



## ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

**APRIL 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 5<sup>th</sup> April 12.00 - 14.30

Contact *Stay Well Stay Connected* for information [SWSC@aberdeencity.gov.uk](mailto:SWSC@aberdeencity.gov.uk) 07799 860899

**Greentrees Pub, Victoria Street, Dyce** Tuesday 2<sup>nd</sup> April 11.30 - 14.30

Contact for information 01224 799900

**Dee Swimming Club, Gerrard Street** Wednesday 10<sup>th</sup> April 11.30 - 13.30

Contact *Stay Well Stay Connected* for information [SWSC@aberdeencity.gov.uk](mailto:SWSC@aberdeencity.gov.uk) 07799 860899

**The Foundry Bar, Holburn Street** Thursday 11<sup>th</sup> April 12.00 - 16.00

Contact for information 01224 585364

**The Abbott Lounge, Provost Watt Drive** Thursday 25<sup>th</sup> April 12.00 - 14.00

Contact *Stay Well Stay Connected* for information [SWSC@aberdeencity.gov.uk](mailto:SWSC@aberdeencity.gov.uk) 07342 075385



### AFCCT HEALTH WALKS

All walks 10.00 to 12.00 \*\* Refreshments provided

Tuesday 2<sup>nd</sup> April **Start and finish Heathryfold, Howes Road**

Tuesday 9<sup>th</sup> April **Rubislaw Gardens (Union Street end) to Foundry, Holburn Street \*\***

Tuesday 16<sup>th</sup> April **Scotstown Shops (North Donside Road) to King's Church, Ellon Road**

Tuesday 23<sup>rd</sup> April **Stonehaven - Outside outdoor swimming pool to the prom (make own way there)**

Tuesday 30<sup>th</sup> April **Lidl King Street to Pittodrie \*\***

Contact for information Nicola Graham [nicola.graham@afccommunitytrust.org](mailto:nicola.graham@afccommunitytrust.org)



## FOOTBALL MEMORIES

**Pittodrie Stadium, Sir Alex Ferguson Lounge, Main Stand** Mondays 1<sup>st</sup> and 15<sup>th</sup> April 14.00 - 15.30  
Thursdays 11<sup>th</sup> and 25<sup>th</sup> April 14.00 - 15.30

Contact for information Alan Johnstone [ajj1954@hotmail.co.uk](mailto:ajj1954@hotmail.co.uk) 07753 749219

**Dementia Resource Centre, 13 King Street** Tuesday 2<sup>nd</sup> April 10.30 - 12.00

Contact for information Diane Johnston [djohnston@alzscot.org](mailto:djohnston@alzscot.org) 01224 644077

**\*\* Open to those affected by dementia \*\***



## REFEREE TALK



Sponsored by Specsavers and promoted through Football Memories Scotland, retired north-east referee Mike Pocock will share highlights of his career and take part in a question-and-answer session.

**\*\* Open to all members of Aberdeen football memories groups and their carers. The option of attending our regular football memories session at this time in the Sir Alex Ferguson Lounge is also available for those who may prefer a quieter environment. \*\***

**Pittodrie Stadium, Teddy Scott Lounge, Richard Donald Stand** Monday 15<sup>th</sup> April 14.00 - 15.30

Contact for information Alan Johnstone [ajj1954@hotmail.co.uk](mailto:ajj1954@hotmail.co.uk) 07753 749219



## SPORTING MEMORIES

**Aberdeenshire Cricket Club, Mannofield** Wednesday 3<sup>rd</sup> April 14.00 - 15.30

Contact for information Alan Johnstone [ajj1954@hotmail.co.uk](mailto:ajj1954@hotmail.co.uk) 07753 749219



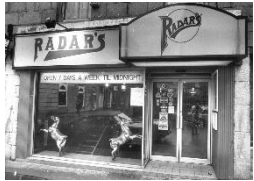
## GOLF MEMORIES

**Deeside Golf Club, Trophy Room** Monday 8<sup>th</sup> April 14.00 - 15.30  
Contact for information Alan Johnstone [ajj1954@hotmail.co.uk](mailto:ajj1954@hotmail.co.uk) 07753 749219



## PITTODRIE COMMUNITY HUB

**Teddy Scott Lounge, Pittodrie Stadium** Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April 13.00 - 16.00  
Contact for information [debra.christie@afccommunitytrust.org](mailto:debra.christie@afccommunitytrust.org)



## SOCIAL MEMORIES

**Brain Health & Dementia Resource Centre, 13 King Street**

**A Trip Down Memory Lane** *Television Game Shows* Monday 8<sup>th</sup> April 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** *Aberdeen on Film* Monday 22<sup>nd</sup> April 10.30 - 12.00  
Film clips of Aberdeen from the 1930s to the 1980s  
\*\* Open only to those affected by dementia \*\*

Contact for information Diane Johnston [djohnston@alzscot.org](mailto:djohnston@alzscot.org) 01224 644077



## AFCCT MUSIC MEMORIES

**SHMU, Station Road, Woodside**

*Reminiscence and making new memories*

Wednesday 24<sup>th</sup> April 14.00 - 15.30

Contact for information Nicola Graham [nicola.graham@afccommunitytrust.org](mailto:nicola.graham@afccommunitytrust.org)



## MIGHTY OAKS MENOPAUSE HEALTH WALK & TALK

Come along and chat to others who have been affected by the menopause, with the option to stay for a chat and a cuppa

<b>Vaccination &amp; Wellbeing Hub, Bon Accord Centre</b>	Mondays 15 <sup>th</sup> and 29 <sup>th</sup> April 13.00 - 14.30
<b>Greyhope Community Hub, Torry</b>	Wednesdays 3 <sup>rd</sup> and 17 <sup>th</sup> April 13.00 - 14.30
<b>Powis Community Centre</b>	Wednesdays 3 <sup>rd</sup> and 17 <sup>th</sup> April 17.30 - 19.00
<b>Sheddocksley Community Centre</b>	Thursdays 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> April 18.00 - 20.00

Contact *Stay Well Stay Connected* for information [SWSC@aberdeencity.gov.uk](mailto:SWSC@aberdeencity.gov.uk) 07799 860899



## NORTH-EAST MEMORIES

**Central Library, Rosemount Viaduct** Tuesday 2<sup>nd</sup> April 14.30 - 16.00

*Aberdeen's Pubs and Alehouses in pictures*

**Cove Library** Tuesday 30<sup>th</sup> April 14.30 - 16.00

*Topic to be announced*

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



## BONSAI FOR BEGINNERS



Bonsai cultivation is known to improve mood, reduce stress and improve concentration. This special talk will show you hints and tips for successfully cultivating your own bonsai.

**Central Library, Rosemount Viaduct** Wednesday 3<sup>rd</sup> April 18.00 - 19.00

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



## LIVING WELL CAFÉS

- Brimmond Church** Tuesdays 9<sup>th</sup> and 23<sup>rd</sup> April 13.00 - 15.00  
**Devana Fonthill Church** Thursdays 4<sup>th</sup> and 18<sup>th</sup> April 13.00 - 15.00  
**Oldmachar Church** Tuesdays 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> April 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](mailto:cafe@thelivingwellproject.org.uk)  
Telephone Jeanette 07512 141818 or Linda 07927 541029  
Facebook [Living Well Cafe | Facebook](#)



## MUSICAL MEMORIES

- Aberdeen Art Gallery, Cowdray Hall** Fridays 5<sup>th</sup> and 19<sup>th</sup> April 13.30 - 15.00 A  
friendly singing group for people with dementia, their partners, families and friends  
Further information at [Musical Memories | Aberdeen City Council](#)



## OUR ABERDEEN

- Aberdeen Treasure Hub, Granitehill Road** Thursday 11<sup>th</sup> April 14.00 - 15.30 *Made in Aberdeen*  
Go behind the scenes to explore items made in Aberdeen, including garments from Crombie Mills and household ceramics from Seaton Pottery
- Aberdeen Art Gallery, Learning Space** Thursday 25<sup>th</sup> April 14.00 - 15.30 *Hands-on History*  
Open one of our Treasure Boxes to reveal a Victorian mourning brooch, an ear trumpet and an art work by contemporary artist Christine Borland  
Further information at [Our Aberdeen | Aberdeen City Council](#)



## CONCERTS, TALKS & EXHIBITIONS

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

*Bailey and Black (jazz, blues and ballads)* Thursday 4<sup>th</sup> April

*Daniel Toderas (piano)* Thursday 11<sup>th</sup> April

*Quartet Malamiatina (From the shores of Scotland to the vibrant rhythms of Spain)* Thursday 18<sup>th</sup> April

*Nova Quartet (string quartet)* Thursday 25<sup>th</sup> April

**Aberdeen Art Gallery, Cowdray Hall** Friday 12<sup>th</sup> April 19.00 to 20.00 (doors open 18.30)

£14 per concert or with a Feb - Apr season ticket

*Movie Classics @ the Cowdray* The Nova Quintet present the glam and glitz of Hollywood

**Aberdeen Art Gallery, Seminar Room** Wednesday 3<sup>rd</sup> April 12.30 to 13.15 Pay as you feel

*Homosexuality in the Aberdeen Press 1880-1930*

Dr Michael Shaw, University of Stirling

**Aberdeen Maritime Museum, Education Suite** Wednesday 17<sup>th</sup> April 12.30 to 13.15 Pay as you feel

*"The Ship in the Kirk" – Ship models in Aberdeen churches*

Dr Meredith Greiling, Principal Curator of Technology, National Museums Scotland

**Aberdeen Art Gallery, Cowdray Hall** Friday 12<sup>th</sup> April 15.00 - 16.00

*Gordon Burnett*, sculptor of the war memorial *Forget Them Not*, which is displayed in the Remembrance Hall of Aberdeen Art Gallery

**Aberdeen Art Gallery, Special Exhibition Galleries, Level 2** Exhibition open to Sunday 9<sup>th</sup> 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

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

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