

October activities

Dementia Resource Centre, Unit 6, Arran Mall, Ayr

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Tue 1	1pm - 3pm	CMHT Memory Café, Portland Church, Troon
Tue 1	10.30am	Ayr United Strollers, walk, Somerset Park, Ayr
Wed 2	11am - 1pm	Men's Group, DRC, Arran Mall, Ayr
Thu 3	1.30pm - 3.30pm	DFT&V presents Relaxed Golf, Portland Golf Club, Troon
Fri 4	1pm	Dementia Friendly Dog Walk from GiveaDogaBone, Ayr Street, Troon,
Mon 7	11am - 12.30pm	DFP presents Prom Walk & Blether, Prestwick Prom
Tue 8	11am - 12.30pm	CMHT Memory Café, DRC, Arran Mall, Ayr
Tue 8	10.30am	Ayr United Strollers, walk, Somerset Park, Ayr
Wed 9	11am - 1pm	Men's Group, DRC, Arran Mall, Ayr
Wed 9	2pm - 3.30pm	Music & More, Church of the Nazarene, Troon
Thu 10	2.30pm - 3.45pm	Musical Memories, Alloway Parish Church Halls
Thu 10	1.30pm - 3.30pm	Relaxed Golf, Girvan Golf Club, Girvan
Fri 11	10.30am - 12.30pm	Acting Up! With Livewire Theatre Co., DRC Arran Mall, Ayr
Fri 11	1pm	Dementia Friendly Dog Walk from GiveaDogaBone, Ayr Street, Troon
Mon 14	9am-12pm	Dementia Advisor Drop In, DRC, Arran Mall, Ayr
Mon 14	11am - 12.30pm	DFP presents Prom Walk & Blether, Prestwick Prom
Tue 15	10.30am	Ayr United Strollers, walk, Somerset Park, Ayr
Tue 15	2pm - 3.30pm	Music & More, Newton Wallacetown Church, Ayr
Wed 16	11am - 1pm	Men's Group, DRC, Arran Mall, Ayr
Thu 17	12.30pm - 2.30pm	AUFA presents Football Memories, Hospitality Suite, Somerset Park
Thu 17	1.30pm - 3.30pm	DFT&V presents Relaxed Golf, Portland Golf Club, Troon
Friday 18	1pm	Dementia Friendly Dog Walk from GiveaDogaBone, Ayr Street, Troon
Mon 21	9am - 12pm	Dementia Advisor - Tech Drop-in, DRC, Arran Mall, Ayr
Mon 21	11am - 12.30pm	DFP presents Prom Walk & Blether, Prestwick Prom
Tue 22	10.30am	Ayr United Strollers, walk, Somerset Park, Ayr
Tue 22	2pm - 3.30pm	Music & More, St Quivox Church, St Quivox Road, Prestwick
Wed 23	11am - 1pm	Men's Group, DRC, Arran Mall, Ayr
Fri 25	1pm	Dementia Friendly Dog Walk from GiveaDogaBone, Ayr Street, Troon
Fri 25	10.30am-12pm	AUFA presents Football Memories, Carrick Centre, Maybole
Fri 25	10.30am-12.30pm	Acting Up! With Livewire Theatre Co., DRC, Arran Mall, Ayr
Fri 25	1.30pm - 3.30pm	DFP presents Cinema Afternoon, Prestwick Community Centre
Mon 28	11am - 12.30pm	DFP presents Prom Walk & Blether, Prestwick Prom
Tue 29	10.30am	Ayr United Strollers, walk Somerset Park, Ayr
Wed 30	11am - 1pm	Men's Group, DRC, Arran Mall, Ayr
Wed 30	2pm -3.30pm	DFT&V Reminiscence Afternoon, Church of the Nazarene, Troon
Wed 30	1pm - 3pm	CMHT Memory Café, Kingcase Church, Prestwick

There is no charge for Alzheimer Scotland activities, however to cover the costs of room hire and refreshments a contribution of £2.00 per person is appreciated.

Key	DFP—Dementia Friendly Prestwick	DFT&V—Dementia Friendly Troon & Villages
	CMHT—Community Mental Health Team	AUFA—Ayr United Football Academy

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 take responsibility for them and share the experiences of the group.

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