

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## September 2024 – South Ayrshire

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 are unable to 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 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.

In person group		
Mon 2 <sup>nd</sup> Sept	<b>*NEW* Adapted Yoga</b> My Yoga Place, 70 Kyle Street, Ayr, KA7 1RZ . A relaxing time of adapted yoga for people living with dementia and unpaid carers. (Booking required)	14.00pm – 15.00pm
Tues 3 <sup>rd</sup> Sept	<b>Tuesdays at Millrock &amp; Light Lunch</b> Millrock Court, Troon, KA10 6RP Tea /coffee/chat (Booking for lunch required)	10.30am – 13.00pm
Weds 4 <sup>th</sup> Sept	<b>Lunch &amp; Relaxed Bowling</b> Howie Bowling Club, Prestwick, KA9 1PN (Booking required)	12.00noon – 14.00pm
Mon 9 <sup>th</sup> Sept	<b>Adapted Yoga</b> My Yoga Place, 70 Kyle Street, Ayr, KA7 1RZ . (Booking required)	14.00pm – 15.00pm
Tues 10 <sup>th</sup> Sept	<b>Tuesdays at Millrock</b> Millrock Court, Troon, KA10 6RP Tea / coffee / chat /short stroll along North Shore	10.30am – 12.00noon
Wed 11 <sup>th</sup> Sept	<b>Nurture through Nature (tbc)</b> Auchincruive, Ayr (Booking required)	11.00am – 12.30pm
Thur 12 <sup>th</sup> Sept	<b>The Art Room – Art &amp; Craft Group</b> Whitletts Court, Ayr KA8 0LH	10.30am – 12.00noon
Mon 16 <sup>th</sup> Sept	<b>Adapted Yoga</b> My Yoga Place, 70 Kyle Street, Ayr, KA7 1RZ . (Booking required)	14.00pm – 15.00pm
Tues 17 <sup>th</sup> Sept	<b>Tuesdays at Millrock</b> Millrock Court, Troon, KA10 6RP Tea/coffee/chat/short stroll along North Shore	10.30am – 12.00noon

Wed 18 <sup>th</sup> Sept	<b>*NEW*</b> Wednesdays at Morrison Gardens Ayr, KA8 0RU Tea/coffee/ scones & pancakes Come and join us for a cuppa and chat – no need to book.	10.30am – 12.00noon
Thur 19 <sup>th</sup> Sept	<b>*NEW*</b> ‘Back in Time’ at Dundonald Castle. ‘Hands on’ fun, informative sessions discovering past times and sharing memories over a cup of tea & cake/scone. Winehouse Yett, Dundonald, KA2 9HD (Booking required)	10.30am – 11.45am
Mon 23 <sup>rd</sup> Sept	<b>Adapted Yoga</b> My Yoga Place, 70 Kyle Street, Ayr, KA7 1RZ . (Booking required)	14.00pm – 15.00pm
Tues 24 <sup>th</sup> Sept	<b>Tuesdays at Millrock</b> Millrock Court, Troon, KA10 6RP Tea/coffee/chat/short stroll along North Shore	10.30am – 12.00noon
Tues 24 <sup>th</sup> Sept	<b>Music and More</b> St Quivox Church hall, Prestwick KA9 1LU Live music and singing	14.00pm – 15.30pm
Wed 25 <sup>th</sup> Sept	<b>Memory Café</b> Boyle Court Community Room, Girvan, KA26 9ED	10.00am – 11.30am
Wed 25 <sup>th</sup> Sept	<b>Wednesdays at Morrison Gardens</b> Morrison Gardens, Ayr KA8 0RU Tea/coffee/chat	10.30am – 12.00noon
Thur 26 <sup>th</sup> Sept	<b>‘Back in Time’</b> Dundonald Castle, Winehouse Yett, Dundonald, KA2 9HD (Booking required)	10.30am – 11.45am
Thur 26 <sup>th</sup> Sept	<b>Dementia Advisor Drop In</b> Carer Centre, Ayr	10.00am – 12.00noon
Mon 30 <sup>th</sup> Sept	<b>Adapted Yoga</b> My Yoga Place, 70 Kyle Street, Ayr, KA7 1RZ . (Booking required)	14.00pm – 15.00pm

Contact details for groups:

Email: [PRudge@alzscot.org](mailto:PRudge@alzscot.org) Tel: 07788253234

Email: [LRobertson@alzscot.org](mailto:LRobertson@alzscot.org) Tel: 07585331946

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/alzheimer-scotland-east-south-ayrshire>

