## What's on September 25 – Falkirk

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 do not provide 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.

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

In Person Group		
Mon 1 <sup>st</sup> Sept 10am-11.30am 12pm – 1pm	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.  Lunch Club – bring your own lunch or a sandwich/snack can be	For more info contact:  Jduffy@alzscot.org  Tel: 01324 564275  Or
1.30pm – 3pm	provided  Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game.  The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	aboyd@alzscot.org Tel. 07932120685
Tues 2 <sup>nd</sup> Sept 10.00am - 12pm	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills. We also offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Ihawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685
Tues 2 <sup>nd</sup> Sept 2pm - 3.30pm	Ten Pin Bowling- Bowling for people living with dementia & their carer. Booking required.  Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Wed 3 <sup>rd</sup> Sept		
10am –11.30am	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.	For more info contact: jduffy@alzscot.org
12pm- 1pm	<b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be provided	01324 564275 Or
1.30pm - 3pm	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	swest@alzscot.org or Tel: 07855644018

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Thurs 4 <sup>th</sup> Sept 10.00am - 12pm	Falkirk Café- Offers peer support, information & advice.	For more info contact: Kskinner@alzscot.org Tel:
	Central Perk, Grahams Road, Falkirk FK1 1HS	07776161439
Fri 5 <sup>th</sup> Sept 10.30am-12pm	<b>Bo'ness Café</b> - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact:  swest@alzscot.org  Tel. 07855644018  Or  aboyd@alzscot.org  Tel. 07932120685
Fri 5 <sup>th</sup> Sept		
1.30pm – 3pm	Maples Walking/Activity Group – An opportunity for a social meet up with friends & enjoy a leisurely stroll followed by a blether over a cuppa at a local café or back at the Maples. In the event of bad weather, the group will take place indoors at the Maples with games and activities of choice. This group is for the person living with dementia and their carer/family member.	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Mon 8 <sup>th</sup> Sept		
10am-11.30am	<b>Film Club</b> – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.	For more info contact: <u>Jduffy@alzscot.org</u> Tel: 01324 564275
12pm – 1pm	<b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be provided	Or <pre>aboyd@alzscot.org</pre>
1.30pm – 3pm	<b>Football Memories -</b> Offers people living with dementia to get together and share their memories about the beautiful game.	Tel. 07932120685
T oth C	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 9 <sup>th</sup> Sept 10.00am - 12pm	<b>Garden Club</b> – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork.	For more info contact: <a href="mailto:lhawthorn@alzscot.org">lhawthorn@alzscot.org</a> Tel: 07876846218 Or aboyd@alzscot.org
1.30pm – 3pm	Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer.	Tel. 07932120685
Tues Oth Cont	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contest.
Tues 9 <sup>th</sup> Sept 2pm - 3.30pm	<b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required.	For more info contact: swest@alzscot.org Tel. 07855644018 Or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	aboyd@alzscot.org Tel. 07932120685
Wed 10 <sup>th</sup> Sept		
10am –11.30am	Juke Box Memories – Revisit the golden years of rock and roll,	For more info contact:
12pm- 1pm	Select your favourites from our 50's, 60's and 70's Jukebox. <b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be provided	jduffy@alzscot.org Or swest@alzscot.org or
		Tel: Tel. 07855644018

1.30pm - 3pm	<b>Brain Gym</b> - Based on the principles of Cognitive Stimulation	
	Therapy which is an evidence-based programme supported by	
	NICE. This promotes wellbeing, maintains skills and supports	
	self-management for people living with dementia.	
	Booking required & taster session offered	
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Thurs 11 <sup>th</sup> Sept	The Hub@ Grangemouth Rugby Club	
		For more info contact:
10.30 – 11am	Meet up Café – Meet, chat & connect	<u>Ihawthorn@alzscot.org</u>
11am- 12.30pm	Memory Group – Reminiscing about sport, silver screen, local	Tel: 07876846218
40.00 4.00	history or topic of choice.	Or
12.30 – 1.30pm	<b>Lunch Club</b> - Bring your own lunch, hot drink & biscuits supplied	aboyd@alzscot.org
1.30 - 2.30pm	A whole new ball game – Take part in beat the goalie, archery,	Tel. 07932120685
	golf, bowling, curling, tai chi & a whole lot more . Activities will	
	take place outdoor or indoor depending on the weather.	
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 11 <sup>th</sup> Sept	Grangemouth Nagby Clab Glensburgh Nodu, FNS OAL	
10.00am - 12pm	Falkirk Café- Offers peer support, information & advice.	For more info contact:
20.00am 12pm	Talling and office peer support, information & duvice.	Kskinner@alzscot.org Tel:
	Central Perk, Grahams Road, Falkirk FK1 1HS	07776161439
Fri 12 <sup>th</sup> Sept		For more info contact:
10.30am-12pm	<b>Bo'ness Café -</b> An opportunity to meet others in a similar	swest@alzscot.org
	situation, to make new connections, develop friendships & peer	Tel. 07855644018
	support. Information & advice available from our trained staff	Or
		aboyd@alzscot.org
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	Tel. 07932120685
Fri 12 <sup>th</sup> Sept		_
1.30PM – 3PM	Maples Walking/Activity Group – An opportunity for a social	For more info contact:
	meet up with friends & enjoy a leisurely stroll followed by a	swest@alzscot.org
	blether over a cuppa at a local café or back at the Maples.	Tel. 07855644018
	In the event of bad weather, the group will take place indoors	Or
	at the Maples with games and activities of choice. This group is for the person living with dementia and their	aboyd@alzscot.org Tel. 07932120685
	carer/family member.	161. 07932120063
	carer/ranning member.	
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Mon 15 <sup>th</sup> Sept		
10am-11.30am	Film Club – An opportunity for people living with dementia to	For more info contact:
	get together to share their memories and love of cinema	Jduffy@alzscot.org
	through memorabilia, music & film.	Tel: 01324 564275
12pm – 1pm	Lunch Club – bring your own lunch or a sandwich/snack can be	Or
	provided	aboyd@alzscot.org
1.30pm – 3pm	Football Memories - Offers people living with dementia to get	Tel. 07932120685
	together and share their memories about the beautiful game.	
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Truce 4 Cth C	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 16 <sup>th</sup> Sept	Gardon Club An apportunity for popula living with domestic	For more info centert
10.00am - 12pm	<b>Garden Club</b> – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden,	For more info contact:
		Ihawthorn@alzscot.org
	L Charing Mnowiladda Xi CMilic Mia alco offer a rango of garden	101.11/8/68/63/19
	sharing knowledge & skills. We also offer a range of garden related crafts & woodwork.	Tel: 07876846218 Or

1.30pm – 3pm	Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer.	aboyd@alzscot.org Tel. 07932120685
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 16 <sup>th</sup> Sept 2pm – 3.30pm	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.	For more info contact: swest@alzscot.org  Tel. 07855644018  Or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	aboyd@alzscot.org Tel. 07932120685
Wed 17 <sup>th</sup> Sept		
10am - 11.30am	<b>Juke Box Memories</b> – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.	For more info contact:
12pm- 1pm	<b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be provided	jduffy@alzscot.org 01324 564275
1.30pm - 3pm	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered	Or swest@alzscot.org Tel: Tel. 07855644018
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Thurs 18 <sup>th</sup> Sept	The Hub@ Grangemouth Rugby Club	
10.30 – 11am 11am- 12.30pm	Meet up Café – meet, chat & connect  Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.	For more info contact: <a href="mailto:lhawthorn@alzscot.org">lhawthorn@alzscot.org</a> Tel: 07876846218 Or
12.30 – 1.30pm 1.30 - 2.30pm	<b>Lunch Club</b> - Bring your own lunch, hot drink & biscuits supplied <b>A whole new ball game</b> – take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more. Activities will take place outdoor or indoor depending on the weather.	aboyd@alzscot.org Tel. 07932120685
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 18 <sup>th</sup> Sept 10.00am - 12pm	Falkirk Café- Offers peer support, information & advice.	For more info contact: Kskinner@alzscot.org Tel:
	Central Perk, Grahams Road, Falkirk FK1 1HS	07776161439
Fri 19 <sup>th</sup> Sept 10.30am-12pm	<b>Bo'ness Café</b> - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Fri 19 <sup>th</sup> Sept	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.  Maples Walking/Activity Group – An opportunity for a social	101. 07332120003
2pm – 3.30pm	meet up with friends & enjoy a leisurely stroll followed by a blether over a cuppa at a local café or back at the Maples. In the event of bad weather, the group will take place indoors at the Maples with games and activities of choice. This group is for the person living with dementia and their carer/family member.	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	

Mon 22nd Sept		
10am-11.30am	Film Club – An opportunity for people living with dementia to	For more info contact:
	get together to share their memories and love of cinema	Jduffy@alzscot.org
	through memorabilia, music & film.	Tel: 01324 564275
12pm – 1pm	<b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be	Or
	provided	aboyd@alzscot.org
1.30pm – 3pm	Football Memories - Offers people living with dementia to get	Tel. 07932120685
op	together and share their memories about the beautiful game.	10.10733212333
	together and share their memories about the beautiful game.	
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 23 <sup>rd</sup> Sept	The Maples 33 Johnston Avenue Steffinouseman, 113 432.	
10.00am - 12pm	Cardon Club. An appartunity for popula living with demontic	
10.00am - 12pm	Garden Club – An opportunity for people living with dementia	Formary information.
	to take part in seasonal garden activities in our Sensory Garden,	For more info contact:
	sharing knowledge & skills. We also offer a range of garden	lhawthorn@alzscot.org
	related crafts & woodwork.	Tel: 07876846218
		Or
1.30pm – 3pm	Maples Melodies Singing Group – If you like singing for fun	aboyd@alzscot.org
	come along & join us.	Tel. 07932120685
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 23 <sup>rd</sup> Sept		For more info contact:
2pm – 3.30pm	<b>Ten Pin Bowling-</b> Bowling for people living with dementia &	<pre>swest@alzscot.org</pre>
	carer. Booking required.	Tel. 07855644018
		Or
		aboyd@alzscot.org
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel. 07932120685
Wed 24 <sup>th</sup> Sept		
10am - 11.30am	Juke Box Memories – Revisit the golden years of rock and roll,	For more info contact:
	Select your favourites from our 50's, 60's and 70's Jukebox.	jduffy@alzscot.org
12pm- 1pm	<b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be	01324 564275
	provided	Or
1.30pm - 3pm	<b>Brain Gym</b> - Based on the principles of Cognitive Stimulation	swest@alzscot.org
	Therapy which is an evidence-based programme supported by	Tel: Tel. 07855644018
	NICE. This promotes wellbeing, maintains skills and supports	
	self-management for people living with dementia.	
	Booking required & taster session offered	
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Thurs 25 <sup>th</sup> Sept	The Hub@ Grangemouth Rugby Club	
	3 - 1 0 - 111 - 101, 5100	For more info contact:
10.30 – 11am	Meet up Café – meet, chat & connect	lhawthorn@alzscot.org
11am- 12.30pm	Memory Group – Reminiscing about sport, silver screen, local	Tel: 07876846218
p	history or topic of choice.	Or
12.30 – 1.30pm	<b>Lunch Club</b> - Bring your own lunch, hot drink & biscuits supplied	aboyd@alzscot.org
1.30 - 2.30pm	A whole new ball game – take part in beat the goalie, archery,	Tel. 07932120685
2.00 2.00piii	golf, bowling, curling, tai chi & a whole lot more. Activities will	
	take place outdoor or indoor depending on the weather.	
	take place outdoor or indoor depending on the weather.	
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 25th Cort		For more info contact:
Thurs 25 <sup>th</sup> Sept	Falkirk Café- Offers peer support, information & advice.	For more info contact:
10.00am - 12pm	Control Dayle Contracts Dayle Fall 14 514 4115	Kskinner@alzscot.org Tel:
	Central Perk, Grahams Road, Falkirk FK1 1HS	07776161439

Fri 26 <sup>th</sup> Sept	<b>Bo'ness Café</b> - An opportunity to meet others in a similar	For more info contact:
10.30am-12pm	situation, to make new connections, develop friendships & peer	swest@alzscot.org
10.00diii 12piii	support. Information & advice available from our trained staff	Tel. 07855644018
		Or
		aboyd@alzscot.org
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	Tel. 07932120685
Fri 26 <sup>th</sup> Sept	Maples Walking/Activity Group – An opportunity for a social	
1.30pm – 3pm	meet up with friends & enjoy a leisurely stroll followed by a	For more info contact:
	blether over a cuppa at a local café or back at the Maples.	swest@alzscot.org
	In the event of bad weather, the group will take place indoors	Tel. 07855644018
	at the Maples with games and activities of choice.	Or
	This group is for the person living with dementia and their	aboyd@alzscot.org
	carer/family member.	Tel. 07932120685
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Mon 29 <sup>th</sup> Sept		
10am-11.30am	Film Club – An opportunity for people living with dementia to	For more info contact:
	get together to share their memories and love of cinema	Jduffy@alzscot.org
40	through memorabilia, music & film.	Tel: 01324 564275
12pm – 1pm	<b>Lunch Club</b> – bring your own lunch or a sandwich/snack can be	Or
1 200000 2000	provided	aboyd@alzscot.org
1.30pm – 3pm	<b>Football Memories -</b> Offers people living with dementia to get together and share their memories about the beautiful game.	Tel. 07932120685
	together and share their memories about the beauthur game.	
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Mon 29 <sup>th</sup> Sept	Try Something New - An activity-based group offering an	
10am - 12pm	opportunity to try a range of activities, which promote physical	For more info contact:
	and mental stimulation and co-ordination from archery , boules	
	to yoga, there is something for everyone.	<u>Dpaterson@alzscot.org</u> Tel: 07733302772
	Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk	
	FK20RN	
Tues 30 <sup>th</sup> Sept		<b>5</b>
10.00am - 12pm	Garden Club – An opportunity for people living with dementia	For more info contact:
	to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden	Ihawthorn@alzscot.org Tel: 07876846218
	related crafts & woodwork.	Or
	related Clarts & WOODWOLK.	aboyd@alzscot.org
1.30pm – 3pm	Maples Melodies Singing Group – If you like singing for fun	Tel. 07932120685
1.50pm 5pm	come along & join us.	101. 07 332120003
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	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 30 <sup>th</sup> Sept		For more info contact:
2pm – 3.30pm	<b>Ten Pin Bowling-</b> Bowling for people living with dementia &	swest@alzscot.org
	carer. Booking required.	Tel. 07855644018
		Or
	Dedleres Deed Correles Fall 1 584 Att	aboyd@alzscot.org
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel. 07932120685

Please see our availability of online groups below:-

Online Group		
Juke Box Days USA & UK	Every Wednesday 3.30pm – 4.15pm	Contact mike@screenmemories.org.uk or Dpriestley@alzscot.org Tel:07970784950
Carers Evening	First Wednesday of the month – 7pm -8pm	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

