

FIFE SERVICE FACE TO FACE GROUP ACTIVITIES – OCTOBER 2021

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



Community Activities Organiser	Tracey	Michelle	Shirley	Anne	Dementia Advisors
Monday					
Tuesday	<p>Healthy Heart & Hips 1.00-2.30 pm (Blended group) (call to book a space if attending at the Dementia Resource Centre)</p>	<p>Outdoor Garden Group, Rosyth 10.00am-11.30am (call to book a space)</p> <p>Outdoor Walking Group, Dunfermline – 1-2.30pm (call to book a space)</p>			
Wednesday	<p>Football Memories Group 1.30-3pm (Last Wednesday of the month) (Call to book a space at the Resource Centre)</p>			<p>Outdoor Garden Gathering, Tayport (call to book a space) 10.30-12 noon</p>	<p>Cognitive Stimulation Therapy Meeting at the Fife Dementia Resource Centre Kirkcaldy Wednesdays 2-3.30 from the 3rd November for 10 weeks</p>
Thursday		<p>Outdoor Walking Group, Dunfermline – 1-2.30pm (call to book a space)</p>			
Friday					

A small donation to help us provide our services would be much appreciated: <https://www.justgiving.com/fundraising/alzheimer-scotland-fife>