

# What's On: 14-31 July 2025 Aberdeen



## Update

As you will see this is now the information for the rest of July.

The works in the centre are still ongoing, which means that we can only hold smaller groups here. **These must be booked** in advance to allow us to manage numbers and to enable us to easily contact those booked if the situation changes.

We are still available for support and advice. Please call us to arrange an appointment time to come in.

Please note that larger groups such as the Wednesday Musical Entertainment will still be held at the Arts Centre Café/Bar and are clearly marked on the weekly guide with the image shown to the right.



As usual, any questions, please just phone/text/email any of the contacts below. We look forward to seeing you!

### Contact details for groups. Use these for any bookings.



<b>Alzheimer Scotland Brain Health &amp; Dementia Resource Centre</b>  01224 644077 (Please leave a message if no answer)	<b>Alzheimer Scotland Brain Health &amp; Dementia Resource Centre</b>  <a href="mailto:aberdeencityservices@alzscot.org">aberdeencityservices@alzscot.org</a>
<b>Karen Black - Centre Manager</b>  07585 669654	<b>Sonia Gow – Centre Activities Coordinator</b>  07442 653671



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. Please see below for more details.

In Person Group		
Monday 14 July	<b>Carers Support Group- no booking required</b> For anyone supporting someone with dementia- an opportunity to meet carers in a similar situation, to share experiences and get peer support. There is a reminiscence group running at the same time in a separate area for people with dementia. <b>Aberdeen Arts Centre 33 King Street Aberdeen</b>	<b>10.30am-12noon</b> 
Monday 14 July	<b>Coffee Morning Memories- no booking required</b> Join Alan Johnston for some reminiscence. For people with dementia. <b>Aberdeen Arts Centre 33 King Street Aberdeen</b>	<b>10.30am-12noon</b> 
Monday 14 July	<b>Quarriers (Aberdeen Carers Support Service) Please book</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to find out more about their services. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>12-2pm</b>
Tuesday 15 July	<b>No Groups</b>	
Wednesday 16 July	<b>Musical entertainment afternoon: Jack McPherson No booking required</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen</b>	<b>1.30-3pm</b> 
Thursday 17 July	<b>Art Group- Please book</b> Come along and get creative! Feel free to join us from 10am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>*10.30-12 noon*</b> <b>Please note earlier time</b>
Friday 18 July	<b>No groups</b>	
Saturday 19 July	<b>The Kettle's on for the Tall Ships! No booking required</b> We are excited to be opening our doors to welcome the many visitors coming to the city for the Tall Ships, as well as 'oor ain folk'. Come in for a 'wee break' – to use the facilities and enjoy some refreshments, and in a calm, quiet space amongst the hustle and bustle of the city extravaganza. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	<b>10am-4pm</b>
Sunday 20 July	<b>The Kettle's on for the Tall Ships! No booking required</b> We are excited to be opening our doors to welcome the many visitors coming to the city for the Tall Ships, as well as 'oor ain folk'. Come in for a 'wee break' – to use the facilities and enjoy some refreshments, and in a calm, quiet space amongst the hustle and bustle of the city extravaganza. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	<b>10am-4pm</b>

Monday 21 July	<b>The Kettle's on for the Tall Ships! No booking required</b> We are excited to be opening our doors to welcome the many visitors coming to the city for the Tall Ships, as well as 'oor ain folk'. Come in for a 'wee break' – to use the facilities and enjoy some refreshments, and in a calm, quiet space amongst the hustle and bustle of the city extravaganza. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	10am-4pm
Tuesday 22 July	<b>The Kettle's on for the Tall Ships! No booking required</b> We are excited to be opening our doors to welcome the many visitors coming to the city for the Tall Ships, as well as 'oor ain folk'. Come in for a 'wee break' – to use the facilities and enjoy some refreshments, and in a calm, quiet space amongst the hustle and bustle of the city extravaganza. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	10am-4pm
Wednesday 23 July	<b>Musical entertainment afternoon: Gordon Cooper No booking required</b> We are delighted to welcome a new performer to our Musical Entertainment. Gordon is the Dance for Health Musician at Citymoves Dance Agency. An accomplished musician. Gordon is a well-respected piano teacher and accompanist for weddings and other events. In addition to his teaching work, Gordon collaborates with talented jazz musicians in a jazz band. Today Gordon will play a selection of well known, popular tunes. Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen</b>	1.30-3pm 
Thursday 24 July	<b>No Groups</b>	
Friday 25 July	<b>Art Group Please book</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am- 12.30pm
Friday 25 July	<b>Musical Memories</b> This is a 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. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	1.30-3.30pm
Monday 28 July	<b>No Groups</b>	
Tuesday 29 July	<b>Made with Love: Baking Please book</b> Come and bake a batch of our renowned centre shortbread, and once baked, enjoy a piece with a cuppa! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	2-3.30pm
Wednesday 30 July	<b>Musical entertainment afternoon: Cate McPherson</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen</b>	1.30-3pm 
Thursday 31 July	<b>Bacon Butty, a Brew and a Blether Please book</b> Join Sonia for a bacon butty and brew, and a chance for a catch up! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	10.30 am- 12noon

## Future Events:

### Alzheimer Scotland Memory Walk Aberdeen: Sunday 24 August 2025

**Time:** Arrive from 11.30am. Walk starts at 12 noon. Event finishes at 2pm.

**Location:** Aberdeen Sports Village, Linksfield Road, AB24 5RU

**Register:** <https://memorywalk.alzscot.org/event-info-aberdeen>

Join us for a gentle 5k walk around the athletics track at Aberdeen Sports Village while raising vital funds for people living with dementia.

Adult tickets are £10. Children's tickets are free - children must be registered for a ticket to take part in the walk and must be accompanied by an adult. Please note that only guidance dogs are permitted.

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page

<https://www.justgiving.com/fundraising/aberdeendrc>