

MEMBERSHIP DISCOUNT

Midlothian Physiotherapy – 30% discount

Hardengreen Business Park, Eskbank Tel No. 0131 5619787

Mountain Warehouse – 10% discount

Kinnaird Park, Newcraighall Rd, Edinburgh

Fishers – 10% discount on all purchases over £50 10 John St, Penicuik

Motivation – 5% discount on cycles/10% on servicing/

repairs/parts and accessories 26 Edinburgh Road, Penicuik

Scottish Mining Museum – 10% discount on adult entry – Open 7 days

10.00am to 5.00pm Museum Tours are run by ex-miners

Brown Opticians – 15% discount - Offering a wide range of

Frames as well as prescription swimming goggles and why not try our range of contact lenses free. 41 High St, Bonnyrigg Tel No 0131 6638818

Cairton Complementary Massage Therapy – 33% discount

Full body massage and 20 min massage . Fully mobile service offering treatments from your home or treatment room in Carrington.

Call Alex Ewing on 01875 830276

Weesweep Ltd – 30% Parts, 15% labour discount. Free drop-in seasonal

check. Also discounts on MOT's and services. Unit 2/3 Butlerfield Ind Est, Bonnyrigg Tel 01875 825560 (bookings) Email info@weesweep.com

Port Brae Wealth Management is offering a free consultation to help

with maximising returns from savings etc If anyone is interested please contact Mark McGonigle on 01289332272 or email mark.mcgonigle@sjpp.co.uk

Midlothian Snow Sports Centre (Hillend) - 20% off food and drink at

the cafe 360 and 10% off snow sport - Instruction and equipment hire. Be Active Membership card required.

Café Coal - 10% discount - Scottish Mining Museum, Newtongrange. Be

Active membership card required.

Mon	09.30&11.00 10.30-12.00 10:45-11:45 12.00-13.00 13.30-16.00 15:30-16:30 16.30-17.30	Yoga x 2 New Age Kurling Seated Exercise Indoor Bowling Line Dancing Line Dancing Line Dancing	Glencorse Centre Lasswade Centre Newbattle Community Campus Gorebridge Leisure Centre Penicuik Town Hall Dalkeith Arts Centre Dalkeith Arts Centre
Tues	09.30-11.30 10.00-11.00 10.00.11.30 12.00-13.00 10.30-12.30 12.30-13.30 13.30-15.00 13.00 13.00 13.30 13.30	Table Tennis Pilates Tai Chi Beginners Tai Chi New Age Kurling Line Dancing New Age Kurling Gorebridge Walkers Gorebridge Striders Dalkeith Walkers Dalkeith Striders	Gorebridge Leisure Centre Ladywood Leisure Centre Penicuik Pitcairn Centre, Bonnyrigg Pitcairn Centre, Bonnyrigg Penicuik Town Hall Loanhead Leisure Centre Loanhead Leisure Centre Meet Arniston Rangers car park Meet Arniston Rangers car par Meet St Nicholas Church Hall Meet at St Nicholas Church Hall
Wed	10.00-11.00 10.00-12.00 11.00 11.15-12.15 13.45-14.15 14.00-16.00 18.00-19.15 14.30-15.30	Advanced Tai Chi Table Tennis Walk & Talk Badminton Pedal Pushers (spin) Walking football Yoga Walking Netball	Loanhead Miners Club Ladywood Leisure Centre, Penicuik Newtongrange Library Newbattle Community Campus Newbattle Community Campus Bayne Memorial Hall, Loanhead Penicuik Town Hall Newbattle Community Campus
Thurs	10.00 10.30-12.00 11.30 14.30-16.00 14.30-16.00 15.00-16.30	Loanhead Walk Ballroom Dancing Walk and Talk New Age Kurling New Age Kurling Can't help singing	Loanhead Leisure Centre Dalkeith Art Centre Woodburn Grassy Riggs Newbattle ComLearning Centre Newtongrange Gorebridge Leisure Centre Newbattle Community Campus
Fri	09.45 09.45 10.00-12.00 13.30 13.30.16.00 14.30-15.30	Penicuik Walkers Penicuik Striders Walking football Rosewell Walkers/Striders Indoor Bowling Walking Rugby	Meet St Mungo's Church Hall Meet St Mungo's Church Hall Ladywood Leisure Centre, Penicuik Rosewell Church Hall Gorebridge Leisure Centre Dalkeith Rugby Club
Sun	14.00 14.00	Bonnyrigg Walkers Bonnyrigg Striders	Meet Ladbroke Polton Street Meet Ladbroke Polton Street

Ageing Well Newsletter September 2018





Ageing Well changes.

Part of the Ageing Well programme has been handed over to the Council run leisure centres or privately run instructors so they can develop the classes currently offered. These are all instructor led classes such as Pilates, Yoga, Zumba, Circuits and Relaxation. You can check days and times of these classes by calling your local Leisure Centre or log onto <http://www2.midlothian.gov.uk/leisureclasses.aspx>

Introducing Indoor bowling to Ageing Well's programme.



Gorebridge Leisure Centre on Mondays and Fridays from 1.30-4pm. Just turn up on the day Only £2 per session and even if you havent played the sport before you will be made most welcome.

Active Golden years: Are you over 65? Do you attend 3 or more activities per week in your local leisure centre? Do you go swimming most mornings? Are you in the gym a couple of times each week or attend a centre fitness class? All these opportunities are available with the Active Golden Tonezone card available at any Midlothian leisure centre for £20.80 or joint membership for £33.50 per month. If you have an Ageing Well Be-active card then you do not pay the joining fee of £31.90



Midlothian Hotshots Walking Netball Team

The ladies in pink were recently invited to Glasgow to showcase the sport during the European Championship at Glasgow Green. Join them every Wednesday at Newbattle Community Campus at 2.30pm



Special Olympics Anniversary Games



Twenty five singers from our Ageing Well Project "Can't Help Singing", and 15 Midlothian pupils who are part of the band Electric Soul, attended the opening ceremony at Forthbank Stadium in Stirling along with other artists such as Horse McDonald, The Red Hot Chilli Pipers, Max Murphy and Soul Nation. The 'group performed the games 'song' written by Mark McCafferty from Sport & Leisure, called 'Today We'll Fly'. Photo of some of the singers waiting patiently to be called to the stage.

AGEING WELL WALKING GROUPS – fun, sociable way to stay active. Various lengths of walks led by trained volunteer walk leaders followed by a coffee/tea and blather. *Just turn up on the day. Please remember to wear suitable footwear and clothing*

WALK AND TALK – For those who wish a gentle start into being more active. (Walks lasting approx.15 minutes) All locals walks.

Dalkeith/Woodburn	Thursdays	11.30am	Grassy Riggs
Newtongrange	Wednesdays	11am	Newtongrange Library

WALKERS – Our regular walking groups. (Walks lasting 45-60 mins) Mostly local walks with the occasional walk a short bus journey away.

Gorebridge	Tuesdays	1pm	Arniston Rangers car park
Dalkeith	Tuesdays	1.30pm	St Nicholas Buccleuch Church
Loanhead	Thursdays	10am	Loanhead Leisure Centre
Penicuik	Fridays	9.45am	St Mungo's Church Hall
Rosewell	Fridays	1.30pm	Rosewell Church Hall
Bonnyrigg	Sundays	2pm	Ladbroke's Polton St

STRIDERS – For those able to walk a distance at a more brisk pace. (Walks lasting approximately 60-90 mins) A mixture of local and further afield walks a short bus journey away

Gorebridge	Tuesdays	1pm	Arniston Rangers car park
Dalkeith	Tuesdays	1.30pm	St Nicholas Buccleuch Church
Penicuik	Fridays	9.45am	St Mungo's Church Hall
Rosewell	Fridays	1.30pm	Rosewell Church Hall
Bonnyrigg	Sundays	2pm	Ladbroke's Polton St

WALK THE LINE Saturday 29 September 2018

2018 Penicuik to Eskbank

ADULTS AND KIDS WELCOME

ENTRY FORM Please print in block capitals and tick appropriate boxes.

Name WALK (please tick box)

Address 8 MILE WALK

Post code..... Tel no 5 MILE WALK

Email 3 MILE WALK

Start time: 11.15 Penicuik, 12.30pm Rosewell

ENTRY FEE £3 PER WALKER (including children and dogs)

Please hand in completed entry form and fee to any Midlothian library or Morrisons Dalkeith (opening times overleaf) or post to: Sport and Leisure, Walk the Line, 2nd Floor, Midlothian House Buccleuch St, Dalkeith EH22 1DN with a cheque/postal order payable to Midlothian Council.

THE WALK LINE

2018 Penicuik to Eskbank

ADULTS AND KIDS WELCOME

The walks are, 3, 5 and 8 miles. Come and enjoy the sights and history of the beautiful walkway from Penicuik to Eskbank.

Registration opens for the 5 and 8 mile walks at 10.45am at Valleyfield Pond car park, Penicuik with walk starting at 11.15am.

Registration for the 3 mile walk opens at 12 noon, Hawthornden Cemetery Road End, Rosewell, joining the other walkers at 12.30pm.

Enjoy a cup of lentil soup made by Penicuik High pupils with ingredients and rolls kindly donated by Morrisons. This will be served at Rosewell before continuing on the line finishing at Edinburgh College Midlothian Campus. Refreshments and information stalls will be on offer, tours and lots more.

The No. 140 bus to Penicuik is approximately every 30 mins, leaving Jarnac Court, Dalkeith at 9.45am, Bonnyrigg Toll at 09:57am, Loanhead (Muirfield Gardens) at 10.05am and Roslin at 10.14am.

This is not a race or charity event but if individuals or groups wish to use it as a fundraising opportunity then please do.

All children under the age of 12 must be accompanied by an adult.

Dogs can enter the walk but must be kept on a short lead at all times.

Please wear appropriate footwear and clothing.

Opening times							
Library	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Dalkeith	9.30am-8.15pm	1.00-8.15pm	9.30am-1.00pm	9.30am-8.15pm	9.30am-5.00pm	9.30am-1.00pm	
Danderhall	9.30am-7.30pm	9.30am-7.30pm	9.30am-1.00pm	9.30am-7.30pm	9.30am-5.00pm		
Gorebridge	9.30am-8.15pm	1.00-8.15pm	9.30am-1.00pm	9.30am-8.15pm	9.30am-5.00pm	9.30am-1.00pm	
Lasswade	9.00am-5.00pm	9.00-8.00pm	9.00am-5.00pm	9.00-8.00pm	9.00am-5.00pm	9.00am-1.00pm	1.00-5.00pm
Loanhead	9.30am-8.15pm	1.00-8.15pm	9.30am-1.00pm	9.30am-8.15pm	9.30am-5.00pm	9.30am-1.00pm	
Newbattle	9.30am-8.15pm	1.00-8.15pm	9.30am-1.00pm	9.30am-8.15pm	9.30am-5.00pm	9.30am-1.00pm	
Newtongrange	9.30am-8.15pm	1.00-8.15pm	9.30am-1.00pm	9.30am-8.15pm	9.30am-5.00pm	9.30am-1.00pm	
Penicuik	9.30am-8.15pm	1.00-8.15pm	9.30am-1.00pm	9.30am-8.15pm	9.30am-5.00pm	9.30am-5.00pm	1.00-5.00pm
Roslin	1.30-5.00pm 6.00-8.00pm	1.30-5.00pm		1.30-5.00pm 6.00-8.00pm	1.30-5.00pm	9.30am-1.00pm	

Morrisons Dalkeith opening times: 7am-10pm Mon to Sat, 8am-6pm on Sundays.

Senior Games 201



Newbyres Flyers held onto their crown as winners of the eighth annual Senior Games on Tuesday. The victorious team took home the shield for the second consecutive year, beating off stiff competition from the Archview Athletes, Drummond Dragons, Pittendreich Players and the Thornlea Thistles. Thornlea managed runners up place while Archview Athletes took the top prize for its flag. All participants received medals. Presenting



the prizes this year were three members of the Borthwick branch of the Scottish Women's Institute Audrey Paxton, Mary Hamilton and Irene Campbell. The organisation helped sponsor this popular annual event. Led by much-loved mascot, Macbear and local piper Greig Mclean, the games began with an opening parade at the Newbattle Community Campus. Teams then took part in a seated dance warm up aptly named 'Hot hot Hot' before the games commenced. From new age kurling to tossing the caber, shuffle board to duck racing, age was



no barrier as contestants tried their best to hit targets and win points for their respective teams. This year, S6 PE pupils from Newbattle High School were also on hand to help with the activities and keep score. The second games of the week seen teams from sheltered housing in Midlothian take part in similar activities to those at Newbattle earlier in the week. Thursday's winners were the Baldwin Buddies with the Crafty Crafters claiming the runners up spot. The presentation of trophies and medals at Thursday's games were made by local councillor, Cllr Debbie McCall. The Senior Games events aim to get older people more active and Midlothian achieved this thanks to volunteers and friends from the county's 'Ageing Well' project.

