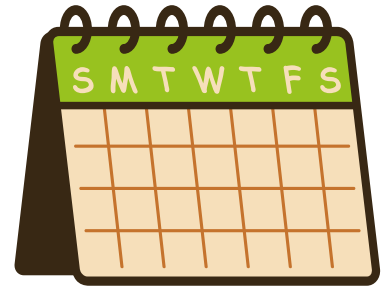


CLASSES & ACTIVITIES

The LifeCare Centre is home to a variety of classes and activities delivered by independent providers who rent our rooms. **For further information, or to make a booking, please contact the relevant class leader directly using the contact details provided.**



Need a room for your party, meeting or class? Visit our website [here](#) to find out more. By using our great value spaces, you support our vital work as a charity ensuring no older person is left alone or isolated.

Please note: classes and activities are subject to change. This timetable was last updated in March 2026. We recommend contacting the class leader directly to confirm the details are up to date.

MONDAYS

SARA BEEVERS ART CLASSES

10:00-12:30

A 10 week drawing and painting term with a mixture of exciting subjects including models. Sara also runs occasional Saturday life days and weekends.

Contact: sara.beevers007@btinternet.com

Or visit: www.sarabeeversart.co.uk

HELENE FYFFE - SEATED EXERCISE

10:00-11:00

Seated exercise with Helene.

Contact: hmvfyffe@gmail.com

FATOWL BABY CLASSES

10.00am - 11.00am Levels 1 & 2 FATOWL Beats (3 months - 18 mths)

11.15am - 12.15pm Level 1 Bond with Baby (3 months - Pre mobile)

12.30pm - 1.30pm Baby Massage (Birth - 1 Year)

A range of baby classes for little ones aged 3months to 12 months - music, yoga, massage and more!

Visit: <https://www.fatowl.uk/book/>

FI HENDRY MAT PILATES

13:30-14:30

Pilates mat class for all abilities with Fi.

Contact: fwhpilates@gmail.com

Book a class: <https://fwhpilates.com/tuition>

THE CHEYNE GANG (EVERY 2 WEEKS)

14:30-16:00

The Cheyne Gang is dedicated to transforming the lives of people living with respiratory conditions through the power of community singing. This welcoming 'Sing to Breathe' groups help people with long term respiratory conditions gain control of their breathing, reduce anxiety and isolation, and improve quality of life.

Contact: anne.mckenzie84@yahoo.co.uk

Visit: www.thecheynegang.com

NHS ITHRIVE - MENTAL HEALTH SUPPORT

13:30-15:30

Mental health drop in for over 18s.

Visit: <https://ithriveedinburgh.org.uk/thrive-welcome-teams/>

LYNNE HERBERT YOGA

18:15-19:15

Science of stretching/yin yoga class.

Contact: lynne@herbieshair.com

GERMAN IMPROVER CLASS

18:30-20:00

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.

Visit: <https://www.germanlessonsedinburgh.co.uk>

STOCKBRIDGE REELERS

18:45-22:00

Friendly local ceilidh dancing group.

Contact: <https://www.facebook.com/StockbridgeReelers/>

WEST COAST SWING EDINBURGH

19:00 - 21:00

Promoting and developing West Coast Swing in Edinburgh.

Contact: <https://www.facebook.com/groups/104393656289660/>

TUESDAYS

LIFE DRAWING CLASS

09:00-12:30

For professional or amateur artists who wish to enhance their life-drawing skills.

Contact: bernieodonnell@btinternet.com

FI HENDRY PILATES

9:30-10:30

Pilates mat class for all abilities with Fi.

Contact: fwhpilates@gmail.com

Book a class: <https://fwhpilates.com/tuition>

THE SENSORY SESSIONS

10:00 -14:00

Baby led, fun, colourful and themed.

Contact: hello@thesensorysessions.com

Or visit: <https://www.thesensorysessions.com/baby-class-stockbridge/>

FERN ROSS YOGA - POSTNATAL

13:00-14:00

As a pre- and postnatal corrective exercise specialist, my mum and baby yoga classes fuse yoga with functional movement to help rebuild your core and pelvic floor, improve your posture and breathing mechanics, strengthen the hips and spine, and help ease stress and anxiety, boost your energy and mood, and bond with your baby. These classes are all about prioritising your own recovery, plus have a wonderful supportive community and are a great way to meet fellow new mums.

Contact: info@fernrossyoga.co.uk

Or visit: <https://www.fernrossyoga.co.uk/book-your-yoga-class>

HAZEL MOFFAT TAI CHI

14:30-15:30

Tai chi class with Hazel.

Contact: taichinutritionist@gmail.com

INSPIRE THEATRE WORKSHOPS

15:45-16:45 - 4-7 years

16:45-18:00 - 7-11 years

18:15-19:45 - 11-17 years

Inspire Theatre Workshops Ltd provides innovative, exciting Performing Arts classes to children and young people. Passionate about Child Development and nurturing our students' confidence, our workshops are designed to boost social and performing skills through unique, high-energy Drama, Dance, and Singing activities. We host weekly workshops for 4-7s, 7-11s, and 12-17s, working towards a fun end-of-term performance for family & friends to enjoy.

Contact: admin@inspiretheatreworkshops.co.uk

Book and more info: www.inspiretheatreworkshops.co.uk/find-classes

FERN ROSS YOGA - PREGNANCY YOGA



18:00-19:00

Pregnancy yoga has so many benefits for both mum and baby, such as improved strength, mobility and posture, helping ease common prenatal aches and pains, as well as reduced stress, anxiety and improved sleep, oxygen levels and baby positioning. As a FEDANT- accredited Active Birth teacher, I weave birth preparation tools into every class, including breathing and relaxation techniques, poses to improve baby's positioning and help you have a more positive birth.

Contact: info@fernrossyoga.co.uk

Or visit: <https://www.fernrossyoga.co.uk/book-your-yoga-class>

MORE HOPE FOUNDATION

17:00-18:30

More Hope Foundation is a registered Scottish charity (SC045626) that works to support children, young people, families, and communities, particularly those from ethnic minority or disadvantaged backgrounds. The organisation runs projects and workshops that help build confidence, reduce social isolation, and encourage community integration, with beneficiaries including children, young people, families, and people with disabilities or health issues. They have a weekly engaging programme offering seasonal events, creative workshops, and social and Christian-based activities that promote learning, friendship, and community involvement for children, young people, and adults.

Contact: info@morehopefoundations.org.uk

Or visit: [morehopefoundations.org.uk](https://www.morehopefoundations.org.uk)

GERMAN ABSOLUTE BEGINNER

18:30-21:15

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.

Visit: <https://www.germanlessonsedinburgh.co.uk>

EDINBURGH GAY MEN'S CHORUS

19:45-21:45

A vibrant community choir dedicated to sharing our love of music through public concerts across Scotland and beyond..

Contact: secretary@egmc.co.uk

Visit: www.egmc.co.uk

WEDNESDAYS

MUSIC TOGETHER WITH OLIVIA

09:30-11:30

Early childhood music program with Olivia

Contact: info@musictogetherwitholivia.co.uk

BABY BALLETT

09:30-11am

Four stages of ballet dance classes, for young children.

Contact: edinburghnorth@babyballet.co.uk

Visit: www.babyballet.co.uk/babyballet-school/edinburgh-north/

SPORTIF JUDO CLASSES FOR CHILDREN

15:45-16:30

16:30-17:15

17:15-18:00

Judo classes for children 5 to 12 years beginners and graded players. Coached by qualified coaches. Free kit on joining the class - 3 x free taster sessions.

Contact: info@sportiflifestyle.com

Visit: www.sportifjudo.com

SPLAT! ART CLASSES EDINBURGH

16:00-17:00

Regular term time children's after school art class for ages 7+ nurturing creativity in a fun, supportive environment. Available for parties & adult craft sessions also.

Website: www.splatedinburgh.com

Email: splatedinburgh@gmail.com

PARKINSONS UK EDINBURGH BRANCH MEETING

14:00-16:00

Contact: secretary@edinburghparkinsons.org

SKILL TUITION

16:00-17:00

Skill Tuition provides personalised 1-1 and group tutoring at primary and S1-S2, focusing on English and Maths based on the Scottish curriculum with experienced, qualified teachers.

Contact: skilltuitionedinburgh@gmail.com

GERMAN BEGINNER

18:30-20:00

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.

Visit: <https://www.germanlessonsedinburgh.co.uk>

COLONIES CHOIR

19:15-21:15

Local singing group.

Contact: colonieschoir@gmail.com

BIODANZA

19:15-21:15

Biodanza, originally from South America, is a system of human communication and social integration using movement and dance to express our unique identity and our shared human connection, for wellbeing, personal development and holistic health.

Visit: www.BiodanzaEdinburgh.com

5RHYTHMS

19:30-21:00

A simple movement practice designed to release the dance that lives in everybody, no matter what your shape, size, age, limitations and experience

Contact: move2bestill@gmail.com

Website: www.movetobestill.com

THURSDAYS

LILY ROSE YOGA

09:45-10:45

Yoga class.

Visit: lilygriffiths@gmail.com

MUSIC TOGETHER WITH OLIVIA

09:30-11:30

Early childhood music program with Olivia.

Contact: info@musictogetherwitholivia.co.uk

Contact: www.musictogetherwitholivia.co.uk

HAZEL MOFFAT TAI CHI

11:15-12:15

Tai chi class with Hazel.

Contact: taichinutritionist@gmail.com

FERN ROSS YOGA - POSTNATAL

13:00-14:00

As a pre- and postnatal corrective exercise specialist, my mum and baby yoga classes fuse yoga with functional movement to help rebuild your core and pelvic floor, improve your posture and breathing mechanics, strengthen the hips and spine, and help ease stress and anxiety, boost your energy and mood, and bond with your baby. These classes are all about prioritising your own recovery, plus have a wonderful supportive community and are a great way to meet fellow new mums.

Contact: info@fernrossyoga.co.uk

Or visit: <https://www.fernrossyoga.co.uk/book-your-yoga-class>

LA BELLE ARTS

16:00 - 20:00

Junior ballet, junior jazz & tap, Acro dance.

Contact: hello@labellearts.co.uk

Visit: <https://la-belle-arts.class4kids.co.uk>

PLAYBOTICS

16:00-18:30

Lego robotics and coding sessions for children aged 5-14.

Contact: office@playbotics.co.uk

Website: <https://playbotics.classforkids.io>

SING FOR SMILES

19:00-20:30

An intermediate class for those who like to sing harmony with others. A fun group who enjoy exploring harmony as well as enjoying the social side of singing with others.

Contact: info@singforsmiles.co.uk

Website: www.singforsmiles.co.uk

GERMAN INTERMEDIATE

18:30-20:00

Group German classes for various levels, from Absolute Beginner and Post-Beginner through to Improver, plus an immersion-only Intermediate class. Lessons are taught in a warm, welcoming atmosphere, helping students build strong foundations, gain confidence, and enjoy learning without pressure whilst meeting like minded people.

Visit: <https://www.germanlessonsedinburgh.co.uk>

EDINBURGH SWING DANCE

19:00-22:30

Lindy hop and Charleston classes and events.

Contact: info@hopscotch-swing.co.uk

Visit: www.esds.org.uk

FRIDAYS

HAZEL MOFFAT TAI CHI

11:15-12:15

Tai chi class with Hazel.

Contact: taichinutritionist@gmail.com

LA BELLE ARTS

13:15-20:15

Junior ballet, junior jazz & tap, Acro dance.

Contact: christie@labellearts.co.uk

Visit: <https://la-belle-arts.class4kids.co.uk>

BODYLOVESDANCE

19:15-21:15

Discover the freedom and joy of dance as a practice of coming home to the body, moving to a soundscape of music to enable self expression, exploration and play.

Music + Movement = Medicine. Come as you are. No experience necessary.

contact: bernazyla@gmail.com

website: <https://bernadetazyla.com>

LA BELLE ARTS

09:00-13:30

Junior ballet, junior jazz & tap, Acro dance.

Contact: christie@labellearts.co.uk

Visit: <https://la-belle-arts.class4kids.co.uk>

DANCEIHAYAMI INTERNATIONAL LTD

11:00 - 15:30

We offer a variety of Indian Classical Dance classes suitable for all skill levels, from beginners to advanced . Classes are currently available in Edinburgh, Glasgow, Inverness, and Dunfermline. Explore the beauty and discipline of this art form with our expert instructors.

Contact: info@danceihayami.org

Website: www.danceihayami.org

LA LECHE LEAGUE BREASTFEEDING SUPPORT GROUP

3rd Saturday of every month at 10am

Friendly breastfeeding support from pregnancy to weaning and beyond. All support is free to access

Visit: <https://lledinburgh.co.uk/>

SUNDAYS

MOVE TO BE STILL

10:30-12:30

A simple movement practice designed to release the dance that lives in everybody, no matter what your shape, size, age, limitations and experience

Contact: move2bestill@gmail.com

Website: www.movetobestill.com

LORNA MCKEY MEDITATION

10:15-11:45

Meditation and wellbeing with Lorna.

Contact: lornamckey7@gmail.com