

Activities & Events in November 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

Places for all our In Person groups are limited and 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 29th 10:30 – 12pm	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 1st 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 2nd, 9th, 16th, 23rd 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 will be provided by our talented musicians.	Diane Johnston djohnston@alzscot.org 01224 644077
Thursday 24th 1.30 - 3.00pm	*NEW*Movie Matinee at the DRC Dementia Resource Centre, King Street, Aberdeen First movie is to be confirmed, but it will be from the golden age of cinema and an event you don't want to miss.	Diane Johnston djohnston@alzscot.org 01224 644077
Thursday 10th 12pm – 2pm	Soup & a Crusty Roll DRC, 13-19 King Street, Aberdeen Social group to unwind and have a chat over some warming soup with a nice crusty roll.	Diane Johnston djohnston@alzscot.org 01224 644077

**Coffee Morning Memories, Aberdeen Dementia Resource Centre 10:30-12 noon
Thursday 17th November – Television Game Shows**

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 **Television Game Shows**, 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 - Friday 11th & 25th



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.aberdeency.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/musical-memories>

Memories at the Art Gallery



Join volunteer **Alan Johnstone** on a guided tour around the **Aberdeen Art Gallery** on **Wednesday 23rd of November** from **10am to 11:30 am**. We will be meeting at the **Art Gallery** on **Schoolhill** at **10 am** and the tour will finish with teas & coffees at **11:30am**

Places are limited so please contact **Diane Johnston** on **01224 644077** or email djohnston@alzscot.org to book your place

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>





Movie Matinee @ the DRC

Thursday 24th November

1:30 – 3pm



We at Alzheimer Scotland are proud to announce that we will be showing movies at the DRC with our first movie still to be confirmed but it will be a highlight from the Golden Age of cinema.

We'll have popcorn and comfy seats for you to enjoy this movie, so come down to the DRC for an afternoon of fun and laughter.

To book a place, please contact **Diane Johnston** on **01224 644077**



St Andrews Day Dementia Café

Wednesday 30th November

1:30 – 3pm



To celebrate St Andrews Day we have a special Dementia café to entertain you. We are excited to welcome our special guests Accordionist **Frank Thompson** and Pianist **Eileen Pike**, former members of the **Jack Sinclair Showband** to play a selection of traditional Scottish songs.

This is a day you don't want to miss and **spaces are limited** so to book a place please contact **Diane Johnston** on **01224 644077** or email djohnston@alzscot.org to reserve your place.

AHP Information Day



Allied Health Professionals (AHPs) are health professionals who are experts in supporting people living with dementia to live as well as they can. They can help you focus on your abilities and strengths, so you can stay connected to your community and live in your own home for as long as possible. They also provide carers with strategies and support.

The **Aberdeen Dementia Resource Centre** and **NHS Grampian** would like to invite you to a drop in AHP Information session on **Monday 5 December** between **10am - 1pm**.

The following professionals will be on site to provide information and answer questions:

- **Dietitian** - Advice around eating and drinking well
- **Occupational Therapist** - Discuss ways to continue with daily activities such as: getting dressed, maintaining hobbies or going to work.
- **Physiotherapist** - Help to stay active, independent and mobile
- **Speech and Language Therapist** - Support around everyday conversations and any difficulties with swallowing food or fluids

If you require any further information about the event contact **Lesley Gray** on **07769 366201** or email LGray@alzscot.org



Aberdeen City Health & Social Care Partnership



ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

NOVEMBER 2022

These dementia-friendly events are open (unless otherwise mentioned) 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 unless stated, with pre-booking of places required where indicated.

Boogie in the Bar

Sunnybank F.C., Heathryfold Friday 4th November 12.00 - 14.30

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk

The Foundry Bar, Holburn Street Thursday 17th November 12.00 - 16.00



Pudsey theme Contact for information 01224 585364

The Abbott Bar, Kincorth Thursday 24th November 12.00 – 14.00

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk

Football Memories

Pittodrie Stadium Mondays 7th and 21st November 14.00 - 15.30

Thursday 17th November 14.00 - 15.30

Booking required Alan Johnstone 07753 749219 ajj1954@hotmail.co.uk

Balmoral Stadium, Cove Monday 28th November 14.00 - 15.30

Booking required Charlie Craig 07894 200829 charliec1807@icloud.com

Dementia Resource Centre, 13 King Street

Tuesday 29th November 10.30 - 12.00 *Open to those affected by dementia only*

Booking required Diane Johnston 01224 644077 djohnston@alzscot.org

Sporting Memories

Aberdeenshire Cricket Club, Mannofield Wednesday 2nd November 14.00 - 15.30

Contact for information Alan Johnstone 07753 749219 ajj1954@hotmail.co.uk



Fun at the Foundry

The Foundry Bar, Holburn Street Tuesday 22nd November 12.00 - 14.00



Contact for information 01224 585364

Coffee Morning Memories

Thursday 17th November 10.30 - 12.00 *Television Game Shows*

Open to those affected by dementia only

Booking required Diane Johnston 01224 644077 djohnston@alzscot.org

A Visit to Aberdeen Art Gallery, Schoolhill

Wednesday 23rd November 10.00 - 11.15, followed by a cuppa and cake

Open to those affected by dementia only Meet at the Art Gallery entrance

Pre-Booking essential Diane Johnston 01224 644077 djohnston@alzscot.org

Health Walks 10.00 – 12.00

Tuesday 1st November Pittodrie Stadium, Richard Donald Stand gate 9

Tuesday 8th November Westburn Park, Outdoor Centre

Tuesday 15th November The Range, Beach Boulevard

Tuesday 22nd November Duthie Park, outside Winter Gardens, ending at The Foundry Bar

Tuesday 29th November Spar King Street, foot of St Machar Drive (to the Cruickshank Gardens)

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

Living Well Cafés

Brimmond Church Tuesdays 1st and 15th November 13.00 - 15.00 (formerly known as Newhills)

Ferryhill Church Thursdays 10th and 24th November 13.00 - 15.00

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

Contacts for information E-mail cafe@thelivingwellproject.org.uk

Telephone Jeanette 07512 141818 or Linda 07927 541029

Facebook [Living Well Cafe | Facebook](#)

Musical Memories

Aberdeen Art Gallery, Cowdray Hall, Schoolhill Friday 11th November 13.30 - 15.00

Information at [Musical Memories | Aberdeen City Council](#)



Our Aberdeen

Aberdeen Art Gallery, Learning Space ground floor, Schoolhill

Winter Warmer Thursday 24th November 11.30 - 13.00

Information at [Our Aberdeen](#) | [Aberdeen City Council](#)

Technogym

Pittodrie Stadium Classes at 9.30 and 11.30 on Wednesday mornings

Pre-booking essential Nicola Graham nicola.graham@afccommunitytrust.org

Lunchtime Talks 12.30 - 13.15

Sir David Gill and Dunecht Observatory: The Saving of the Royal Observatory Wednesday 2nd November

by Neville Brown, Aberdeen Astronomical Society Level 2 Seminar Room, Aberdeen Art Gallery

Hall Russell Vessels by Joe McLeod, former Hall Russell ship draughtman Wednesday 16th November

Education Suite, Aberdeen Maritime Museum

Lunchtime Concerts

Aberdeen Art Gallery, Cowdray Hall, Schoolhill 12.45 - 13.30

North East of Scotland Music School Thursday 3rd November

Moira Docherty (soprano) Thursday 10th November

Joseph Long, pianist, plays Mozart, plus 20-minute pre-concert talk at 12.00 Thursday 17th November

Jenny Sturgeon (singer-songwriter) Thursday 24th November

Information on talks, concerts and all other Aberdeen Archives, Gallery & Museums events at

[What's On November 22 - February 23 | Aberdeen City Council](#)

Aberdeen Treasure Hub Open Day

Granitehill Road, Northfield Saturday 26th November 11.00 - 16.00 (last tours begin 15.15)

An opportunity to learn and view how the city's amazing collection of artwork is stored and cared for when not on public display. Information at [Treasure Hub Open Day | Aberdeen City Council](#)