

# What's on



## November 2024 - 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		
<b>Fri 1<sup>st</sup> November</b> <b>10.30am - 12pm</b>	<b>Bo'ness Café</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Fri 1<sup>st</sup> November</b> <b>2pm - 3.30pm</b>	<b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.  The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Monday 4<sup>th</sup> November</b> <b>2pm - 3pm</b>	<b>Football Memories</b> – Offer people living with dementia to get together and share their memories about the beautiful game.  The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 5<sup>th</sup> November</b> <b>10.30am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 5<sup>th</sup> November</b> <b>2pm - 3.30pm</b>	<b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 6<sup>th</sup> November</b> <b>1.30pm - 3pm</b>	<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	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Thurs 7<sup>th</sup> November</b>	<b>Falkirk Café-</b> offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439

<b>10.00am-12pm</b>		
<b>Thurs 7<sup>th</sup> November</b> <b>1.30pm-3pm</b>	<b>Get Together Thursday-</b> A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.  The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact:  <a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or Tel: 01324 559480
<b>Fri 8<sup>th</sup> November</b> <b>10.30am-12pm</b>	<b>Bo'ness Café</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Fri 8<sup>th</sup> November</b> <b>2pm - 3.30pm</b>	<b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.  The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 12<sup>th</sup> November</b> <b>10.30am-12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	<b>CANCELLED</b>
<b>Tues 12<sup>th</sup> November</b> <b>2pm - 3.30pm</b>	<b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required.  Redbrae Road, Camelon, Falkirk, FK1 4HJ	<b>CANCELLED</b>
<b>Wed 13<sup>th</sup> November</b> <b>1.30pm - 3pm</b>	<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	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Thurs 14<sup>th</sup> November</b> <b>10.00am - 12pm</b>	<b>Falkirk Café-</b> offers peer support, information & advice.  Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact:  <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
<b>Thurs 14<sup>th</sup> November</b> <b>1.30pm - 3pm</b>	<b>Get Together Thursday</b> - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.  The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact:  <a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or Tel: 01324 559480
<b>Fri 15<sup>th</sup> November</b> <b>10.30am - 12pm</b>	<b>Bo'ness Café-</b> an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Tues 19<sup>th</sup> November</b>  <b>10.30am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 19<sup>th</sup> November</b>  <b>2pm - 3.30pm</b>	<b>Ten Pin Bowling</b> - Bowling for people living with dementia & carer. Booking required.  Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 20<sup>th</sup> November</b>  <b>11am – 12.30pm</b>	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.  Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Thurs 21<sup>st</sup> November</b>  <b>10.00am - 12pm</b>	<b>Falkirk Café</b> - offers peer support, information & advice.  Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact:  <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
<b>Thurs 21<sup>st</sup> November</b>  <b>1.30pm - 3pm</b>	<b>Get Together Thursday</b> - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.  The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact:  <a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or Tel: 01324 559480
<b>Fri 22<sup>nd</sup> November</b>  <b>10.30am - 12pm</b>	<b>Bo’ness Café</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Mon 25<sup>th</sup> November</b>  <b>10am - 12pm</b>	<b>Try Something New</b> -Outdoor & indoor activities, Archery etc.  Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	For more info contact:  <a href="mailto:Dpaterson@alzscot.org">Dpaterson@alzscot.org</a> or Tel: 07733302772
<b>Tues 26<sup>th</sup> November</b>  <b>10.30am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950

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<b>Wed 27<sup>th</sup> November</b> <b>11am – 12.30pm</b>	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.  Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Thurs 28<sup>th</sup> November</b> <b>10.00am - 12pm</b>	<b>Falkirk Café-</b> offers peer support, information & advice.  Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact:  <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
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For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

### Carers Evening & Around the Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: [craby@alzscot.org](mailto:craby@alzscot.org) Tel: 07786406668

Online Group		
<b>Juke Box Days UK</b>	Last Tuesday of month	<b>4pm – 5pm</b>
<b>Juke Box Days USA &amp; UK</b>	Last Thursday of month	<b>11am – 12pm</b>
<b>Carers Evening</b>	First Wednesday of month	<b>7pm-8pm</b>
	First Monday of month	<b>2pm-3.30pm</b>

