

What's on

September 2026 - Falkirk

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.

We are also here for you with a warm drink, company, chat or catch up, so why not pop in. Please see below for more details.

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		
Tues 1 st	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5	10am-12pm
	Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5	1.30pm-3pm
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 1 st	Ten Pin Bowling - Bowling for people living with dementia & carer. Booking required.	2pm-3.30pm
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	
Wed 2 nd	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.	10am-11.30pm
	Lunch Club – bring your own lunch or a sandwich/snack can be provided	12pm-1.30pm
	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered	1.30pm-3pm
	Suggested donation £5 - £10 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Thurs 3 rd	The Hub@ Grangemouth Rugby Club	
	Meet up Café – Meet, chat & connect	10.30am-11am
	Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.	11am-12.30pm
		12.30pm-1.30pm

	Lunch Club - Bring your own lunch, hot drink & biscuits supplied A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather. Grangemouth Rugby Club Glensburgh Road, FK3 8XL	1.30pm-2.30pm
Thurs 3rd	Falkirk Café - Offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am-12pm
Fri 4th	Bo’ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	10.30am-12pm
Fri 4th	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	1.30pm-3pm
Mon 7th	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. Suggested donation £5 - £10 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	10am-11.30am 12pm-1.30pm 1.30pm-3pm
Tues 8th	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5 Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10am-12pm 1.30pm-3pm
Tues 8th	Ten Pin Bowling - Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 9th	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50’s, 60’s and 70’s Jukebox. Lunch Club – bring your own lunch or a sandwich/snack can be provided	10am-11.30am 12pm-1.30pm 1.30am-3pm

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Thurs 10th	The Hub@ Grangemouth Rugby Club Meet up Café – Meet, chat & connect 10.30am-11am Memory Group – Reminiscing about sport, silver screen, local history or topic of choice. 11am-12.30pm Lunch Club - Bring your own lunch, hot drink & biscuits supplied 12.30pm-1.30pm A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . 1.30pm-2.30pm Activities will take place outdoor or indoor depending on the weather. Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 10th	Falkirk Café- Offers peer support, information & advice. 10am-12pm Central Perk, Grahams Road, Falkirk FK1 1HS	
Fri 11th	Bo’ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff 10.30am-12pm Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 ODN.	
Fri 11th	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. 1.30pm-3pm This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Mon 14th	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. 10am-11.30am Lunch Club – bring your own lunch or a sandwich/snack can be provided 12pm-1.30pm Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. 1.30pm-3pm Suggested donation £5 - £10 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 15th	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5 10am-12pm 1.30pm-3pm	

	Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5	
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 15th	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.	2pm-3.30pm
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	
Wed 16th	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.	10am-11.30am
	Lunch Club – bring your own lunch or a sandwich/snack can be provided	12am-1pm
	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered	1.30pm-3pm
	Suggested donation £5 - £10 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Wed 16th	Espresso Yourself Café- Join us for some a cuppa, For younger person living with dementia? We would like to invite people living with dementia under the age of 65 with a diagnosis of dementia and their carers to join us for a tea or coffee at our café. The café provides a safe space where you can relax. socialise and get some advice & support.	2pm-3.30pm
	Brain Health & Dementia Resource Centre, 2-4 Mill st Alloa FK10 1DT	
Thurs 17th	The Hub@ Grangemouth Rugby Club	
	Meet up Café – Meet, chat & connect	10.30am-11am
	Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.	11am-12.30pm
	Lunch Club - Bring your own lunch, hot drink & biscuits supplied	12.30pm-1.30pm
	A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.	1.30pm-2.30pm
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 17th	Falkirk Café- Offers peer support, information & advice.	10.am-12pm
	Central Perk, Grahams Road, Falkirk FK1 1HS	
Fri 18th	Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff	10.30am-12pm
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	

Fri 18th	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	1.30pm-3pm
Mon 21st	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. Suggested donation £5 - £10 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	10am-11.30am 12pm-1.30pm 1.30pm-3pm
Tues 22nd	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5 Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10am-12pm 1.30pm-3pm
Tues 22nd	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 23rd	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox. Lunch Club – bring your own lunch or a sandwich/snack can be provided Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered Suggested donation £5 - £10 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	10am-11.30am 12pm-1.30pm 1.30pm-3pm
Thurs 24th	The Hub@ Grangemouth Rugby Club Meet up Café – Meet, chat & connect Memory Group – Reminiscing about sport, silver screen, local history or topic of choice. Lunch Club - Bring your own lunch, hot drink & biscuits supplied	10.30am-11.am 11am-12.30pm 12.30pm-1.30pm 1.30pm-2.30pm

	A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.	
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 24th	Falkirk Café - Offers peer support, information & advice.	10.am-12pm
	Central Perk, Grahams Road, Falkirk FK1 1HS	
Fri 25th	Bo’ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff	10.30am-12pm
	Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	
Fri 25th	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5	1.30pm-3pm
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Mon 28th	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.	10am-11.30am
	Lunch Club – bring your own lunch or a sandwich/snack can be provided	12pm-1.30 pm
	Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. Suggested donation £5 - £10	1.30pm-3pm
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Mon 28th	Try Something New - An activity-based group offering an opportunity to try a range of activities, which promote physical and mental stimulation and co-ordination from archery, boules to yoga, there is something for everyone.	10am-12pm
	Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK2 ORN	
Tues 29th	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5	10am-12pm
	Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5	1.30pm-3pm
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 29th	Ten Pin Bowling - Bowling for people living with dementia & carer. Booking required.	2pm-3.30pm

	Redbrae Road, Camelon, Falkirk, FK1 4HJ	
Wed 30th	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.	10am-11.30am
	Lunch Club – bring your own lunch or a sandwich/snack can be provided	12pm-1.30pm
	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered	1.30pm-3pm
	Suggested donation £5 - £10 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Every Wednesday	Juke Box Days USA&UK	3.30PM-4.15PM

Contact details for groups:

Email: aboyd@alzscot.org Tel: 07932120685

Email: lhawthorn@alzscot.org Tel: 07876846218

Email: Jduffy@alzscot.org Tel: 01324564275

Email: swest@alzscot.org Tel: 07855644018



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/>