

## FIFE SERVICE ONLINE GROUP ACTIVITIES NOVEMBER 2020

For further information on any of our online groups please telephone 01592 204541 or email [fifeservices@alzscot.org](mailto:fifeservices@alzscot.org)

Community Activities Organiser	Tracey	Michelle	Shirley	Anne	Shelagh	Dementia Advisor/ Facebook Live
<b>Monday</b>	<b>Social Group</b> 11.00am-12noon  <b>Bingo</b> 2.00pm-3.00pm	<b>Quiz &amp; Games</b> 2.00pm-3.00pm <b>and</b> 3.30pm-4.30pm			<b>Social Group</b> 11.00am - 12.00noon	<b>Choir – join us on Facebook Live with Amy</b> 12-12.45pm
<b>Tuesday</b>	<b>Quiz/Music</b> 11.00am-12 noon  <b>Healthy Heart &amp; Hips</b> 2.00pm-3.00pm	<b>Garden Group</b> 10.00am- 11.00am	<b>Quiz for Fun</b> 3.00pm-4.00pm	<b>Happy Memories Cafe</b> 11.15am – 12.00noon  <b>Football Memories</b> 4.00pm-5.00pm		
<b>Wednesday</b>	<b>Fun and Games</b> 11.00am-12 noon  <b>Musical Memories</b> 2.00pm-3.00pm	<b>Movement to Music</b> 11.00am-12 noon  <b>Sports Memories</b> 3.30pm-4.30pm		<b>Garden Gathering</b> 11.15-12 noon	<b>Let's Go Travelling</b> 11.00am - 12noon	
<b>Thursday</b>	<b>Healthy Heart &amp; Hips</b> 11.00am-12 noon  <b>Bingo</b> 2.00pm-3.00pm	<b>Social Group</b> 11.00am-12 noon	<b>Music Favourites</b> 1.30pm-2.30pm			<b>Carer Get Together</b> 2pm-3pm (Every Thursday)
<b>Friday</b>	<b>Old Sitcoms/Musicals</b> 11.00am-12 noon		<b>Bingo</b> 2.00pm-3.00pm <b>(Dog Bingo last Friday of the month – 27<sup>th</sup> November)</b>			

If you like and attend our online activities, please help us by making a donation to help support and continue to provide our services for people living with dementia and their carers through the following link: <https://justgiving.com/fundraising/ASFife>