

# September Activities

Dementia Resource Centre, 8–12 College Wynd, Kilmarnock KA1 1HN

[AyrshireServices@alzscot.org](mailto:AyrshireServices@alzscot.org) | 01563 542621 or 07584 327875



Mon 2	12 noon - 2.30pm	Acting Up' Session DRC*
Mon 2	2pm - 3.30pm	Cumnock Music & More, East Ayrshire Community Hospital, Ayr Road, Cumnock
Mon 2	3pm - 4.30pm	Football Memories Park Suite, Rugby Park, Kilmarnock
Tues 3	2pm - 3.30pm	Girls' Gathering & Men's Group, DRC
Wed 4	11am - 12 noon	Walking Football, NWKLEUS, Kirkton Road, Kilmarnock
Wed 4	1.30pm - 3.30pm	Musical Minds, Kay Park Church, London Road, Kilmarnock
Thurs 5	10am - 12 noon	Young @ HeART, Art & Craft Group, DRC
Friday 6	Noon - 2pm	Blether & a Bite Café, DRC
Mon 9	10am - 12 noon	Rowantree Dementia Café, Rowantree Court, Drongan
Tues 10	2pm - 3.30pm	Girls' Gathering & Men's Group, DRC
Wed 11	10.30am - 12.30pm	Dementia Dog Day, DRC
Wed 11	11am - 12 noon	Walking Football, NWKLEUS, Kirkton Road, Kilmarnock
Wed 11	1.30pm - 3.30pm	Musical Minds, Kay Park Church, London Road, Kilmarnock
Thurs 12	10am - 12 noon	Young @ HeART, Art & Craft Group, DRC
Thurs 12	2pm - 4pm	Dunlop Circle of Friends, Church Hall, Dunlop
Friday 13	Noon - 2pm	Blether & a Bite Café, DRC
Friday 13	1.30pm - 3.00pm	Dalmellington Music & More, Dalmellington Community Centre
Mon 16	10.30am - 12.30pm	Extra Time - fitba' banter wi' butties, DRC
Mon 16	12 noon - 2.30pm	Acting Up' Session, DRC*
Mon 16	2.30pm - 4pm	Movies & Musical Memories, DRC
Tues 17	2pm - 3.30pm	Girls' Gathering & Men's Group, DRC
Wed 18	11am - 12 noon	Walking Football, NWKLEUS, Kirkton Road, Kilmarnock
Wed 18	1.30pm - 3.30pm	Musical Minds, Kay Park Church, London Road, Kilmarnock
Thurs 19	10am - 12 noon	Young @ HeART, Art & Craft Group, DRC
Thurs 19	2pm - 4pm	Galston Friendship Club, Hogg Hall, Galston
Friday 20	Noon - 2pm	Blether & a Bite Café, DRC
Tues 24	2pm - 3.30pm	Girls' Gathering & Men's Group, DRC
Wed 25	11am - 12 noon	Walking Football, NWKLEUS, Kirkton Road, Kilmarnock
Wed 25	1.30pm - 3.30pm	Musical Minds, Kay Park Church, London Road, Kilmarnock
Wed 25	4.00pm - 6.00 pm	Cooking with Confidence, DRC
Thurs 26	10am - 12 noon	Young @ HeART, Art & Craft Group, DRC
Friday 27	Noon - 2pm	Blether & a Bite Café, DRC

\*please call DRC for more information and to book.

Our Dementia Resource Centre is a Digital DRC, please call 07584 327875 to arrange to come in and see what technological aids we have here and how they could benefit you in your home

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.

All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can take responsibility for them and share the experiences of the group.