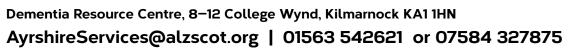
September Activities





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