

FIFE SERVICE ONLINE GROUP ACTIVITIES JULY 2021



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

Community Activities Organiser	Tracey	Michelle	Shirley	Anne	Dementia Advisors	Facebook Live https://www.facebook.com/AlzheimerScotlandFife
Monday	Social Group 11.00am-12noon Reminiscence Group 2.00pm-3.00pm	Quiz & Games 2.00pm-3.00pm and 3.30pm-4.30pm	Day Care 1.30pm-2.30pm			Singalong – join us on Facebook Live with Amy 12-12.45pm
Tuesday	Quiz/Music 11.00am-12 noon Healthy Heart & Hips 2.00pm-3.00pm	Garden Group 10.00am-11.00am	Quiz for Fun 3.00pm-4.00pm	Happy Memories Café inc. Let's Go Travelling 11.15am – 12.00noon Football Memories 4.00pm-5.00pm		
Wednesday	Fun and Games 11.00am-12 noon Outside Walking Group – 1.30-2.30pm (call to book a place)	Movement to Music 11.00am-12 noon		Garden Gathering 11.15-12 noon		
Thursday	Healthy Heart & Hips 11.00am-12 noon Quiz for Fun 2.00pm-3.00pm		Music Favourites 1.30pm-2.30pm (Jukebox Memories last Thursday of the month – 29 th July)		Carers' Get Together with Faye and Janine - 2pm-3pm	
Friday	Old Sitcoms/Musicals 11.00am-12 noon		Bingo 2.00pm-3.00pm (Dog Bingo last Friday of the month – 30 July)			

A small donation to help us provide our services would be much appreciated: <https://justgiving.com/fundraising/ASFife>