

## FIFE SERVICE GROUP DIGITAL/ONLINE ACTIVITIES OCTOBER 2021 TIMETABLE

For further information on any of our groups please telephone 01592 204541 or email [fifeservices@alzscot.org](mailto:fifeservices@alzscot.org)



Community Activities Organiser	Tracey	Michelle	Shirley	Anne	Dementia Advisors	Facebook Live <a href="https://www.facebook.com/AlzheimerScotlandFife">https://www.facebook.com/AlzheimerScotlandFife</a>
<b>Monday</b>	<b>Social Group</b> 11.00am-12noon  <b>Reminiscence Group</b> 2.00pm-3.00pm	<b>Quiz &amp; Games</b> 2.00pm-3.00pm and 3.30pm-4.30pm				<b>Singalong – join us on Facebook Live with Amy</b> 12-12.45pm - <a href="https://www.facebook.com/AlzheimerScotlandFife">https://www.facebook.com/AlzheimerScotlandFife</a>
<b>Tuesday</b>	<b>Quiz/Music</b> 11.00am-12 noon  <b>Healthy Heart &amp; Hips</b> 1.30-2.30 pm <b>(Blended Group interacting with attendees in the Resource Centre)</b>		<b>Quiz for Fun</b> 3.00pm-4.00pm	<b>Happy Memories Café inc. Let's Go Travelling</b> 11.15am – 12.00noon  <b>Football Memories</b> 4.00pm-5.00pm		
<b>Wednesday</b>	<b>Fun and Games</b> 11.00am-12 noon	<b>Movement to Music</b> 11.00am-12 noon			<b>LGBT+ Carers online group</b> 12.30-1.30pm ( <b>1<sup>st</sup> Wednesday of the month</b> )	
<b>Thursday</b>	<b>Healthy Heart &amp; Hips</b> 11.00am-12 noon  <b>Quiz for Fun</b> 2.00pm-3.00pm		<b>Music Favourites</b> 1.30pm-2.30pm <b>(Jukebox Memories last Thursday of the month – 28 October)</b>		<b>Carers' Get Together with Faye and Janine -</b> 2pm-3pm	
<b>Friday</b>	<b>Old Sitcoms/Musicals</b> 11.00am-12 noon		<b>Bingo</b> 2.00pm-3.00pm ( <b>Dog Bingo last Friday of the month – 29<sup>th</sup> October</b> )			

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