

# What's On



## September 2025 – Perth

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. We will be providing more coffee catch ups or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

**All activities take place at -**

**Perth Brain Health and Dementia Resource Centre, 7 George Street, Perth PH1 5JY**

### In Person Group

***Various drop in opportunities or bookable appointments available throughout the month.***

**Contact Paula about your brain health and explore potential dementia risk factors.**

**Contact Paula Easton**  
07880086963  
[peaston@Alzscot.org](mailto:peaston@Alzscot.org)

**Improve your brain health  
Never too early, never too late!  
Start your Brain Health journey today!**

#### **You can:**

- ☒ **Meet the team and learn more about brain health**
- ☒ **Take our Brain Health Quiz**
- ☒ **Make a Pledge to boost your well-being**
- ☒ **Book a Personalised Action Plan**
- ☒ **Experience our brand-new, interactive Brain Health Awareness session—an engaging 1-hour workshop designed to help you take charge of your brain health!**

**Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing.**

Drop in by and have an informal conversation about your brain health, explore potential dementia risk factors.

### **SPECIAL GUESTS IN September –**

**NHS-Occupational Therapy session – Wednesday 10<sup>th</sup> September**  
**Trellis – Therapeutic Gardening- Grow, Relax And connect 15<sup>th</sup> September**

## Musical Monday - End-of-Month Party

Special Guest: **Billy Tully Music – 29<sup>th</sup> September**

**Vision PK- 30<sup>th</sup> September**

<b>Monday 1<sup>st</sup> September</b>	<b>Green companions - Grow, Relax and Connect</b> <i>A calm, friendly space, reconnecting with others through a variety of gentle gardening and nature-based sessions:</i> <ul style="list-style-type: none"> <li>• Using all of your senses, explore natural materials and various resources</li> <li>• Sparking memories through seasonal sights, scents, and stories in a relaxed friendly space</li> <li>• Encouraging light movement and hands-on activity competing various hand on tasks</li> <li>• Improve your emotional wellbeing</li> </ul> <b>No gardening experience needed—just bring yourself!</b>	10.30am to 12.00pm
<b>Monday 1<sup>st</sup> September</b>	<b>Music Monday – Tunes &amp; Togetherness – Start Your Week on a High Note!</b> Kickstart your week with music, laughter, and good vibes! <ul style="list-style-type: none"> <li>• Feel-Good Tunes &amp; Great Company!</li> <li>• Sing, dance, or just relax and enjoy the rhythm</li> <li>• Bring a favourite record—or just bring yourself!</li> <li>• Make new friends and share the joy of music</li> </ul> <b>Everyone welcome—let’s make Mondays magical!</b>	2pm to 3.30pm
<b>Tuesday 2<sup>nd</sup> September</b>	<b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b> <i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i> <ul style="list-style-type: none"> <li>• Gentle seated or standing exercises for all abilities</li> <li>• Improve balance, mobility, and wellbeing</li> <li>• Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</li> <li>• Stay independent, socially connected, and energized</li> </ul> <b>No pressure, move at your own pace and have fun! Everyone’s welcome!</b>	10.30am to 12.00pm



**Wednesday  
3<sup>rd</sup> September**

- We have a variety of instruments waiting—guitars, drums, ukuleles, keyboards, and more!
- No experience needed—just a love for music and a spirit of fun

Join us to play, create, and make some noise with us - everyone's welcome!

**Please note this group will be taking place in our upstairs, attendance will need to navigate stairs safely. Please let us know if this will be a concern.**

**Get Creative at our Craft Group**

Looking for a fun, relaxing way to spend your time?

- Whether it's card-making, painting, knitting, or something else, there's always room for creativity.
- Feel free to bring your own project and show us your skills
- Inspire each other and make something amazing together!

**All levels welcome—come craft, connect, and create!**

2.00pm to  
3.30pm

**Chatter, Cuppa & Challenge**

Looking for fun, connection, and a little brain boost? A warm welcoming space where friendly competition meets great conversation.

- Sharpen your thinking with games that support memory and problem-solving
- Stay socially connected with new faces and plenty of chat
- Relax and have fun in a supportive, inclusive environment

2.00pm to  
3.30pm

**Come for the games, stay for the friendships!**

**Thursday  
4<sup>th</sup> September**

**Film and Friendship Café**

Take a break and join us for a laid-back morning where we share much-loved films, warm conversation, and plenty of laughs. Relax and enjoy great company with a cuppa and a classic film.

- Tea, coffee, and a relaxed atmosphere
- Great for sparking memories & conversation
- Reducing stress
- Building friendships

**Everyone's welcome—bring a friend or come alone**

2-3.30pm

**NEW NEW NEW**

**Checkmate & Chat**

Join us for friendly games, warm conversation, and a

2-3.30pm

	<p>few good laughs! Our chess group welcomes players of all levels—from seasoned strategists to curious beginners—who are looking for more than just moves on a board. It's about connection, camaraderie, and enjoying the game together at a relaxed pace. Bring your love of chess (or your willingness to learn) and discover new friendships over every match.</p> <p><b>Please note this group will be taking place in our upstairs, attendance will need to navigate stairs safely. Please let us know if this will be a concern.</b></p>	
<b>Friday 5<sup>th</sup> September</b>	<p><b>Tea and blether – D'Cafe</b>  A Warm Welcome Awaits!  Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> <li>- Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families.</li> <li>- Share stories, enjoy meaningful conversations,</li> <li>- Build new friendships in a warm, supportive environment!</li> </ul> <p><b>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</b></p>	10.30am to 12.00pm
<b>Friday 5<sup>th</sup> September</b>	<p><b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking</b>  Relaxing session to meet new friends</p> <ul style="list-style-type: none"> <li>• Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces!</li> <li>• Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others!</li> </ul> <p><b>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</b></p>	1.30pm to 3pm
<b>Monday 8<sup>th</sup> September</b>	<p><b>Music Monday – Tunes &amp; Togetherness – Start Your Week on a High Note!</b>  Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> <li>• Feel-Good Tunes &amp; Great Company!</li> <li>• Sing, dance, or just relax and enjoy the rhythm</li> </ul>	2pm to 3.30pm

	<ul style="list-style-type: none"> <li>• Bring a favourite record—or just bring yourself!</li> <li>• Make new friends and share the joy of music</li> </ul> <p><b>Everyone welcome—let's make Mondays magical!</b></p>	
<b>Tuesday 9<sup>th</sup> September</b>	<p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b></p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• Gentle seated or standing exercises for all abilities</li> <li>• Improve balance, mobility, and wellbeing</li> <li>• Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</li> <li>• Stay independent, socially connected, and energized</li> </ul> <p><b>No pressure, move at your own pace and have fun!</b>  <b>Everyone's welcome!</b>  <b>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</b></p>	10.30am to 12.00pm
<b>Tuesday 9<sup>th</sup> September</b>	<p><b>Lunch &amp; Laughter Social - Bring your lunch, leave with a smile!</b></p> <ul style="list-style-type: none"> <li>• Looking to boost your brain health and enjoy some friendly chatter</li> <li>• Eat well, connect with others, and keep your mind active in a warm, welcoming space.</li> </ul>	12pm to 1.30pm
<b>Tuesday 9<sup>th</sup> September</b>	<p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b></p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• Gentle seated or standing exercises for all abilities</li> <li>• Improve balance, mobility, and wellbeing</li> <li>• Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</li> <li>• Stay independent, socially connected, and energized</li> </ul> <p><b>No pressure, move at your own pace and have fun!</b>  <b>Everyone's welcome!</b>  <b>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</b></p>	1.30 to 3pm

<p><b>Wednesday 10<sup>th</sup> September</b></p>	<p><b>Young Onset Group (PLWD) &amp; Young Onset Carers Group</b></p> <p>Peer Support &amp; Connection Looking for a place to connect with others who understand?</p> <ul style="list-style-type: none"> <li>- Join us at the centre for a friendly and relaxed session with the Young Onset Group.</li> <li>- Enjoy a cuppa, uplifting conversation, and lots of laughter with people who truly understand.</li> <li>- Meet new people, and share stories in a supportive, fun atmosphere!</li> </ul> <p><b>Come along, relax, and find the support you deserve!</b></p>	<p>10.30am to 12.30pm</p>
<p><b>Wednesday 10<sup>th</sup> September</b></p>	<p><b>NHS Occupational Therapist Session</b></p> <p>The Occupational Therapist team will be visiting our centre to share practical tips and strategies for memory. Learn simple techniques you can use, ask questions, and pick up ideas you can put into practice right away. Join us for an informative and relaxed session—everyone's welcome.</p>	<p>2pm to 3.30pm</p>
<p><b>Thursday 11<sup>th</sup> September</b></p> <p><b>NEW NEW NEW</b></p>	<p><b>Film and Friendship Café</b></p> <p>Take a break and join us for a laid-back morning where we share much-loved films, warm conversation, and plenty of laughs. Relax and enjoy great company with a cuppa and a classic film.</p> <ul style="list-style-type: none"> <li>• Tea, coffee, and a relaxed atmosphere</li> <li>• Great for sparking memories &amp; conversation</li> <li>• Reducing stress</li> <li>• Building friendships</li> </ul> <p><b>Everyone's welcome—bring a friend or come alone</b></p> <p><b>Checkmate &amp; Chat</b></p> <p>Join us for friendly games, warm conversation, and a few good laughs! Our chess group welcomes players of all levels—from seasoned strategists to curious beginners—who are looking for more than just moves on a board. It's about connection, camaraderie, and enjoying the game together at a relaxed pace. Bring your love of chess (or your willingness to learn) and discover new friendships over every match.</p>	<p>2-3.30pm</p> <p>2-3.30pm</p>







	<p><b>Music Monday – Tunes &amp; Togetherness – Start Your Week on a High Note!</b></p> <p>Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> <li>• Feel-Good Tunes &amp; Great Company!</li> <li>• Sing, dance, or just relax and enjoy the rhythm</li> <li>• Bring a favourite record—or just bring yourself!</li> <li>• Make new friends and share the joy of music</li> </ul> <p><b>Everyone welcome—let’s make Mondays magical!</b></p>	
<b>Tuesday 16<sup>th</sup> September</b>	<p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b></p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• <i>Gentle seated or standing exercises for all abilities</i></li> <li>• <i>Improve balance, mobility, and wellbeing</i></li> <li>• <i>Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</i></li> <li>• <i>Stay independent, socially connected, and energized</i></li> </ul> <p><b>No pressure, move at your own pace and have fun!</b>  <b>Everyone’s welcome!</b>  <b>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</b></p>	10.30am to 12noon
<b>Tuesday 16<sup>th</sup> September</b>	<p><b>Lunch &amp; Laughter Social - Bring your lunch, leave with a smile!</b></p> <ul style="list-style-type: none"> <li>• Looking to boost your brain health and enjoy some friendly chatter</li> <li>• Eat well, connect with others, and keep your mind active in a warm, welcoming space.</li> </ul> <p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b></p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• <i>Gentle seated or standing exercises for all abilities</i></li> <li>• <i>Improve balance, mobility, and wellbeing</i></li> <li>• <i>Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</i></li> </ul>	12noon to 1.30pm  1.30pm – 3pm

	<ul style="list-style-type: none"> <li>Stay independent, socially connected, and energized</li> </ul> <p><b><i>No pressure, move at your own pace and have fun! Everyone's welcome!</i></b></p> <p><b><i>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</i></b></p>	
<b>Wednesday 17<sup>th</sup> September</b>	<p><b>Careers Connect</b></p> <p>Meet new people, swap experiences, and find out what's out there. We're a peer support group that's all about connection, conversation, and a relaxed cuppa (with biscuits, of course).</p>	10.30-12noon
<b>Wednesday 17<sup>th</sup> September</b>	<p><b>The Music Makers – Let's Jam Together!</b></p> <p>Whether you're a seasoned musician or just starting out, Music Makers is your space to jam, create, and connect!</p> <ul style="list-style-type: none"> <li>Bring your own instrument or try something new</li> <li>We have a variety of instruments waiting—guitars, drums, ukuleles, keyboards, and more!</li> <li>No experience needed—just a love for music and a spirit of fun</li> </ul> <p><b>Please note this group will be taking place in our upstairs, attendance will need to navigate stairs safely. Please let us know if this will be a concern.</b></p> <p><b>Get Creative at our Craft Group</b></p> <p>Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> <li>Whether it's card-making, painting, knitting, or something else, there's always room for creativity.</li> <li>Feel free to bring your own project and show us your skills</li> <li>Inspire each other and make something amazing together!</li> </ul> <p><b>All levels welcome—come craft, connect, and create!</b></p> <p><b>Chatter, Cuppa &amp; Challenge</b></p> <p>Looking for fun, connection, and a little brain boost? A warm welcoming space where friendly competition meets great conversation.</p> <ul style="list-style-type: none"> <li>Sharpen your thinking with games that support memory and problem-solving</li> </ul>	<p>10.30-12noon</p> <p>2pm to 3.30pm</p> <p>2pm to 3.30pm</p>

	<ul style="list-style-type: none"> <li>• Stay socially connected with new faces and plenty of chat</li> <li>• Relax and have fun in a supportive, inclusive environment</li> <li>• Bring your curiosity—and maybe your competitive streak!</li> </ul> <p><b>Come for the games. Stay for the friendships</b></p>	
<b>Thursday 18<sup>th</sup> September</b>	<p><b>Film and Friendship Café</b></p> <p>Take a break and join us for a laid-back morning where we share much-loved films, warm conversation, and plenty of laughs. Relax and enjoy great company with a cuppa and a classic film.</p> <ul style="list-style-type: none"> <li>• Tea, coffee, and a relaxed atmosphere</li> <li>• Great for sparking memories &amp; conversation</li> <li>• Reducing stress</li> <li>• Building friendships</li> </ul> <p><b>Everyone's welcome—bring a friend or come alone</b></p>	2pm -3.30
<b>NEW NEW NEW</b>	<p><b>Checkmate &amp; Chat</b></p> <p>Join us for friendly games, warm conversation, and a few good laughs! Our chess group welcomes players of all levels—from seasoned strategists to curious beginners—who are looking for more than just moves on a board. It's about connection, camaraderie, and enjoying the game together at a relaxed pace. Bring your love of chess (or your willingness to learn) and discover new friendships over every match.</p> <p><b>Please note this group will be taking place in our upstairs, attendance will need to navigate stairs safely. Please let us know if this will be a concern.</b></p>	2-3.30pm
<b>Friday 20<sup>th</sup> September</b>	<p><b>Dementia Café– A Warm Welcome Awaits!</b></p> <p>Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> <li>• Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families.</li> <li>• Share stories, enjoy meaningful conversations,</li> <li>• Build new friendships in a warm, supportive environment!</li> </ul> <p><b>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</b></p>	10.30am to 12noon
<b>Friday 20<sup>th</sup> September</b>	<p><b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking</b></p> <p>Relaxing session to meet new friends</p> <ul style="list-style-type: none"> <li>• Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces!</li> </ul>	1.30pm to 3pm

	<ul style="list-style-type: none"> <li>• Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others!</li> </ul> <p><b>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</b></p>	
<b>Monday 22<sup>nd</sup> of September</b>	<p><b>Music Monday – Tunes &amp; Togetherness – Start Your Week on a High Note!</b></p> <p>Kickstart your week with music, laughter, and good vibes!</p> <ul style="list-style-type: none"> <li>• Feel-Good Tunes &amp; Great Company!</li> <li>• Sing, dance, or just relax and enjoy the rhythm</li> <li>• Bring a favourite record—or just bring yourself!</li> <li>• Make new friends and share the joy of music</li> </ul> <p><b>Everyone welcome—let's make Mondays magical!</b></p>	2pm to 3.30pm
<b>Tuesday 23<sup>rd</sup> September</b>	<p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b></p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• <i>Gentle seated or standing exercises for all abilities</i></li> <li>• <i>Improve balance, mobility, and wellbeing</i></li> <li>• <i>Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</i></li> <li>• <i>Stay independent, socially connected, and energized</i></li> </ul> <p><b><i>No pressure, move at your own pace and have fun! Everyone's welcome!</i></b></p> <p><b><i>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</i></b></p>	10.30am to 12noon
<b>Tuesday 23<sup>rd</sup> September</b>	<p><b>Lunch &amp; Laughter Social - Bring your lunch, leave with a smile!</b></p> <ul style="list-style-type: none"> <li>• Looking to boost your brain health and enjoy some friendly chatter</li> <li>• Eat well, connect with others, and keep your mind active in a warm, welcoming space.</li> </ul> <p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b></p>	12.30pm to 1.30pm  1.30pm to 3pm

<b>Tuesday 23<sup>rd</sup> September</b>	<p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• <i>Gentle seated or standing exercises for all abilities</i></li> <li>• <i>Improve balance, mobility, and wellbeing</i></li> <li>• <i>Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</i></li> <li>• <i>Stay independent, socially connected, and energized</i></li> </ul> <p><b><i>No pressure, move at your own pace and have fun! Everyone's welcome!</i></b></p> <p><b><i>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</i></b></p>
<b>Wednesday 24<sup>th</sup> September</b>	<div> <div> <b>Young Onset Group (PLWD) &amp; Young Onset Carers Group</b> </div> <div> 10.30am to 12pm </div> </div> <p>Peer Support &amp; Connection Looking for a place to connect with others who understand?</p> <ul style="list-style-type: none"> <li>- Join us at the centre for a friendly and relaxed session with the Young Onset Group.</li> <li>- Enjoy a cuppa, uplifting conversation, and lots of laughter with people who truly understand.</li> <li>- Meet new people, and share stories in a supportive, fun atmosphere!</li> </ul> <p><b>Come along, relax, and find the support you the support you deserve!</b></p>
<b>Wednesday 24<sup>th</sup> September</b>	<div> <div> <b>Get Creative at our Craft Group</b> </div> <div> 2pm to 3.30pm </div> </div> <p>Looking for a fun, relaxing way to spend your time?</p> <ul style="list-style-type: none"> <li>• Whether it's card-making, painting, knitting, or something else, there's always room for creativity.</li> <li>• Feel free to bring your own project and show us your skills</li> <li>• Inspire each other and make something amazing together!</li> </ul> <p><b>All levels welcome—come craft, connect, and create!</b></p>
<b>Wednesday 24<sup>th</sup> September</b>	<div> <div> <b>In the Lounge: Cards, Dominoes &amp; Nostalgia</b> </div> <div> 2pm to 3.30pm </div> </div> <p>An Afternoon of Fun, Friendship &amp; Fond Memories Step into the lounge and unwind with an afternoon of classic games, warm conversation, and shared memories. Whether you're a seasoned card shark or</p>

	<p>just enjoy the clink of dominoes, this is your chance to:</p> <ul style="list-style-type: none"> <li>• Relax and play in good company</li> <li>• Stir up stories from the past and spark new conversations</li> <li>• Enjoy a cosy, welcoming atmosphere filled with laughter and connection</li> </ul> <p>No experience needed—just bring your smile and join in the fun.</p> <p><b>Old favourites, new friends, and timeless memories await!</b></p>	
<p><b>Thursday 25<sup>th</sup> September</b></p> <p><b>NEW NEW NEW</b></p>	<p><b>Film and Friendship Café</b></p> <p>Take a break and join us for a laid-back morning where we share much-loved films, warm conversation, and plenty of laughs. Relax and enjoy great company with a cuppa and a classic film.</p> <ul style="list-style-type: none"> <li>• Tea, coffee, and a relaxed atmosphere</li> <li>• Great for sparking memories &amp; conversation</li> <li>• Reducing stress</li> <li>• Building friendships</li> </ul> <p><b>Everyone's welcome—bring a friend or come alone</b></p>	2pm to 3.30pm
	<p><b>Checkmate &amp; Chat</b></p> <p>Join us for friendly games, warm conversation, and a few good laughs! Our chess group welcomes players of all levels—from seasoned strategists to curious beginners—who are looking for more than just moves on a board. It's about connection, camaraderie, and enjoying the game together at a relaxed pace. Bring your love of chess (or your willingness to learn) and discover new friendships over every match.</p> <p><b>Please note this group will be taking place in our upstairs, attendance will need to navigate stairs safely. Please let us know if this will be a concern.</b></p>	2pm to 3.30pm
<p><b>Friday 26<sup>th</sup> September</b></p>	<p><b>Dementia Café– A Warm Welcome Awaits!</b></p> <p>Looking for a friendly, welcoming space?</p> <ul style="list-style-type: none"> <li>• Pop in and connect with others in the community living with memory loss, dementia, cognitive decline, as well as carers and families.</li> <li>• Share stories, enjoy meaningful conversations,</li> <li>• Build new friendships in a warm, supportive environment!</li> </ul> <p><b>Whether you're here to relax, chat, or simply enjoy a cuppa, come along and connect with others!</b></p>	<p>10.30am to 12.30pm</p> <p>1.30pm to 3pm</p>

<b>Friday 26<sup>th</sup> September</b>	<p><b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking</b></p> <p>Relaxing session to meet new friends</p> <ul style="list-style-type: none"> <li>• Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces!</li> <li>• Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others!</li> </ul> <p>Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</p>
<b>Monday 29<sup>th</sup> September</b> <b>Special Guest: Billy Tully Music!</b>	<p><b>Musical Monday - End-of-Month Party – Live Music</b> 2pm to 3.30pm  <b>Special Guest: Billy Tully Music!</b></p> <ul style="list-style-type: none"> <li>- Wrap up the month with live music, great company, and tasty refreshments!</li> <li>- Enjoy refreshments, sing-along favourites, and feel-good classics</li> <li>- Dance, relax, or just soak in the tunes</li> </ul> <p><b>Everyone's welcome - let's end the month on a high note!</b></p>
<b>Tuesday 30<sup>th</sup> September</b>	<p><b>Stretch, Strengthen &amp; Socialise (Strength and Balance)</b> 10.30-12noon</p> <p><i>Feel stronger, steadier, and more confident in this friendly, low-impact movement session.</i></p> <ul style="list-style-type: none"> <li>• Gentle seated or standing exercises for all abilities</li> <li>• Improve balance, mobility, and wellbeing</li> <li>• Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space</li> <li>• Stay independent, socially connected, and energized</li> </ul> <p><b>No pressure, move at your own pace and have fun!</b>  <b>Everyone's welcome!</b>  <b>Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.</b></p> <p><b>Lunch &amp; Laughter Social - Bring your lunch, leave with a smile!</b> 12noon -1.30pm</p> <ul style="list-style-type: none"> <li>• Looking to boost your brain health and enjoy some friendly chatter</li> <li>• Eat well, connect with others, and keep your mind active in a warm, welcoming space.</li> </ul>



### **Stretch, Strengthen & Socialise (Strength and Balance)**

*Feel stronger, steadier, and more confident in this friendly, low-impact movement session.*

- *Gentle seated or standing exercises for all abilities*
- *Improve balance, mobility, and wellbeing*
- *Boost your confidence, strength, flexibility, and balance in a friendly, welcoming space*
- *Stay independent, socially connected, and energized*

***No pressure, move at your own pace and have fun!  
Everyone's welcome!***

***Limited space, Book in with Andrew our Centre Activities Coordinator to secure your space.***

If you wish to discuss anything about the groups prior to attending, or have any ideas you wish to share please contact any of the staff listed below and they should be able to supply you with any additional information.

#### **Online Group**

There may also be opportunities to join some online groups. To find out more about these please contact the relevant person below for full details.

#### **Contact details for groups held within the Perth Brain Health Dementia Resource Centre: -**

**Paula Easton: Email:** [PEaston@alzscot.org](mailto:PEaston@alzscot.org) **Tel: 07880 086963**

Centre Address – 7 George Street, Perth PH1 5JY

#### **Contact details for groups held within the Perth Brain Health DRC: -**

**Andrew Boyes: Email:** [ABoyes@alzscot.org](mailto:ABoyes@alzscot.org) **Tel: 07467 351246**

Centre Address – 7 George Street, Perth PH1 5JY

#### **Contact details to book and receive a link for the Online Groups: -**

**Email:** [perthservices@alzscot.org](mailto:perthservices@alzscot.org) **Tel: 01738215101**

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/DundeePerthandAngus>

