

## Fife Branch Activity Planner 2026

SCHEDULE	ACTIVITY	DETAILS	TIME	LOCATION	COST	NOTE
WEEKLY	Monday	Sporting Memories	Get those brains working with Sporting Memories	10:30am - 12	Parkgate Community Centre, Rosyth. KY11 2JW	Free
	Monday	Chair Yoga	Therapeutic Exercise and meditation	10:45 - 12pm	Online with Zoom Meeting ID: 870 1565 7022 Passcode: 863295	Free
	Tuesday	Parkinson's Table Tennis	A chance to play table tennis and not worry about having Parkinson's	11:15 - 12:15	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	£2
	Wednesday	Indoor Bowling	Friendly competition for all abilities with a chance of a cuppa.	2 - 4pm	Abbeyview Bowling Club, Dunfermline	£5.50
	Thursday	BoxFit	Physical and mental exercise open to all abilities.	11:15am	PureGym, Dunfermline	£6
	Thursday	Tennis For Parkinson's	An hour of Parkinson's Tennis with a qualified Coach	10am	St Andrews University Sports Centre	£6
	Thursday	Exercise to Music	Seated or standing exercise and movement to music.	11:15am	Online with Zoom Meeting ID: 414 757 393 Passcode: 886058	Free
	Friday	BoxFit	Physical and mental exercise open to all abilities.	12 -1pm	The Lomand Centre, Glenrothes	£6
	Friday	Walking Football	Exercise and a kick about.	1:30 - 3pm	Pitreavie Sport & Soccer Centre, Dunfermline	Free
FORTNIGHTLY	Alternate Fridays	Singing Therapy	Singing with Meri	09:45 - 11am	Online with Zoom Meeting ID: 893 8697 2141 Passcode: 994443	Free
	Alternate Fridays	Walking Group	Walk, talk and get a chance to have something to eat at the end of the walk	11am	Meets in a different place every time.	Free
						Contact us for details

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Monthly	Second Tuesday OTM	Carer's Café	Just for Carer's	11:00 - 12:00	Caulders Garden Centre, Cupar.	Free (buy your own refreshments)
	Second Wednesday OTM	Coffee & Chat Dobbies	Chance of a friendly blether	Meets at 11am	Dobbies Garden Centre, Dunfermline	Free (buy your own refreshments)
	Second Thursday OTM (Except July & August)	Glenrothes Gathering	Meeting place with lots to do	12 - 3pm	The Bridge Centre, Glenrothes KY7 5NS	£5
	Third Tuesday OTM	Tenpin Bowling	Good natured competition with a chance of a snack at Dobbies afterwards	Meets at 2pm	The Hollywood Bowl, Dunfermline	Concession Rate of £3.50 (buy your own refreshments)
	Last Monday OTM (Except July and December)	St Andrews Parkinson's Café	An informal place to chat	11 - 12:30	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	Free
	Last Wednesday OTM (Except July and December)	Rosyth Parkinson's Café	An informal place to chat	10:00 - 12:00	EATS Hub, 115a Queensferry Road, Rosyth. KY11 2PS	Free (buy your own refreshments)
	Last Wednesday OTM	Monthly Quiz	Quiz questions on anything	07:30pm	Online with Zoom Meeting ID: 824 7666 1284 Passcode: 892282	Free