

Alzheimer Scotland online groups - all welcome

Date		Group	Time	Email to note interest in joining
Tuesday 22nd December	AM	Tea & Blether	10.00am - 11.00am	chamilton@alzscot.org
		Christmas Party with Lawrence	11.00am - 12 noon	lross@alzscot.org
		Online Bingo	11am - 12 noon	ebrown@alzscot.org
	PM	Memory Lane	2.00pm - 3.00pm	kanderson@alzscot.org
		Tuesday Trivia	2.00pm - 3.00pm	cbeaton@alzscot.org
Christmas Quiz		4.00pm - 5.00pm	dfraser@alzscot.org	
Wednesday 23rd December	AM	Festive Reminiscence Football	10.00am - 12 noon	jgarner@alzscot.org
		Chair Exercise	11.00am - 12 noon	cbeaton@alzscot.org
		Afternoon Tea Party	1.00pm - 2.00pm	hmccann@alzscot.org
	PM	Tea & Blether	1.30pm - 2.30pm	chamilton@alzscot.org
		Music and Movement	2.00pm - 3.00pm	cbeaton@alzscot.org
Quiz Night		7.00pm - 8.00pm	cbeaton@alzscot.org	
Thursday 24th December	AM	Tea & Blether	10.00am - 11.00am	chamilton@alzscot.org
		Healthy Heart & Hips	11.00am - 12 noon	tcarson@alzscot.org
		Social Group	11.00am - 12 noon	mhodgson@alzscot.org
		Tea & Blether	10.30am - 11.30am	chamilton@alzscot.org
	PM	Bingo	2.00pm - 3.00pm	tcarson@alzscot.org
		Virtual Christmas Get Together	1.00pm - 2.00pm	hlyons@alzscot.org
		Music Favourites	1.30pm - 2.30pm	srichardson@alzscot.org
		Christmas Eve activities	1.00pm - 2.00pm	hlyons@alzscot.org
Tuesday 29th December	AM	Garden Group	10.00am - 11.00am	mhodgson@alzscot.org
		Tea & Blether	10.30am - 11.30am	chamilton@alzscot.org
		Quiz & Music	11.00am - 12 noon	nlowe@alzscot.org
		Happy Memories Café	11.15am - 12 noon	ahaskell@alzscot.org
	PM	Healthy Heart & Hips	2.00pm - 3.00pm	nlowe@alzscot.org
		Drop In Cafe	2.00pm - 3.00pm	dianesmith@alzscot.org
		Tuesday Trivia	2.00pm - 3.00pm	cbeaton@alzscot.org
		Quiz for Fun	3.00pm - 4.00pm	srichardson@alzscot.org
		FTD Carers Support	3.00pm - 4.00pm	lvoigt@alzscot.org
Football Memories	4.00pm - 5.00pm	ahaskell@alzscot.org		
Wednesday 30th December	AM	Fun & Games	11.00am - 12 noon	tcarson@alzscot.org
		Here comes 2021	11.00am - 12noon	johngray@alzscot.org
		Chair Exercise	11.00am - 12noon	cbeaton@alzscot.org
		Online Bingo	11.00am - 12noon	dianesmith@alzscot.org or ebrown@alzscot.org
		Movement to Music	11.00am - 12noon	mhodgson@alzscot.org
		Let's Go Travelling	11.00am - 12noon	spilgrim@alzscot.org
		Garden Gathering	11.15am - 12 noon	ahaskell@alzscot.org
	PM	Tea & Blether	1.30pm - 2.30pm	chamilton@alzscot.org
		Musical Memories	2.00pm - 3.00pm	tcarson@alzscot.org
		Music and Movement	2.00pm - 3.00pm	cbeaton@alzscot.org
		Afternoon Tea Party	1.00pm-2.00pm	hmccann@alzscot.org
Quiz Night	7.00pm - 8.00pm	cbeaton@alzscot.org		
Thursday 31st December	AM	Tea & Blether	10.00am - 11.00am	chamilton@alzscot.org
		Healthy Heart & Hips	11.00am - 12 noon	tcarson@alzscot.org
		Social Group	11.00am - 12 noon	mhodgson@alzscot.org
	PM	Music Favourites	1.30pm - 2.30pm	srichardson@alzscot.org
		Bingo	2.00pm - 3.00pm	tcarson@alzscot.org
Tea & Blether	2.00pm - 3.00pm	cbeaton@alzscot.org		