

February Activities

Dementia Resource Centre, 8–12 College Wynd, Kilmarnock KA1 1HN
 AyrshireServices@alzscot.org | 01563 542621 or 07584 327875



| | | |
|-----------|-------------------|---|
| Mon 3 | 12.30pm - 2.30pm | Stop Acting Up' Session, DRC* |
| Mon 3 | 2pm - 3.30pm | Cumnock Music & More, East Ayrshire Community Hospital, Cumnock |
| Tues 4 | 9am - 12pm | Drop-in, East Ayrshire Community Hospital, Cumnock |
| Tues 4 | 10am - 12pm | Sounds Good, Feels Good, DRC* |
| Tues 4 | 2pm - 3.30pm | Girls' Gathering & Men's Group, DRC |
| Wed 5 | 10.30am - 12.30pm | Moving On Up, DRC* |
| Wed 5 | 11am - 12pm | Walking Football, NWKLEUS, Kirkton Road, Kilmarnock |
| Wed 5 | 1.30pm - 3.30pm | Musical Minds, Kay Park Church, London Road, Kilmarnock |
| Thurs 6 | 10am - 12pm | Young @ HeART, Art & Craft Group, DRC |
| Friday 7 | 9.30am - 1.30pm | Physical Friday, DRC* |
| Friday 7 | 12pm - 2pm | Blether & Bite Café, DRC |
| Friday 7 | 1.30pm - 3pm | Dalmellington Music & More, Dalmellington Community Centre |
| Tues 11 | 9am - 12pm | Drop-in, East Ayrshire Community Hospital, Cumnock |
| Tues 11 | 10am - 12pm | Lingo Flamingo, DRC* |
| Tues 11 | 2pm - 3.30pm | Girls' Gathering & Men's Group, DRC |
| Wed 12 | 11am - 12pm | Walking Football, NWKLEUS, Kirkton Road, Kilmarnock |
| Wed 12 | 1.30pm - 3.30pm | Musical Minds, Kay Park Church, London Road, Kilmarnock |
| Thurs 13 | 10am - 12pm | Young @ HeART, Art & Craft Group, DRC |
| Thurs 13 | 2pm - 4pm | Dunlop Circle of Friends, Church Hall, Dunlop |
| Friday 14 | 9.30am - 1.30pm | Physical Friday, DRC* |
| Friday 14 | 12pm - 2pm | Blether & Bite Café, DRC |
| Mon 17 | 10.30am - 12.30pm | Extra Time - fitba' banter wi' butties, DRC |
| Mon 17 | 12.30pm - 2.30pm | Stop Acting Up' Session, DRC* |
| Mon 17 | 2.30pm - 4pm | Movies & Musical Memories, DRC |
| Tues 18 | 9am - 12pm | Drop-in, East Ayrshire Community Hospital, Cumnock |
| Tues 18 | 10am - 12pm | Sounds Good, Feels Good, DRC* |
| Tues 18 | 2pm - 3.30pm | Girls' Gathering & Men's Group, DRC |
| Wed 19 | 10am - 12.30pm | Moving On Up, DRC* |
| Wed 19 | 11am - 12pm | Walking Football, NWKLEUS, Kirkton Road, Kilmarnock |
| Wed 19 | 1.30pm-3.30pm | Musical Minds, Kay Park Church, London Road, Kilmarnock |
| Thurs 20 | 10am - 12pm | Young @ HeART, Art & Craft Group, DRC |
| Thurs 20 | 2pm - 4pm | Galston Friendship Club, Hogg Hall, Galston |
| Friday 21 | 9.30am - 10.30am | Relaxed Bowling, The Galleon Centre, Titchfield Street, Kilmarnock |
| Friday 21 | 9.30am - 1.30pm | Physical Friday, DRC* |
| Friday 21 | 12pm - 2pm | Blether & Bite Café, DRC |
| Tues 25 | 9am - 12pm | Drop-in, East Ayrshire Community Hospital, Cumnock |
| Tues 25 | 10am - 12pm | Lingo Flamingo, DRC* |
| Tues 25 | 2pm - 3.30pm | Girls' Gathering & Men's Group, DRC |
| Wed 26 | 11am - 12pm | Walking Football, NWKLEUS, Kirkton Road, Kilmarnock |
| Wed 26 | 1.30pm-3.30pm | Musical Minds, Kay Park Church, London Road, Kilmarnock |
| Wed 26 | 4pm - 6 pm | Cooking with Confidence, DRC, <i>sponsored by Kitchens by J.S. Geddes</i> |
| Thurs 27 | 10am - 12pm | Young @ HeART, Art & Craft Group, DRC |
| Thurs 27 | 11am - 1pm | Carers Support Group - Dealing with Transitions, DRC |
| Friday 28 | 9.30am - 1.30pm | Physical Friday, DRC* |
| Friday 28 | 12pm - 1pm | Relaxed Swimming, The Galleon Centre, Titchfield Street, Kilmarnock |
| Friday 28 | 12pm - 2pm | Blether & 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. There is no charge for Alzheimer Scotland activities, however, to cover the costs of room hire and refreshments a contribution of £2.00 per person is appreciated.

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.