

Activities & Events in August 2022

Please note that any of our In Person groups may be cancelled at short notice if the Government guidelines change or if staff members need to self-isolate.

In Person Groups

In line with our current guidance for COVID-19, places for all our In Person groups must be booked in advance. Please contact Group Organiser if you would like to attend.

What's On in Aberdeen City

Dates & Times	Activity	Contact Details
Tuesday 2 nd & 30 th 11.00 am-12.30 pm	Football Memories Dementia Resource Centre, King St, Aberdeen. For people with dementia and their carers to meet and reminisce about football and other local memories.	Diane Johnston djohnston@alzscot.org 01224 644077
Tuesday 2nd 2pm – 3pm	Letting Go Group (online) Support group for carers who have a loved one in a care home or moving soon into a care home. The group will offer carers the opportunity to meet with other carers in the same situation for emotional support and information. If you wish for a link to join please contact Lesley Gray at lgray@alzscot.org	Lesley Gray lgray@alzscot.org 01224 644077
Wednesday 3 rd , 10 th , 17 th , 24 th , 31 st 1.30pm – 3.00 pm	Dementia Café Dementia Resource Centre, King Street, Aberdeen Social group to meet up and chat over coffee and biscuits. Musical entertainment with Jack McPherson.	Diane Johnston djohnston@alzscot.org 01224 644077
Thursday 4 th & 18 th 1.30 -3.00pm	Cake & Curling *NEW Dementia Resource Centre, King Street, Aberdeen For people with dementia and their carers to enjoy a game of floor curling, followed by a cuppie & cake.	Diane Johnston djohnston@alzscot.org 01224 644077
Thursday 11 th 11.00am –12.30pm	Bacon Butty & Blether DRC, 13-19 King Street, Aberdeen Social group to unwind and have a chat over a bacon butty.	Diane Johnston djohnston@alzscot.org 01224 644077
Friday 5th 11am – 12pm	Carers Group (online) For people who are new to caring or existing carers, looking for peer support and information on what is	Lesley Gray lgray@alzscot.org 01224 644077

	available to support them in their caring role. If you wish for a link to join please contact Lesley Gray at lgray@alzscot.org	
Friday 5th,12th,19th,26th 10.30am-12.00	Visual Arts Workshop *NEW DRC, 13-19 King Street, Aberdeen Join us on this exciting adventure of creativity and fun at our new Art Group Sessions in the Aberdeen DRC. If you would be interested, please contact Diane to find out more. Pre-booking is essential.	Diane Johnston djohnston@alzscot.org 01224 644077

COFFEE MORNING MEMORIES
Aberdeen Dementia Resource Centre , 10.30 am to 12 noon
Thursday 25th - Aberdeen in the 1960's

Our lead volunteer Alan Johnstone welcomes you to the Aberdeen Dementia Resource Centre for a series of Coffee Morning Memories sessions. This month, we are going to take a look at **Aberdeen In The 1960s**, using a selection of photographs to prompt personal memories and stories.



Alan will explain how these sessions link to a dementia-friendly programme being run by Aberdeen Archives, Gallery & Museums in Aberdeen Art Gallery, at which he will also be presenting. The sessions are free of charge and refreshments will be provided. Pre-booking is essential by contacting **Diane Johnston on 01224 644077** or email djohnston@alzscot.org

MUSICAL MEMORIES - Frid 5th & 19th

In partnership with Aberdeen Archives, Gallery & Museums

Previously held at Aberdeen Dementia Resource Centre. Meets every second **Friday 1.30 – 3.30pm** at the **Aberdeen Art Gallery, Cowdray Hall**. (Please enter by the main Art Gallery entrance). Group led by Volunteer Leads: Muriel Knox, Anne Cargill and Jean Dodds. Join us for a free, fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. For further details see link to the gallery website:
<https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/musical-memories>

Should you no longer wish to receive Alzheimer Scotland What's On or updates, please call or write to: **Martin McHugh on 01224644077 or mmchugh@alzscot.org**

If you like and attend our activities, please consider a small donation via our Just Giving pages to help us support and continue to provide our services for people living with dementia and their carers.



To support Alzheimer Scotland Aberdeen/Aberdeenshire:
<https://www.justgiving.com/fundraising/aberdeendrc>





Aberdeen City Health &
Social Care Partnership



ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

AUGUST 2022

These dementia-friendly events are open (unless otherwise stated) to older people and those of all ages who are affected by dementia, social isolation, loneliness, mental health issues, mobility issues and other conditions. They are free of charge, with booking of places required where indicated.

Boogie in the Bar

Sunnybank F.C., Heathryfold Friday 5th August 12.00 - 14.30
Contact for information 01224 696309

Boogie in the Bar

The Foundry Bar, Holburn Street Thursday 18th August 12.00 - 16.00



Hollywood Oscars theme Contact for information 01224 585364

Boogie in the Bar

The Abbott Bar, Kincorth Thursday 25th August 12.00 – 14.00



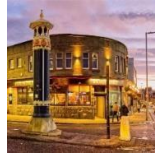
Elvis theme Contact for information 01224 898273

Football in the Bar

The Foundry Bar, Holburn Street Tuesday 9th August 10.30 - 12.00
Booking required Ewan Scott 01224 652513 healthinfo@aberdeencity.gov.uk
or Alan Johnstone 07753 749219 ajj1954@hotmail.co.uk

Technogym

Pittodrie Stadium Classes at 9.30 and 11.30 on Wednesday mornings
Pre-booking essential Nicola Graham nicola.graham@afccommunitytrust.org



Football Memories

Pittodrie Stadium Mondays 1st and 22nd August 14.00 - 15.30
Thursday 11th August 14.00 - 15.30

Booking required Alan Johnstone 07753 749219 aji1954@hotmail.co.uk

Football Memories

Balmoral Stadium, Cove Monday 29th August 14.00 - 15.30

Booking required Charlie Craig 07894 200829 charliec1807@icloud.com

Fun at the Foundry

The Foundry Bar, Holburn Street Tuesday 23rd August 12.00 - 15.00



Soup and a Singer

Contact number 01224 585364

Health Walks

10.00 - 12.00 Tuesday 2nd August Aberdeen Beach Front

10.00 - 12.00 Tuesday 9th August Riverside

10.00 - 12.00 Tuesday 16th August Stewart Park

10.00 - 12.00 Tuesday 23rd August Central Aberdeen

11.00 - 13.00 Tuesday 30th August Ellon

Contact for information Nicola Graham nicola.graham@afccommunitytrust.org

Living Well Cafés

Newhills Church Tuesdays 9th and 23rd August 13.00 - 15.00

Open to those living with dementia & other memory issues and their carers

Information on opening of other café venues to follow when available

Contacts for information E-mail livingwell-cafe@outlook.com

Telephone Jeanette 07512 141818 or Linda 07927 541029

Facebook [Living Well Cafe | Facebook](#)

North-East Memories

Cove Library Tuesday 23rd August 10.30 - 12.00

Booking required Ewan Scott 01224 652513 healthinfo@aberdeencity.gov.uk

