

Falkirk – September 2026 at a glance

	Tuesday	Wednesday	Thursday	Friday
	1 st	2 nd	3 rd	4 th
	10am -12pm Garden Club 1.30 -3pm Singing group 2- 3.30pm Ten Pin Bowling	10 -12pm JukeBox Memories 12 - 1.30pm Lunch Club 1.30 - 3pm Brain Gym	10am – 12pm Central Perk Cafe Falkirk 11-12.30pm Grangemouth Rugby Club Memory Shed & 12.30 - 2.30pm Lunch Club & Sports Activities	12.30 – 2.30pm Boness Cafe Richmond Park Hotel 1.30 - 3pm Friday Activity Cafe
Monday	Tuesday	Wednesday	Thursday	Friday
7 th	8 th	9 th	10 th	11 th
10 -12pm Film Club 12 -1.30pm Lunch Club 1.30 - 3pm Football Memories	10am -12pm Garden Club 1.30 -3pm Singing group 2- 3.30pm Ten Pin Bowling	10 -12pm JukeBox Memories 12 - 1.30pm Lunch Club 1.30 - 3pm Brain Gym	10am – 12pm Central Perk Cafe Falkirk 11-12.30pm Grangemouth Rugby Club Memory Shed & 12.30 - 2.30pm Lunch Club & Sports Activities	12.30 – 2.30pm Boness Cafe Richmond Park Hotel 1.30 - 3pm Friday Activity Cafe
Monday	Tuesday	Wednesday	Thursday	Friday
14 th	15 th	16 th	17 th	18 th
10 -12pm Film Club 12 -1.30pm Lunch Club 1.30 - 3pm Football Memories	10am -12pm Garden Club 1.30 -3pm Singing group 2- 3.30pm Ten Pin Bowling	10 -12pm JukeBox Memories 12 - 1.30pm Lunch Club 1.30 - 3pm Brain Gym	10am – 12pm Central Perk Cafe Falkirk 11-12.30pm Grangemouth Rugby Club Memory Shed & 12.30 - 2.30pm Lunch Club & Sports Activities	12.30 – 2.30pm Boness Cafe Richmond Park Hotel 1.30 - 3pm Friday Activity Cafe
Monday	Tuesday	Wednesday	Thursday	Friday
21 st	22 nd	23 rd	24 th	25 th
10 -12pm Film Club 12 -1.30pm Lunch Club 1.30 - 3pm Football Memories	10am -12pm Garden Club 1.30 -3pm Singing group 2- 3.30pm Ten Pin Bowling	10 -12pm JukeBox Memories. 12 - 1.30pm Lunch Club 1.30 - 3pm Brain Gym	10am – 12pm Central Perk Cafe Falkirk 11-12.30pm Grangemouth Rugby Club Memory Shed & 12.30 - 2.30pm Lunch Club & Sports Activities	12.30 – 2.30pm Boness Cafe Richmond Park Hotel 1.30 - 3pm Friday Activity Cafe
Monday	Tuesday	Wednesday		
28 th	29 th	30 th		
10 -12pm Film Club 12 -1.30pm Lunch Club 1.30 - 3pm Football Memories	10am -12pm Garden Club 1.30 -3pm Singing group 2- 3.30pm Ten Pin Bowling	10 -12pm JukeBox Memories 12 - 1.30pm Lunch Club 1.30 - 3pm Brain Gym		

Online Group - Juke Box Days – Every Wednesday 3.30- 4.25 pm - for further details contact
aboyd@alzscot.org 07932120685 - **The Maples 33 Johnson Avenue Stenhousemuir FK5 4JZ**

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