

# What's on



## February 2025 - Renfrewshire

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.

Contact Katie for details on any of the groups Email: [krobinson@alzscot.org](mailto:krobinson@alzscot.org) or Tel: 07795257195



Wed 5 Feb	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 6 Feb	Film Club, St Mark's Church, Paisley, PA1 3DL – showing "The Jungle Book"	Doors Open 1.30
Thurs 6 Feb	Houston Hello Singers West Halls, Main Street, Houston	2.00-4.00
Fri 7 Feb	Keep Fit Chair Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 10 Feb	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 11 Feb	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 12 Feb	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 13 Feb	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00
Fri 14 Feb	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 14 Feb	Keep Fit Chair Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 19 Feb	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 20 Feb	Carers Support Group 32, Riccarton Avenue, Paisley, PA2 6BG	10.30-12.00
Thurs 20 Feb	Houston Hello Singers West Halls, Main Street, Houston	2.00-4.00
Thurs 20 Feb	The Haven Café St. Mark's Church, Paisley, PA1 3DL	2.00-4.00
Fri 21 Feb	Keep Fit Chair Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

Mon 24 Feb	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 25 Feb	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 26 Feb	Lunch Club	12.30
Wed 26 Feb	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 27 Feb	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00
Fri 28 Feb	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 28 Feb	Keep Fit Chair Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

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/>



**24 HOUR**  
Dementia  **Alzheimer Scotland**  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)