



ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

MAY 2024

These dementia-friendly events are open (unless otherwise mentioned) to older people and those of all ages who are affected by dementia, social isolation, loneliness, mental health issues, mobility issues and other conditions. They are free of charge unless stated, with pre-booking of places required where indicated.



BOOGIE IN THE BAR

Sunnybank FC, Heathryfold Friday 3rd May 12.00 - 14.30

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk 07799 860899

Greentrees Pub, Victoria Street, Dyce Tuesday 7th May 11.30 - 14.30

Contact for information 01224 799900

Dee Swimming Club, Gerrard Street Wednesday 8th May 11.30 - 13.30

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk 07799 860899

The Foundry Bar, Holburn Street Thursday 16th May 12.00 - 16.00

Contact for information 01224 585364

The Abbott Lounge, Provost Watt Drive Thursday 30th May 12.00 - 14.00

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk 07342 075385



AFCCT HEALTH WALKS

All walks 10.00 to 12.00 ** Refreshments provided

Tuesday 7th May **Start and finish Pittodrie Stadium, Richard Donald Stand ****

Tuesday 14th May **Rosehill Drive (outside chipper) to Middlefield Hub (Manor Avenue)**

Tuesday 21st May **Start and finish St Joseph's School, Queen's Road ****

Tuesday 28th May **Culter bus terminus (Johnston Gardens, east stop) to The Ploughman's (North Deeside Road) ****

Contact for information Nicola Graham nicola.graham@afccommunitytrust.org



FOOTBALL MEMORIES

Pittodrie Stadium, Sir Alex Ferguson Lounge, Main Stand Mondays 6th and 20th May 14.00 - 15.30

Thursdays 16th and 30th May 14.00 - 15.30

Contact for information Alan Johnstone ajj1954@hotmail.co.uk 07753 749219

Brain Health & Dementia Resource Centre, 13 King Street Tuesday 7th May 10.30 - 12.00

Contact for information Diane Johnston djohnston@alzscot.org 01224 644077

** Open to those affected by dementia **



SPORTING MEMORIES

Aberdeenshire Cricket Club, Mannofield Wednesday 1st May 14.00 - 15.30

Contact for information Alan Johnstone ajj1954@hotmail.co.uk 07753 749219



GOLF MEMORIES

Deeside Golf Club, Trophy Room Monday 13th May 14.00 - 15.30

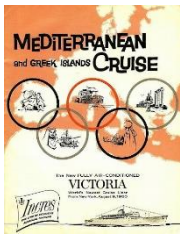
Contact for information Alan Johnstone ajj1954@hotmail.co.uk 07753 749219



PITTODRIE COMMUNITY HUB

Teddy Scott Lounge, Pittodrie Stadium Thursdays 2nd, 9th, 16th, 23rd, 30th May 13.00 - 16.00

Contact for information debra.christie@afccommunitytrust.org



SOCIAL MEMORIES

Brain Health & Dementia Resource Centre, 13 King Street

A Trip Down Memory Lane *Aberdeen on Film* Monday 6th May 10.30 - 12.00

Join this reminiscence session and also learn about the services and activities offered at the Resource Centre

**** Open to all, whether affected by dementia or not ****

Coffee Morning Memories *Summer Holidays* Monday 20th May 10.30 - 12.00

Summer holiday experiences, from Aberdeen Beach to Butlins to cruising the Mediterranean

**** Open only to those affected by dementia ****

Contact for information Diane Johnston djohnston@alzscot.org 01224 644077



AFCCT MUSIC MEMORIES

SHMU, Station Road, Woodside

Reminiscence and making new memories

Wednesday 29th May 14.00 - 15.30

Contact for information Nicola Graham nicola.graham@afccommunitytrust.org



MIGHTY OAKS MENOPAUSE HEALTH WALK & TALK

Women empowering women through walking, talking, laughs and support. Refreshments provided.

Vaccination & Wellbeing Hub, Bon Accord Centre Mondays 13th and 27th May 12.30 - 13.30

Greyhope Community Hub, Torry Wednesdays 1st, 15th and 29th May 13.00 - 14.30

Powis Community Centre Wednesdays 1st, 15th and 29th May 17.30 - 18.30

Sheddocksley Community Centre Thursdays 2nd, 9th, 16th, 23rd and 30th May 18.00 - 19.00

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk 07799 860899



NORTH-EAST MEMORIES

Central Library, Rosemount Viaduct Tuesday 7th May 14.30 - 16.00

Topic to be announced

Cove Library Tuesday 28th May 14.30 - 16.00

Topic to be announced

Contact for information 01224 652500 [Library events | Aberdeen City Council](#)



KNIT & NATTER

Aberdeen City Vaccination & Wellbeing Hub Mondays 13th and 27th May 14.00 - 16.00

Bring along your own knitting and crotcheting

Contact *Stay Well Stay Connected* for information SWSC@aberdeencity.gov.uk 07799 860899



SOUP'S ON

Old Torry Community Centre Monday 13th May 12.00 - 14.00

Soup n' sandwiches and a lunchtime blether

Contact for information oldtorry@gmail.com 01224 894925



MUSICAL MEMORIES

Aberdeen Art Gallery, Cowdray Hall Fridays 3rd, 17th and 31st May 13.30 - 15.30

A friendly singing group for people with dementia, their partners, families and friends

Further information at [Musical Memories | Aberdeen City Council](#)



LIVING WELL CAFÉS

- Brimmond Church** Tuesdays 7th and 21st May 13.00 - 15.00
Devana Fonthill Church Thursdays 2nd, 16th and 30th May 13.00 - 15.00
Oldmachar Church Tuesdays 14th and 28th May 13.00 - 15.00
- *Open to those living with dementia & other memory issues and their carers*
- Contacts for information E-mail cafe@thelivingwellproject.org.uk
Telephone Jeanette 07512 141818 or Linda 07927 541029
Facebook [Living Well Cafe | Facebook](#)



OUR ABERDEEN

- Aberdeen Treasure Hub, Granitehill Road** Thursday 9th May 14.00 - 15.30 *What's Your Treasure?*
We will look at the items selected from our collections by pupils from Northfield Academy as their "treasure", including toys, ceramics, costume and artworks.
- Aberdeen Art Gallery, Learning Space** Thursday 30th May 14.00 - 15.30 *The Balmoral Phenomena*
See Victoria and Albert in all their tartan finery, Balmoral Castle, highland landscapes and a historic flash flood at Glenfeshie.
- Further information at [Our Aberdeen | Aberdeen City Council](#)



EXHIBITIONS

- Aberdeen Art Gallery, Special Exhibition Galleries, Level 2** Exhibition open to Sunday 9th June
Louise Bourgeois
The only Scottish showing of work by French-American artist Louise Bourgeois, who is widely recognised as one of the most important and influential figures of modern and contemporary art
- Sir Duncan Rice Library, Old Aberdeen Campus** Exhibition open to Sunday 6th October
Striking Impressions
An exhibition about how faces have been depicted and interpreted. Anatomy, divination, caricature, sculpture, painting, masks - and a creative space for you to use the art supplies provided.
- Information at [The Gallery | Museums and Special Collections | The University of Aberdeen \(abdn.ac.uk\)](#)



CONCERTS & TALKS

Aberdeen Art Gallery, Cowdray Hall 12.45 - 13.30 Pay as you feel

Big Noise Torry Thursday 2nd May

Ogston Prize Winner 2024 Thursday 9th May

Meldrum Academy Thursday 16th May

Roger Williams and friends Thursday 23rd May

Aberdeen Art Gallery, Cowdray Hall Friday 31st May 19.30 - 21.30 £14

Celebrating Irving Berlin Mezzo soprano Jane Monari and tenor Christian Schneeberger

Aberdeen Art Gallery, Seminar Room Wednesday 1st May 12.30 - 13.15 Pay as you feel

Why they call themselves Peacock Griffin Coe, curator of the exhibition *Celebrating Printmaking at Peacock*, introduces works created during their formative years.

Aberdeen Art Gallery, Seminar Room Saturday 4th May 14.00 - 15.00 Pay as you feel

The photography of Arpita Shah: Grandmother muse, portraiture and heirlooms

British-Indian photographer Arpita Shah in conversation with University of Aberdeen art historian Catriona McAra.

Aberdeen Maritime Museum, Education Suite Wednesday 15th May 12.30 - 13.15 Pay as you feel

The Skabbit Horse: Contagion in medieval Aberdeen

Martin Hall, AAGM archivist, examines the regulation of cleanliness, contagion and disease precaution in the medieval burgh of Aberdeen

Information on concerts, talks and all other Aberdeen Archives, Gallery & Museums events at

[What's On March 24 - June 24 | Aberdeen City Council](#)

