Peebles Bridge Club</b> play by zoom 01721723688 <a href="mailto:steven.henderson@walkerburn.net">steven.henderson@walkerburn.net</a>  <b>16.00-16.45 Toning Class</b> by zoom contact Norrie 07986 914206</p>		<p><b>17.30 18.30 Zumba</b> by zoom contact Norrie 07986 914206</p>	<p><b>13.45-14.15 Mobile Post Office</b> Broughton</p>
Evening	<p><b>17.30-18.00 High Intensity Fitness Class</b> by zoom Contact Norrie 07986 914206  <b>18.00-18.45 Zumba</b> by zoom Contact Norrie 07986 914206  <b>19.00 West Linton Bowling Club</b> all welcome see facebook for booking</p>	<p><b>17.30 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206  <b>18.30 Highland Hustle Zero</b> Keep fit with dance on zoom contact Eileen 0773091775 email <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>18.00-19.00 Zumba</b> by zoom Contact Norrie 07986 914206  <b>18.00 Highland Hustle</b> Keep fit with Dance on zoom contact Eileen 07773091775 email: <a href="mailto:eileengrah@gmail.com">eileengrah@gmail.com</a>  <b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566  <b>19.00 West Linton Bowling Club</b> all welcome see facebook for booking</p>	<p><b>19.00-20.15 Aw'Body's Yoga</b> on zoom call Diane 07758 664 566</p>

# Community Information

For more information on any of the activities below please contact the British Red Cross 01896 751888

<b>Eildon</b>	<p><b>Team Walking Challenge “Step Count”</b> is an eight week long challenge, to register a team contact <a href="http://stepcount.org.uk">stepcount.org.uk</a>  <b>15<sup>th</sup> August 13.00-17.00</b>  <b>Gattonside Village Gardens</b> tickets on sale from Village Hall, Main Street  <b>Abbotsford</b> now open daily from 10.00-17.00 bookings call 01896 752 043  <b>Sir Walter Scott’s Courtroom</b>, Selkirk now open Mon,Thu &amp; Fri. 11.30-16.00 booking essential <a href="http://liveborders.org.uk">liveborders.org.uk</a>  <b>Monteviot House</b> Open excl. Mondays Noon – 16.00 Call 01835 830 380 to book  <b>Wilton Lodge Park Tri-shaw</b> trips to book a 20-30 min free ride through the park call Keith 07703 538 001/Cheryl 07966 614 257</p>	<b>Cheviot</b>	<p><b>Lauder Community Foodbank</b> open every Sunday 10.00-13.00 @ <b>Lauder Bowling Club</b> new members always welcome email <a href="mailto:info@lauderbowlingclub.com">info@lauderbowlingclub.com</a>  <b>Kelso Bowling Club</b>, new members welcome contact Ryan 07776 822 172  <b>Jedburgh Bowling club</b> new members welcome contact 01835 863655  <b>Ancrum Bowling Club</b> new members welcome contact 01835 830343  <b>26<sup>th</sup> June-31<sup>st</sup> Aug. Floors Castle</b> Nature Trail featuring Peter Rabbit &amp; Friends see Floors Castle facebook page for more info  <b>28<sup>th</sup> June</b> Borders Textile Tower house re-opening  <b>1<sup>st</sup> July</b> Hawick Museum, Wilton Park Lodge re-opening  <b>13<sup>th</sup>-16<sup>th</sup> July Open Air Theatre</b> at Floors Castle more info for tickets etc on facebook  <b>River Tweed Salmon Fishing Museum</b> @ Kelso Town Hall Mon-Sat.10.00-16.00 Sun. 10.00-15.00 Free Entry  <b>Hawick Mens Shed</b> contact 01450 219281 for usage and times</p>	<b>Tweeddale</b>	<p><b>Ayton Village</b> Area news: check their face book page for all local food and service deliveries.  <b>24<sup>th</sup> July Coldstream Comm. Centre</b> 10.00-Noon Cake Sale  <b>25<sup>th</sup> July Coldstream Comm. Centre</b> Table Top Sale book through 01890 883332  <b>Border Links</b> check them out at <a href="mailto:borderlinks@btconnect.com">borderlinks@btconnect.com</a>: 07900 252 984/01289 305423  For Bingo. Music. Chats. Sport. all online via zoom</p> <p><b>Potting Shed Garden Broughton Place</b> open 11.00-17.00 <b>29<sup>th</sup> June &amp; 6<sup>th</sup> July</b> £5. Admission charge. Open by private arrangement can be made to 01899 830574 until end October  <b>Drumelzier Old Manse.</b> Broughton <b>Garden Open</b> 15<sup>th</sup> June – 15<sup>th</sup> Aug by arrangement call 01899 830 319  <b>4<sup>th</sup> July 13.00-16.00 Glen House Garden</b> Innerleithen  4<sup>th</sup> July 10.00-17.00 Quercus Garden Open day @Whitmuir Farm, West Linton  <b>11<sup>th</sup> July 11.00-17.00</b> Garden open day @ 8 Halmyre Mains, West Linton  <b>Tweeddale U3A</b> information on forthcoming online talks, demos etc.,contact Gilliam Limb 01721 588352  <b>17<sup>th</sup> July 11.00 Peebles CAN Comm. Garden</b> Fairy Trail &amp; Cream Teas booking through <a href="mailto:info@peeblescan.org">info@peeblescan.org</a>  <b>Peebles Bowling Club</b>, new members welcome see facebook page  <b>West Linton Bowling Club</b>, new member welcome see facebook page</p>
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**Library Connect & Collect Pick up Points for July:** note this service is now provided from our Live Border Transit van **not** the mobile van

Monday 5 <sup>th</sup> July	Heritage Hub Car Park, Hawick Live Borders HQ Car Park, Galashiels	09.30 – 11.30 13.30 – 15.30
Tuesday 6 <sup>th</sup> July	Home Place, Coldstream Tait Hall, Kelso Canongate Car Park, Jedburgh	09.45 – 10.45 11.30 – 13.30 14.30 – 15.30
Wednesday 7 <sup>th</sup> July	The Square, Earlston Volunteer Hall, Duns Leisure Centre, Eyemouth	09.30 – 10.30 11.15 – 12.15 13.30 – 14.30
Thursday 8 <sup>th</sup> July	Melrose Rugby Club, Melrose Victoria Hall, Selkirk	09.30 - 11.30 13.00 - 15.00
Friday 9 <sup>th</sup> July	Memorial Hall, Innerleithen Gytes Leisure Centre, Peebles	09.45 - 10.45 11.15 - 13.15
Monday 12 <sup>th</sup> July	Live Borders HQ Car Park, Galashiels Heritage Hub Car Park, Hawick	09.30 – 11.30 13.30 – 15.30
Tuesday 13 <sup>th</sup> July	Canongate Car Park, Jedburgh Home Place, Coldstream Tait Hall, Kelso	09.30 – 10.30 11.30 – 12.30 13.30 – 15.30
Wednesday 14 <sup>th</sup> July	Leisure Centre, Eyemouth Volunteer Hall, Duns Tait Hall, Kelso	10.30 – 11.30 12.15 – 13.15 13.30 – 15.30
Thursday 15 <sup>th</sup> July	Rugby Club, Melrose Victoria Hall, Selkirk	09.30 – 11.30 13.00 – 15.00
Friday 16 <sup>th</sup> July	Gytes Leisure Centre, Peebles Memorial Hall, Innerleithen	10.00 – 12.00 13.00 – 14.00
Monday 19 <sup>th</sup> July	Heritage Hub Car Park, Hawick Live Borders HQ Car Park, Galashiels	09.30 – 11.30 13.30 – 15.30

Tuesday 20 <sup>th</sup> July	Home Place, Coldstream	09.45 – 10.45
	Tait Hall, Kelso	11.30 – 13.30
	Canongate Car Park, Jedburgh	14.30 – 15.30
Wednesday 21 <sup>st</sup> July	The Square, Earlston	09.30 – 10.30
	Volunteer Hall, Duns	11.15 – 12.15
	Leisure Centre, Eyemouth	13.30 – 14.30
Thursday 22 <sup>nd</sup> July	Rugby Club, Melrose	09.30 – 11.30
	Victoria Hall, Selkirk	13.00 – 15.00
Friday 23 <sup>rd</sup> July	Memorial Hall, Innerleithen	09.45 – 11.30
	Gytes Leisure Centre. Peebles	11.15 – 13.15

From 5<sup>th</sup> July **Galashiels** Library will re-open Monday - Saturday 10.00- 12.00 for booking and enquiries call 01750 726400

From 12<sup>th</sup> July **Hawick** Library will re-open Monday: 11.00-15.00, Tuesday: 10.00 -12.00, Friday 10.00-12.00, Saturday: 10.00-12.00  
For bookings and all enquiries call 01750 726400

From 22<sup>nd</sup> July **Eyemouth** Library will re-open Monday: 14.00 – 17.00, Thursday 11.00 – 13.00, Friday 14.00 – 16.00  
For bookings and all enquiries call 01750 726400

From 26<sup>th</sup> July **Peebles** Library will re-open Monday 10.00-12.00, Thursday 11.00-15.00, Friday 10.00-15.00, Saturday 10.00-12.00  
For bookings and all enquiries call 01750 726400

## 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](http://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 Mobility Equipment Services 01896 750565
- Borders Podiatry Service 01896 826538
- Borders Talking Newspaper Service 01361 889211 Email: [office@btn.org.uk](mailto:office@btn.org.uk) www.btn.org
- 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
- Dementia Helpline Freephone 0808 808 3000/email [helpline@alzscot.org](mailto:helpline@alzscot.org) available 24 hours
- Dynamic Community Fusion “Brain Injury Service” Call 07530 983750/07547 403469 Email: [BBIS\\_Reconnect@dynamiccommunityfusion.co.uk](mailto:BBIS_Reconnect@dynamiccommunityfusion.co.uk)
- Food Train 01896 751750
- Galashiels Social Work Office 01896 664157
- Hawick Social Work Office 01450 374545
- Home Energy Scotland call 0808 808 2282 email: [warmth@changeworks.org.uk](mailto:warmth@changeworks.org.uk)
- 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 Eglinton 01573 420576 email: [judy.eglington@googlemail.com](mailto:judy.eglington@googlemail.com)
- MS Society Helpline 0800 800 8000 Mon-Fri 09.00-19.00 email: [helpline@mssociety.org.uk](mailto: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](http://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/Alison.patonday@rnib.org.uk](mailto:07771940387/Alison.patonday@rnib.org.uk)
- Samaritans (24hours) Tel 116 123 email [jo@samaritans.org](mailto:jo@samaritans.org) or visit [www.samaritans.org](http://www.samaritans.org)
- Scottish Borders Council 0300 100 1800
- Scottish Veterans Fund <http://www.veteransscotland.co.uk>
- Scottish Borders Health & Social Care Partnership 01896 664 155 [LAC@scotborders.gov.uk](mailto: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
- Turn 2 us 2 British Red Cross 0808 802 2000
- 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 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of every month. To book a consultation please contact [borders@alzscot.org](mailto:borders@alzscot.org) or call 01573 400324

**Mondays** 14.00-15.00 Quiz & Blether **Tuesdays** 10.30-11.15 Carer/Family Support Group **Wednesdays** 14.00-15.00 Music & Memories  
Online via Microsoft Teams contact 07827 823809 email [lhornigold@alzscot.org](mailto:lhornigold@alzscot.org)

**2<sup>nd</sup> Tuesday** of each month 14.00-15.00 Digital Dogs for more info on these contact [borders@alzscot.org](mailto:borders@alzscot.org) or call 01573 400324

To view the latest Edition of the **Borders Blether Together** log onto Alzheimer Scotland – Borders facebook page

**Alzheimer Scotland** are offering the following online Family Carers Information Sessions **16<sup>th</sup> July** More about Dementia, **23<sup>rd</sup> July** Meaningful Activities, **30<sup>th</sup> July** Community Connections, **6<sup>th</sup> August** Eating and Drinking all sessions are on from 14.00-15.00 contact Mandy on 07795 196 486.

**Berwickshire Association for Voluntary Service (BAVS)** Tel 01361 883137 email: [admin@bavs.org.uk](mailto:admin@bavs.org.uk) also checkout their facebook page for all community information to Berwickshire

**Berwickshire Wheels** 0300 456 1985 contact them for booking of covid safe transport

**Connecting Scotland Programme** aims to get 50,000 digitally excluded households online by end of 2021 for people who are digitally excluded and on low incomes. Check out Live Borders face book page for more info

**Dance for Parkinson's Scotland** Weekly classes standing and or sitting down: Mondays @ 11.30 Level 2 / Wednesdays @ 11.30 Level 1 / Thursdays @ 11.30 Level 1 all videos available to watch and download by checking out **Dance for Parkinson's FACEBOOK** page

**Yoga/Pilates exercise** classes to music for the over 60s available on Youtube 6 weekly sessions available for prices etc., contact Amanda by email: [amanda@funtastic-fitness.co.uk](mailto:amanda@funtastic-fitness.co.uk)

**Digital Buddies** Get help to get connected tel: 07921 265515 and or email: [Christine@otbs.org](mailto:Christine@otbs.org)

**Flowerpot Café, Victoria Park Centre, Kingsmeadow Road. Food Foundation** Open Mon-Sat. 10am-3pm opening times are all weather dependant as outside. Check on facebook before attending **Suspended at this time**

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

**Help with Winter Energy Bills** Call 0808 808 2282 email [adviceteam@sc.homeenergyscotland.org](mailto:adviceteam@sc.homeenergyscotland.org)

**Live Borders eLibraries:** Free access for all library members in a wide range of electronic formats check out Live Borders website and or face book page for more info, easy access to become a member

**Live Borders** stay connected and keep moving with their free online fitness classes access from Live Borders face book page



Have you browsed through the **BORROWBOX** app yet, its free and available all day every day access through Live Borders **Library-Connect and Collect** Call Library HQ on 01721 726400 Monday-Friday from 11am-3pm (membership number required) or visit [www.liveborders.org.uk](http://www.liveborders.org.uk) to collect and drop off library books

**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](mailto:wellbeing@borders.scot).

**Peer2Peer Mindfulness** Free of charge for 16 weeks commencing 7<sup>th</sup> April **Mindfulness Based living with Dementia Course** contact 07462 891 549/ email [peer2peermindfulness@gmail.com](mailto:peer2peermindfulness@gmail.com) for registration details

**Riddell Fiddles** traditional fiddle teaching for the young and old. Are you interested in singing or playing an instrument join in with our virtual lessons. Please contact [LAC@scotborders.gov.uk](mailto:LAC@scotborders.gov.uk) for registration and more information

**Scottish Borders versus arthritis** Free series of bitesize interactive sessions for people living with long term health conditions:  
**Sleep** Tuesday 27<sup>th</sup> April 11.00-13.00 **Managing Anxiety** Wednesday 26<sup>th</sup> May 14.00-16.00 **Fibromyalgia**  
For more info and registration details please contact [livewell@versusarthritis.org](mailto:livewell@versusarthritis.org) and or Tel 0141 954 7776

**SPLASH** [volunteering4splash@gmail.com](mailto:volunteering4splash@gmail.com) community recipes/ideas and information sheets in and around the Eyemouth area also on facebook

**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 28<sup>th</sup> October This is for Peebles area only**

**What Wheely Matters** Tel 07754 318 077 email [wwm@Bavs.org.uk](mailto:wwm@Bavs.org.uk) transport and community information for the Berwickshire area also check out their facebook page.

### **Friendship Phone Calls**

**Turn 2 Us 2** British Red Cross 0808 802 2000

**Age Scotland** Helpline 0800 12 44 222 [www.age.scotland/friendship](http://www.age.scotland/friendship) service

**Re-engage for over 75s** 0800 716 543 [www.reengage.org.uk](http://www.reengage.org.uk)

**Chest Heart & Stroke Scotland** Kindness Volunteers 0808 801 0899 [www.chss.org.uk/coronavirus](http://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

<b>Priority Level:</b> High <input type="checkbox"/> Medium <input type="checkbox"/> Low <input type="checkbox"/>		<b>Date of Application:</b>	
<b>Name of person who would like to use the service:</b>			
<b>D.O.B:</b>		Male <input type="checkbox"/> Female <input type="checkbox"/>	
<b>Address:</b>		<b>Contact Number:</b>	
<b>Next of Kin details:</b> Name, Address, Tel. No.			
*Should we contact this person for info/access <input type="checkbox"/>			
<b><u>Medical Conditions</u></b>			
<b><u>Physical Conditions</u></b>			
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 or 07713 385270**

**E-mail:- [CommunityServices@redcross.org.uk](mailto: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.
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 currently conducted online).
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](mailto:CommunityServices@redcross.org.uk)**