What's on



December 2024 - Aberdeen

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.

In Person Group		
Throughout December	Cherished Memories We're aware that Christmas can be a season of joy but also a time of sadness. We welcome anyone to come in at any time for a cuppa and chat should they wish. Throughout December we will have a basket with a choice of hearts and wooden discs available for those who may wish to inscribe a name and hang the memory decoration on the main, or smaller, tree.	
Monday 2 December	Deck the Halls! Come and decorate the centre as we start the Christmas season. Baubles, Bublé (CD only -sorry!) banter and fun as we jazz up the centre. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3.30pm
Tuesday 3 December	Football Memories Join us for a chance to reminisce about football. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Tuesday 3 December	Carers Cuppa	10.30am- 12 noon
Wednesday 4 December	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. This is session 6 of a 7-week block. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation. Kathy Julius Yoga Trust Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12 noon

Wednesday	Musical entertainment afternoon – Melting Pot	1.30pm-
4 December	Join us for a cuppa followed by musical entertainment. Dance the afternoon	3pm
	away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	
Thursday	Christmas Fun and Games	11am-12
5 December	Unleash your inner younger self and come and have some fun with some	noon
3 December	old fashioned 'parlour games'. A bit of fun for the festive season. Feel free	110011
	to arrive from 10.30 for a cuppa and Christmas treats.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Thursday	Men's Young Onset (under 65s) Peer Support Group	1-2pm
5 December	A chance for men living with dementia to get together over a cuppa.	•
	Contact Lori Fotheringham, Young Onset PDS Link Worker by	
	email: <u>LFotheringham@alzscot.org</u> or call 07824524213	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Friday	Art Group	11am-
6 December	Come along and get creative! Feel free to join us from 10.30am for a cuppa	12.30pm
	before the group starts.	
Edd. C	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	42.20
Friday 6 December	Community Café with information from Home Energy Scotland- All welcome	12.30-
December	Home Energy Scotland will be attending our café. Come along for a cuppa	2.30pm
	and have a chat with the advisor about ways to reduce energy bills, how to	
	make your home warmer and potential funding possibilities to make your	
	home more efficient and cheaper to heat.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Friday	Group with Physiotherapy and Occupational Therapy students	2.30-3.30pm
6 December	Come along and join us for the last group led by the students currently	
	based in our centre. Please contact us to find out more about what will be	
	on offer.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Monday	Quarriers	12-2pm
9 December	Quarriers provide support for unpaid carers in Aberdeen. Come along to	
	speak to them and find out what support is available.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Monday	Boogie Bingo – Christmas	3-4pm
9 December	For all you music lovers out there -not to be missed! Join DJ Ian McIndoe for	
	another brilliant game of boogie bingo. Feel free to join us at 2.30pm for a	
	coffee before the game starts.	
Tuosday	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen Christmas Sing Song	1 20 2nm
Tuesday 10	Christmas Sing Song Come and belt out your favourite Christmas tunes. From carols to pop hits,	1.30-3pm
December	all suggestions welcome.	
December	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	

10/- d d -	Chatchand	44
Wednesday 11	Chair based yoga	11am- 12 noon
December	Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. This is the LAST session before Christmas. Sessions	12 noon
December		
	will resume in January. During the session you will practise movement,	
	breathing exercises and relaxation. Bring a water bottle and your favourite	
	blanket to keep warm during relaxation.	
	Kathy Julius Yoga Trust OSCR sunt Olive Registr sunt Clark Parker	
	Registered Carlot Sciences 1	
> 4 L L	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	4.00.0
Wednesday	Musical entertainment afternoon – Disco Dave	1.30-3pm
11	Join us for a cuppa followed by musical entertainment. Dance the afternoon	
December	away or sit back and sing along at your own pace.	
Th	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2.2
Thursday 12	Professionals Drop-In	2-3pm
December	An opportunity for professionals to drop in and find out more about	
	Alzheimer Scotland and the support and services we provide, including the	
	new Aberdeen Brain Health Service.	
E dat	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	44
Friday	Art Group	11am-
13	Come along and get creative! Feel free to join us from 10.30am for a cuppa	12.30pm
December	before the group starts.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Friday	Musical Memories	1.30-3pm
13	This is a fun singing group for people with dementia, their partners, family	
December	and friends. No experience of singing required, just bring yourselves and be	
	ready to make some noise! Teas and coffees will be served.	
	This is the last session for 2024. Resumes again in January.	
	Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery	
0.0	entrance)	40.20
Monday	Carers Support Group	10.30am-
16	For anyone supporting someone with dementia- an opportunity to meet	12noon
December	carers in a similar situation. To share experiences and get peer support.	
	There is a reminiscence group running at the same time for people living	
	with dementia in a separate area.	
	Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	40.00
Monday	Coffee Morning Memories	10.30am-
16	Join Alan Johnston for some reminiscence. For people with dementia.	12noon
December	Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen	4 20 2 2 2
Tuesday	Christmas Movie	1.30-3.30pm
17	Sit back and relax to a Christmas film of your choice from our selection	
December	available.	
NA/ I I	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	4 20 2 -
Wednesday	Musical entertainment afternoon – Jack McPherson	1.30-3pm
18	It's Christmas Party Time!	
December	Join us for a cuppa followed by musical entertainment, fun and cheer as we	
	round up the year with our Christmas party. Dance the afternoon away or	
	sit back and sing along at your own pace.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	

Thursday	Christmas Quiz/Christmas Snowman Drive	11am-
19	The choice is yours – a choice of a quiz game or a snowman drive will be on	12noon
December	offer.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Friday	Time for Reflection	11am-
20	Christmas can be fun but lonely, full of joy or sadness depending on your	12.30pm
December	situation. If you would like to take some time to chat, please pop in for a	
	cuppa.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Monday	Quarriers	12-2pm
23	Quarriers provide support for unpaid carers in Aberdeen. Come along to	
December	speak to them and find out what support is available.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Monday	Time for Reflection	2-3.30pm
23	Christmas can be fun but lonely, full of joy or sadness depending on your	
December	situation. If you would like to take some time to chat, please pop in for a	
	cuppa.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Tuesday	The kettle's on – drop in session	10.30-
24	A chance to drop in and enjoy a cuppa and a chat or ask for advice.	11.30am
December	All welcome.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	
Wednesday		
25	Centre Closed	
December		
Thursday		
26	Centre Closed	
December		
Friday 27		
December	Centre Closed	
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Monday 30	Bacon Butty, a Brew and a Blether	11am-
December	Join Diane for a bacon butty and brew, and a chance for a catch up!	12.30pm
T 1 24	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	40.00
Tuesday 31	The kettle's on – drop in session	10.30-
December	A chance to drop in and enjoy a cuppa and a chat or ask for advice.	11.30am
	All welcome.	
	Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	

Contact details for groups

Alzheimer Scotland Brain Health & Dementia Resource Centre aberdeencityservices@alzscot.org 01224 644077	Karen Black - Centre Manager <u>KarenBlack@alzscot.org</u> 07585 669654
Diane Johnston – Support Worker Aberdeen City djohnston@alzscot.org 01224 644077	Sonia Gow – Centre Activities Coordinator sgow@alzscot.org 01224 644077

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

