

# Edinburgh Leisure event for Over 50s!



*Active Ageing 50 Years and Beyond will be held at Meadowbank Sports Centre on Wednesday, October 1st, from 1-4pm.*

Being over 50 isn't what it used to be, as a host of healthy, active high profile figures including Elle MacPherson, Brad Pitt and Michelle Obama have proved.

Now Edinburgh's older adults are being invited to a dedicated health and fitness day, which promises ideas for enjoying later life with zest and vitality.

Active Ageing 50 Years and Beyond will be hosted by Edinburgh Leisure in partnership with City of Edinburgh Council's Get Up and Go programme\* and Pilmeny Development Project.

The event, which is also funded by City of Edinburgh Council's ActivCity, will provide free taster sessions and information on an array of activities suited to a range of ages and strengths.

Hannah Macrae, Ageing Well Manager at Edinburgh Leisure, said: "We are delighted to be hosting this event, which is really about celebrating the contribution and recognising the value of older people in our community.

"Active Ageing 50 Years and Beyond is our way of giving something back. To mark the International Day of Older People, we invite anyone over 50 to come and discover the range of activities and groups we offer, try something different, meet new people and benefit from plenty of information about how they can enjoy a more active life.

"We hope as many people as possible will come and enjoy an

afternoon of activity, dancing and socialising, and leave feeling valued and inspired.”

Councillor Richard Lewis, Convener for Culture and Sport, said: “The City of Edinburgh Council has always valued the contribution older people make to our city, whether that be through volunteering their time and expertise, supporting people to get online or inspiring others with their energy and commitment.

“The Council’s Get Up and Go programme, which holds hundreds of events each year, caters to those residents who are aged fifty plus and have that zest for keeping active, alert and inspired in later life.

“You can see all the events and activities at Your Edinburgh or pick up a programme at your nearest Edinburgh Leisure centre, library or council office, or we can even post you a copy.”

Located at Meadowbank Sports Centre, the day will include introductions to walking, cycling, football, New Age Kurling and seated exercises to name but a few, all rounded off with a traditional tea dance.

Guests can browse a wealth of information on health, fitness and safety, from a host of experts and dedicated organisations.

Edinburgh Leisure’s own projects Active Lives, Ageing Well and Get Up and Go all offer exciting activities and get togethers, and guests are certain to come away with a newly filled diary.

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For further information about Edinburgh Leisure and services for older adults, please visit [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk) or call 0131 458 2100.