

## PARKINSON'S FIFE ACTIVITIES

### Carrying On Regardless

<b>Parkinson's Table Tennis</b>	Tuesdays 8th July to 19th August	10:30 - 12:00	St Andrews University Sports Centre, St Leonards Road. KU16 9DY
<b>Walking Football</b>	Fridays	1:30 - 3pm	Pitreavie Sport & Soccer Centre, Dunfermline
<b>Sporting Memories</b>	Mondays	10am - 12	Parkgate Community Centre, Rosyth. KY11 2JW
<b>Carer's Café</b>	Second Tuesday OTM	11:00 - 12:00	Caulders Garden Centre, Cupar.
<b>Singing Therapy</b>	Fridays (Alternates with Walking Group)	09:45 - 11am	Online with Zoom Meeting ID: 893 8697 2141 Passcode: 994443
<b>BoxFit</b>	Thursdays	11:15am	PureGym, Dunfermline
<b>Park Gowf</b>	Tuesdays	10:30	Dunnikier Park GC, Kirkcaldy.

### Resuming After Break

<b>St Andrews Parkinson's Café</b>	Resumes 25th August	11 - 12:30	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB
<b>Rosyth Parkinson's Café</b>	Resumes 27th August	10:00 - 12:00	EATS Hub, 115a Queensferry Road, Rosyth. KY11 2PS
<b>Living With Parkinson's (Quality of Life) Group</b>	Resumes 2nd September	2pm - 3:30pm	49 Broomhead Drive, Dunfermline. KY12 9AA
<b>Parkinson's Pre-Retirement (Young Person's) Group</b>	Resumes 3rd September	7pm	The Spiral Weave, Kirkcaldy
<b>Exercise to Music</b>	Resumes 4th September	11:15am	Online with Zoom Meeting ID: 414 757 393 Passcode: 886058
<b>Walking Group</b>	Fridays Resumes 5th September (Alternates with Singing Group)	Meets at 11am	Various walks in Fife (Contact Us for more information, details below)
<b>Coffee &amp; Chat Dobbies</b>	Resumes 10th September	Meets at 11am	Dobbies Garden Centre, Dunfermline
<b>Glenrothes Gathering</b>	Resumes 11th September	12 - 3pm	The Bridge Centre, Glenrothes KY7 5NS
<b>Tenpin Bowling</b>	Resumes 16th September	Meets at 2pm	The Hollywood Bowl, Dunfermline
<b>Indoor Bowling</b>	Resumes 17th Sept	2 - 4pm	Abbeyview Bowling Club, Dunfermline
<b>Monthly Quiz</b>	Resumes 24th September	07:30pm	Online with Zoom Meeting ID: 824 7666 1284 Passcode: 892282