

Events Programme for Older People in Moray

SEPT 23 EDITION



**COMMUNITY WELLBEING
DEVELOPMENT TEAM MORAY**

Unlock a World of Opportunities for Healthy, Active, and Fulfilling Later Years

Welcome to Our Community!

Are you in the prime of your later years and looking for ways to keep the good times rolling? Do you fancy the idea of making new friends, discovering new hobbies, or simply staying fit and active? Well, you've come to the right place!

Something for Every Taste

From flexing those muscles to flexing those brain cells, our diverse range of groups has got you covered. If you're looking to stay physically fit and socially connected, our **Be Active Life Long (B.A.L.L) Groups** and **Health & Wellbeing Groups** offer a wide range of activities that cater to every taste and ability. Say goodbye to loneliness and hello to a healthier, happier you!

Workshops and Skill-Sharing

Fancy getting your hands dirty and learning something new? Our friends at the **Men's Sheds** are the perfect place to dive into practical projects, share tools, and master new skills, all while forming new friendships. Similarly, our friends at **University of the 3rd Age (U3A)** are here to nourish your intellectual curiosity through stimulating talks, discussions, and small learning groups.

Music, Memories, and More!

For those who love to sing along to the classics or simply enjoy a relaxed social atmosphere, our **Singing, Exercise and Tea (S.E.T) Groups** offer the perfect blend of nostalgia and physical activity. Meanwhile, our **Social Groups** provide a warm, welcoming space to enjoy coffee, meals, and meaningful connections, particularly within sheltered housing communities.

Your Wellbeing, Your Choice

Every one of our groups places a strong emphasis on choice, autonomy, and personal growth. Whether you're looking for specialised health support or simply a social cuppa, you'll find a community here that values, respects, and supports your individual goals.

So, what are you waiting for? Dive in and discover the endless opportunities for joy, learning, and community that await you.



For Information Contact:
Community Wellbeing Development Team
CWDevelopmentTeam@moray.gov.uk or 07779 999261

B.A.L.L GROUPS

Be Active Life Long

An active ageing group for older people, which provides an activity to keep you active and healthy later in life, improving mobility and lessening the risk of falls. Through fostering friendships and encouraging connections to their local community this helps to reduce social isolation and loneliness. Everyone has a choice, with a wide and varied programme of activities, catering for every taste and ability, you can choose to opt in or out of a session, as everyone is valued, respected and supported to achieve their own goal.

MENS SHEDS

A Men's Shed is a larger version of the typical man's shed in the garden – a place where you can feel at home and pursues practical interests with a high degree of autonomy. Members share tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue. They are places of skill-sharing and informal learning whilst being involved in the community and developing new friendships.

UNIVERSITY OF 3rd AGE

Elgin and District U3A, is a stimulating organisation quite unlike others. Besides fostering friendships it encourages lifelong learning; and it does it both entertainingly and informatively. We know by now that keeping active mentally and physically, is a key to staying happy and healthy as we get older. 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. There is no age limit and few conditions: membership is open to older persons no longer in full time work.

S.E.T GROUPS

Singing, Exercise and Tea

A transition from a B.A.L.L to a S.E.T group is a natural progression for some older people. They are friendly, smaller groups for older people who enjoy reminiscing to music whilst taking part in gentle chair-based exercises. Members still feel connected to their communities, reducing social isolation and loneliness by sharing memories and making new friends over a cuppa.

HEALTH & WELLBEING GROUPS

Specialised health groups support and improve physical, social and mental wellbeing through working in collaboration with the physio department to provide a "follow-on" option after a rehabilitation session has ended in a community based setting. This keeps older people active and connected within their communities, developing new friendship and reducing social isolation. These group focus on self-care, self-management.

Be Active Life Long (BALL) GROUPS



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

To find out about availability please contact the team directly

Group	Venue	Day	Start Time
BALL Aberlour	Fleming Hall	Mon	10am
BALL Archiestown	Village Hall	Fri	10am
BALL Bishopmill	Bishopmill Hall	Mon	2pm
BALL Buckie	Guide Hut Hall	Tues	10am
BALL Buckpool	Fisherman's Hall	Wed	10am
BALL Burghead	Community Hall	Wed	10am
BALL Cullen	Residential Centre	Thurs	10am
BALL Dufftown	Community Centre	Thurs	10am
BALL Duffus	Village Hall	Thurs	10am
BALL Elgin	Town Hall	Wed	10am
BALL Findochty	Church Hall	Wed	2pm
BALL Hopeman	Memorial Hall	Tues	10am
BALL Lhanbryde	Community Centre	Tues	10am
BALL Lossiemouth	Marine Park Pavilion	Wed	10.30am
BALL New Elgin Thursday	New Elgin Hall	Thurs	10am
BALL New Elgin Tuesday	New Elgin Hall	Tue	10am
BALL Rothes	Kirk Hall	Tue	10.30am
BALL Spey Bay	Village Hall	Wed	9.30am



Moray Men's Sheds



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

To find out about availability please contact the team directly

Group	Venue	Day	Time
Cullen Men's Shed	Cullen Community Centre, Seafield Rd	Wed	7pm - 9pm
Finechty Men's Shed	New Street, Findochty	Mon, Wed, Fri	10am to 2pm
Forres and District Mens Shed	Greenbank Workshop, Forres	Mon, Wed, Fri	9am to 12
Elgin and District Mens Shed	Unit E, Pinefield Industrial Estate	Thurs	1pm
Keith and District Mens Shed	Loft Project Hall Mid Street, Keith (West Langstane Lane)	Wed	
Lossiemouth Mens Shed (Tue)	Kellas Avenue	Tue	10am-12pm
Lossiemouth Mens Shed (Thur)	Kellas Avenue	Thur	6pm-8pm
Lossiemouth Mens Shed (Sun)	Kellas Avenue	Sun	10am-12pm
Buckie Mens Shed	19a High Street , Buckie	Thurs	1pm -4pm
Fochabers Mens Shed	15 High St, Fochabers	Tue & Wed	10am to 2pm



Set (Seated Exercise & Tea) Groups



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

To find out about availability please contact the team directly

Group	Venue	Day	Time
SET Group Elgin	Moray Sports Centre	Mon	10am
SET Group Elgin	Moray Sports Centre	Fri	10am
SET Group Lossiemouth	Marine Tennis Court Pavilion	Mon	1.45pm

University of the 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. 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>



For Information Contact:
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Health & Wellbeing Groups

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

To find out about availability please contact the team directly

Group	Venue	Day	Time
Parkinson's Beats Exercise Drumming	Moray Sports Centre	Mon	11am
Parkinson's Beats Exercise Drumming	Online	Thur	2pm
Sheltered Housing	Leys Road, Forres	Tue	10.30am
Moray Over 60's Friendship Group	Various	Monthly	Various
Poundfit seniors	Project Neuro	Tue	1pm
Gentle exercise 65	Project Neuro	Fri	2.30pm
Laughing Yoga	Project Neuro	Wed	6pm
Table tennis club	Project Neuro	Thur	1pm
Steady Steps	Methodist Church Hall, Buckie	Mon	11.30am
Steady Steps	Health Haven, Portessie	Wed	11.30am

...Plus there's More!

This is just the tip of the iceberg! To find out what other groups are running in your area contact the team directly

Email: CWDevelopmentTeam@moray.gov.uk

Phone: 07779 999261



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***“We don’t stop
playing because we
grow old,
We grow old because
we stop playing”***

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