

# Events Programme for Older People in Moray

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- B.A.L.L Groups

- S.E.T Groups

- Lunch Groups

- Social Groups

- Specialist Health and Wellbeing Groups



**moray**  
council

"we don't stop playing because  
we grow old,  
we grow old because  
we stop playing"



# Be Active Life Long (BALL) GROUPS

A friendly group of older people who enjoy gentle exercise, hosting activities, speakers, outing with coffee and chat.

| Group              | Location  | Day/Time                       | Cost (£) |
|--------------------|---|--------------------------------|----------|
| BALL Aberlour      | Fleming Hall, Aberlour, AB38 9PR                            | Monday 10-12                   | £2.50    |
| BALL Archiestown   | Village Hall, Archiestown, AB38 7QX                         | Friday 10-12                   | £2.50    |
| BALL Bishopmill    | Bishopmill Hall, Elgin, IV30 4LP                            | Monday 2-4                     | £2.50    |
| BALL Buckie        | Guide Hut Hall, Buckie, AB56 1LA                            | Tuesday 10-12                  | £2.50    |
| BALL Buckpool      | Fishermans Hall, Buckpool, AB56 1PZ                         | Wednesday 10-12                | £2.50    |
| BALL Burghead      | Burghead Community Hall, IV30 5UQ                           | Wednesday 10-12                | £2.00    |
| BALL Cullen        | Community and Residential Centre, Cullen, AB56 4AF          | Thursday 10-12                 | £2.50    |
| BALL Dufftown      | Community Centre, Dufftown, AB55 4AR                        | Tuesday 9.45-11.45             | £2.50    |
| BALL Duffus        | Village Hall, Duffus, IV30 2QY                              | Thursday 10-12                 | £3.00    |
| BALL Elgin         | Town Hall, Elgin, IV30 1UL                                  | Wednesday 10-12                | £2.00    |
| BALL Findochty     | Findochty Parish Church, Church Street, Findochty, AB56 4PW | Wednesday 2-4                  | £2.50    |
| BALL Forres        | Community Centre, Forres, IV36 1BU                          | Thursday 10-12                 | £2.50    |
| BALL Hopeman       | Memorial Hall, Hopeman, IV30 5SL                            | Tuesday 10-12                  | £2.00    |
| BALL Keith         | St Rufus Kirk Hall, Keith, AB55 5FR                         | Wednesday 10.30-1              | £2.50    |
| BALL Lhanbryde     | Village Hall, Lhanbryde, IV30 8QQ                           | Tuesday 10.30-12               | £3.00    |
| BALL Lossiemouth   | Community Centre, Lossiemouth, IV32 6JW                     | Wednesday 10.30-12.30          | £2.50    |
| BALL New Elgin     | New Elgin & Ashgrove Hall, Elgin, IV30 6BL                  | Tuesday 10-12                  | £2.00    |
| BALL New Elgin Too | New Elgin & Ashgrove Hall, Elgin, IV30 6BL                  | Thursday 10-12                 | £2.50    |
| BALL Portgordon    | Portgordon Village Hall, Cross Street, Portgordon, AB56 5QW | Thursday 10-12                 | £2.50    |
| BALL Rothes        | Kirk Hall, Rothes, AB38 7AS                                 | Tuesday 10-12                  | £2.50    |
| BALL Spey Bay      | Village Hall, Spey Bay, IV32 7PJ                            | Wednesday 09.30-12             | £2.50    |
| BALL Tomintoul     | Tomnabat Court / Richmond Memorial, Tomintoul, AB37 9ET     | Wednesday 10-12<br>Fortnightly | £3.00    |

## For Information Contact:

Community Wellbeing Development Team - [CWDevelopmentTeam@moray.gov.uk](mailto:CWDevelopmentTeam@moray.gov.uk) or 01343 563510

## LUNCH GROUPS

A local group of older people, who prepare, cook and enjoy a healthy two-course lunch.

| Group                           | Location                                      | Day/Time      | Cost (£) |
|---------------------------------|---|---------------|----------|
| Cooking Group                   | Tomnabat Court, Tomintoul, AB37 9EW           | Thursday 10-2 | £3.50    |
| Portgordon Lunch & Social Group | Portgordon Villgae Hall, Portgordon, AB55 5PF | Tuesday 12-2  | £3.50    |

## MENS SHED

A group of men with spare time on their hands who come together to work on projects, share skills and have a bletha..

| Group            | Location  | Day/Time          | Cost (£) |
|------------------|---|-------------------|----------|
| Elgin & District | Linkwood View<br>Thornhill Drive, Elgin, IV30 6GQ   | Thurs 1.30-3.30pm | Donation |
| Fochabers        | Fochabers Institution<br>15 High Street, IV32 7EP<br>fochabers.shed@gmail.com 01343 820150  | Tues/Wed 10-2pm   | Donation |
| Forres           | Forres<br>Wastebusters, Waterford Recycling Centre,<br>Waterford Road, Forres, Morayshire IV36 3TN<br>forres.shed@gmail.com 07951962481 | Mon/Thurs 10-1PM  | Donation |
| Keith            | Keith<br>The Loft, 59A Langstane Lane West Mid Street,<br>Keith, AB55 5AF   | Wed 10-12PM       | Donation |



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# SINGING, EXERCISE, TEA (S.E.T) GROUPS

A friendly small group of older people who enjoy music and very gentle exercise whilst sharing memories over a cuppa.

| Group | Location                      | Day/Time       | Cost (£) |
|-------|-------------------------------|----------------|----------|
| SET   | Community Centre, Lossiemouth | Monday 2-4     | £2.50    |
| SET   | Burnside Court, Buckpool      | Friday 10-12   | £2.50    |
| SET   | Elgin Town Hall               | Thursday 10-12 | £2.50    |



## SOCIAL GROUPS

A friendly and sociable group of older people who enjoy developing friendships over a coffee and chat.

| Group                          | Location                                      | Day/Time                      | Cost (£) |
|--------------------------------|---|-------------------------------|----------|
| Coffee and Chat                | South College House, Elgin, IV30 1HQ          | Monday 10.30-12               | £2.00    |
| Coffee and Chat                | Gurness Circle, Elgin, IV30 6GA               | Monday 10.30-12               | £1.00    |
| Sheltered Housing              | Burnside Court, Buckie, AB56 1JT              | Monday 2-4                    | £2.00    |
| Sheltered Housing              | Aigan Court, Dufftown, AB55 4AJ               | Tuesday 1.30-3.30             | £1.00    |
| Sheltered Housing              | Netherport, Elgin, IV30 1PP                   | Monday 2-3.30                 | £2.00    |
| Sheltered Housing              | Gurness Circle, Elgin, IV30 6GA               | Wednesday 1.30-3.30           | £2.00    |
| Sheltered Housing              | Hanover Court, Buckie, AB56 1PW               | Wednesday 2-4                 | £2.00    |
| Sheltered Housing              | Milnescroft Court, Fochabers, IV32 7HQ        | Monday 2-4                    | £2.00    |
| Sheltered Housing              | Leys Road, Forres, IV36 1DS                   | Tuesday 10.30-12              | £2.00    |
| Sheltered Housing              | Taylor Court, Keith, AB55 5FE                 | 2nd/4th Tuesday, 10-12        | £2.00    |
| Sheltered Housing              | Westpark Court, Elgin, IV30 1BT               | Thursday 10.30-12 fortnightly | £2.00    |
| Craigellachie Friendship Group | Group Members Houses, Craigellachie, AB38 9SW | Thursday 2-4                  |          |

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## SPECIALIST HEALTH AND WELLBEING GROUPS

A group for older people / people with long term health conditions to improve their physical, social and mental wellbeing. Through building friendships and support networks.

| Group                | Location   | Day/Time            | Cost (£) |
|----------------------|--|---------------------|----------|
| Strength and Balance | Methodist Church Hall, Buckie, AB56 1HR                          | Monday 1-2.30       | £3.00    |
| Stable and Able      | Trinity Church Hall  | Wednesday 1.30-2.30 | £3.00    |
| Strength and Balance | Findhorn Flyers, James Milne Institute Hall, Findhorn - IV36 3YF | Friday 10.30-12.15  | £3.00    |
| Strength and Balance | Kirk Hall, Rothes, AB38 7AS                                      | Friday 9.45-11      | £3.00    |
| Easy Breathe         | North Church Hall, Buckie, AB56 1HR                              | Monday 11-12        | £4.00    |
| Easy Breathe         | Longmore Hall, Keith, AB55 5ET                                   | Wednesday 1-2       | £4.00    |
| Stroke Friends       | Elgin Free Church South Street, Elgin IV30 1AB                   | Friday 10.30-12.30  | £1.00    |

## UNIVERSITY OF THIRD AGE (U3A)

Joining the U3A, you enter a stimulating organisation quite unlike others. Besides fostering friendships it encourages lifelong learning; in an entertaining and informative manner. The U3A offers excellent talks and discussions, and a chance to participate in small groups that will widen your knowledge - or cater perhaps for special interests you have already.

| Group | Location | Day/Time | Cost (£) |
|-------|----------|----------|----------|
|-------|----------|----------|----------|

Over 22 groups available including Latin, French, Crochet, Film, Photography, Play Reading, Flower Arranging, Walking and many more.

If you are interested in finding out more, visit the website <https://u3asites.org.uk/elgin/home>

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## NOTES:



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