What's on January 2025 - Glasgow Alzheimer Scotland Action on Demention

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. If you need help to attend though, please come with a companion who can provide any support you need. Unfortunately, we are unable to provide transport for these groups and would therefore gently remind you that it is your responsibility to get to and from this community activity, safely.

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.

Wed 1 st Jan	Closed	
Thurs 2 nd Jan	Closed	
Fri 3 rd Jan	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am-12.30pm
Mon 6 th Jan	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café with Uno the dog Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	1.30pm – 2.30pm
	Brain Health Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Tue 7 th Jan	About Digital and Me (ADAM) Appointment Only - Contact Rachel on 07341 096832 Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	9.00am – 1.00pm

	Arts & Craft Group (New)	10.30am – 12noon
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Musical Minds Singing Group	1.30pm – 3.00pm
	The Park Church, Ravenscliffe Drive	
	Giffnock	
	G46 7QS	
	Games Afternoon	2.00pm – 3.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Online Information Session	6.00pm - 8.00pm
	'Tech & useful everyday products'	•
	Delivered online via MS Teams	
	For access contact Rachel at rmclauchlan@alzscot.org	
Wed 8 th Jan	Brain Health 1:1 Appointments	2.00pm – 4.00pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	The Social Club (Day Care)	4.00pm – 6.00pm
	9 Bridgeton Cross	
	Glasgow	
	G40 1BN	
Thurs 9 th Jan	Brigton Café	10.30 – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Are ye dancing?	1.00pm – 2.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Fri 10 th Jan	Fitness Friday	11.30am- 12.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Mon 13 th Jan	Younger Persons Café – under 65	10.30am – 1.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	
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	Oxford Street Cafe Alzhoimer Scotland Brain Health & Domentia	10.30am – 12noon
	Alzheimer Scotland Brain Health & Dementia	
	Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	

	Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia	1.30pm – 2.30pm
	Resource Centre 81 Oxford Street, Glasgow G5 9EP	
	Coffee & Culture at the Burrell Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT	2.00pm – 4.00pm
	Glasgow G45 TAT	
Tues 14 th Jan	About Digital and Me (ADAM) Appointment Only - Contact Rachel on 07341 096832 Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	9.00am – 1.00pm
	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12noon
	Screen Memories Alzheimer Scotland Day Care 9 Bridgeton Cross G40 1BN	11.00am – 12noon
	Games Afternoon Alzheimer Scotland Brain Health &	2.00pm – 3.30pm
	Dementia Resource Centre	
Wed 15 th Jan	81 Oxford Street, Glasgow G5 9EP Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre	2.00pm – 4.00pm
	81 Oxford Street, Glasgow G5 9EP	
	Hampden Football Conversations Alzheimer Scotland	12.30pm – 2.00pm
	Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	
Thurs 16 th Jan	Brigton Café Alzheimer Scotland Bridgeton Resource Centre,	10.30 – 12.30pm
	11 Bridgeton Cross G40 1BN Are ye dancing? Alzheimer Scotland Brain Health &	1.00pm – 2.30pm
	Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	

Fri 17 th Jan	Fitness Friday Alzheimer Scotland Brain Health &	11.30am- 12.30pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Mon 20 th Jan	Younger Persons Café – under 65	10.30am – 1.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	
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	Oxford Street Café Alzheimer Scotland Brain Health &	10.30am – 12noon
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	P. Color & C. Color	2.00pm – 3.30pm
	Brigton Art Group Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Brain Health Cafe	
	Alzheimer Scotland Brain Health &	2.00pm – 4.00pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Tues 21 st Jan	About Digital and Me (ADAM)	9.00am – 1.00pm
	Appointment Only - Contact Rachel on 07341 096832 Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Arts & Craft Group	10.30am – 12noon
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Games Afternoon	
	Alzheimer Scotland Brain Health &	2.00pm - 3.30pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Carer's Café	
	Alzheimer Scotland Brain Health &	6.00pm – 8.00pm
	Dementia Resource Centre	
Wed 22 nd Jan	81 Oxford Street, Glasgow G5 9EP	2.00pm 4.00pm
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	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	

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	imer Scotland Brain Health & entia Resource Centre stord Street, Glasgow G5 9EP Blether Dementia Cafe gton Park Parish Church Door Entry

Wed 29 th Jan	Brain Health 1:1 Appointments	2.00pm – 4.00pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Thurs 30 th Jan	Brigton Café	10.30 – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Are ye dancing?	1.00pm - 2.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Fri 31 st Jan	Fitness Friday	11.30am - 12.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	

Online Groups for when you can't make it into the centres or want to watch from home.

Online Groups		
Every Wednesday	Transatlantic Jukebox Days	3.30pm – 4.15pm
Tuesday 7 th Jan	Online Information Session: 'Tech & useful everyday products' Delivered online via MS Teams For access contact Rachel at rmclauchlan@alzscot.org	6.00pm-8.00pm

contact Jan Watson for the link on 07407 814641 or jwatson@alzscot.org