

Wednesday 4 December	Musical entertainment afternoon – Melting Pot Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	1.30pm- 3pm
Thursday 5 December	Christmas Fun and Games Unleash your inner younger self and come and have some fun with some old fashioned ‘parlour games’. A bit of fun for the festive season. Feel free to arrive from 10.30 for a cuppa and Christmas treats. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12 noon
Thursday 5 December	Men’s Young Onset (under 65s) Peer Support Group A chance for men living with dementia to get together over a cuppa. Contact Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07824524213 Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1-2pm
Friday 6 December	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Friday 6 December	Community Café with information from Home Energy Scotland- All welcome Home Energy Scotland will be attending our café. Come along for a cuppa 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	12.30- 2.30pm
Friday 6 December	Group with Physiotherapy and Occupational Therapy students 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	2.30-3.30pm
Monday 9 December	Quarriers 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	12-2pm
Monday 9 December	Boogie Bingo – Christmas 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. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	3-4pm
Tuesday 10 December	Christmas Sing Song Come and belt out your favourite Christmas tunes. From carols to pop hits, all suggestions welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm

Wednesday 11 December	<p>Chair based yoga</p> <p>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 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.</p>  <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	11am- 12 noon
Wednesday 11 December	<p>Musical entertainment afternoon – Disco Dave</p> <p>Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3pm
Thursday 12 December	<p>Professionals Drop-In</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	2-3pm
Friday 13 December	<p>Art Group</p> <p>Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	11am- 12.30pm
Friday 13 December	<p>Musical Memories</p> <p>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.</p> <p>This is the last session for 2024. Resumes again in January.</p> <p>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</p>	1.30-3pm
Monday 16 December	<p>Carers Support Group</p> <p>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 for people living with dementia in a separate area.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen</p>	10.30am- 12noon
Monday 16 December	<p>Coffee Morning Memories</p> <p>Join Alan Johnston for some reminiscence. For people with dementia.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen</p>	10.30am- 12noon
Tuesday 17 December	<p>Christmas Movie</p> <p>Sit back and relax to a Christmas film of your choice from our selection available.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3.30pm
Wednesday 18 December	<p>Musical entertainment afternoon – Jack McPherson</p> <p>It's Christmas Party Time!</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3pm

Thursday 19 December	Christmas Quiz/Christmas Snowman Drive The choice is yours – a choice of a quiz game or a snowman drive will be on offer. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12noon
Friday 20 December	Time for Reflection Christmas can be fun but lonely, full of joy or sadness depending on your 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	11am- 12.30pm
Monday 23 December	Quarriers 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	12-2pm
Monday 23 December	Time for Reflection Christmas can be fun but lonely, full of joy or sadness depending on your 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	2-3.30pm
Tuesday 24 December	The kettle's on – drop in session A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30- 11.30am
Wednesday 25 December	Centre Closed	
Thursday 26 December	Centre Closed	
Friday 27 December	Centre Closed	
Monday 30 December	Bacon Butty, a Brew and a Blether Join Diane for a bacon butty and brew, and a chance for a catch up! Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Tuesday 31 December	The kettle's on – drop in session A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30- 11.30am

Contact details for groups

Alzheimer Scotland Brain Health & Dementia Resource Centre aberdeencityservices@alzscot.org 01224 644077	Karen Black - Centre Manager KarenBlack@alzscot.org 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>

