

FIFE SERVICE ONLINE GROUP ACTIVITIES

Community Activities Organiser	Tracey	Michelle	Shirley	Anne	Linda	Shelagh
Monday	Reminiscence 11.00am-12noon Social Group 2.30pm-3.30pm	Quiz 2.30pm-3.15pm and 3.15pm-4.00pm		Craft group 2.00pm-3.00pm	Reading Group 11.00am-12 noon	Reminiscence 11.00am - 12.00noon
Tuesday	Reminiscence 11.00am-12 noon Healthy Heart & Hips 2.30pm-3.30pm	Garden Group 10.00am- 11.00am	Quiz Group 1.30pm-2.30pm	Football groups (3 sessions) 4.00pm-5.30pm	Craft and Chat 11.00am-12 noon	
Wednesday	Reminiscence 11.00am-12 noon Social Group 2.30pm-3.30pm	Movement to Music 10.00am- 10.30am and 10.40am- 11.10am	Baking Group 1.00pm-2.00pm	Garden Group 11.15-12 noon	Musical Memories 11.00am-12noon	Let's Go Travelling 11.00am - 12noon Music Hits from the Decades 3.00pm-4.00pm
Thursday	Reminiscence 11.00am-12 noon Healthy Heart & Hips 2.30pm-3.30pm	Social Group 11.00am-12 noon	Music Favourites Group- 1.30pm- 2.30pm		Memory Lane (Reminiscence) 11.00am-12 noon	
Friday	Flashback Friday 11.00am-12 noon		Bingo 2.00pm-2.30pm		Relaxation 11.00am-12 noon	

For further information on any of our online groups please telephone 01592 204541 or email fifeservices@alzscot.org