

Fife Branch Activity Planner

ACTIVITY	DETAILS	FREQUENCY	SCHEDULE	TIME	LOCATION	COST
Glenrothes Gathering	Meeting place with lots to do	Monthly	2nd Thursday OTM (Except July & August)	12 - 3pm	The Bridge Centre, Glenrothes KY7 5NS	£5
St Andrews Parkinson's Café	An informal place to chat	Monthly	Last Monday OTM (Except July and December)	11 - 12:30	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	Free
Rosyth Parkinson's Café	An informal place to chat	Monthly	Last Wednesday OTM (Except July and December)	10:00 - 12:00	EATS Hub, 115a Queensferry Road, Rosyth. KY11 2PS	Free (buy your own refreshments)
Living With Parkinson's (Quality of Life) Group	Just for people with Parkinson's	Monthly	First Tuesday OTM	2pm - 3:30pm	49 Broomhead Drive, Dunfermline. KY12 9AA	Free
Carer's Café	Just for Carer's	Monthly	Second Tuesday OTM	11:00 - 12:00	Caulders Garden Centre, Cupar.	Free (buy your own refreshments)
Parkinson's Pre-Retirement (Young Person's) Group	For pre-retirement age people	Monthly	First Wednesday OTM	7pm	The Spiral Weave, Kirkcaldy	Free (buy your own refreshments)
Coffee & Chat Dobbies	Chance of a friendly blether	Monthly	Second Wednesday OTM	Meets at 11am	Dobbies Garden Centre, Dunfermline	Free (buy your own refreshments)
Tenpin Bowling	Good natured competition with a chance of a snack at Dobbies afterwards	Monthly	Third Tuesday OTM	Meets at 2pm	The Hollywood Bowl, Dunfermline	Concession Rate of £3.50 (buy your own refreshments)
Walking Group	Walk, talk and get a chance to have something to eat at the end of the walk	Alternate Weeks	Fridays (Alternating with Singing Group)	Meets at 11am	Ravenscraig Park 5th Sept, 3rd, 31st Oct, 28th Nov & Pittencreeff Park 19th Sept, 17th Oct, 14th Nov, 12 Dec	Free (buy your own refreshments)
Parkinson's Table Tennis	A chance to play table tennis and not worry about having Parkinson's	Weekly	Every Tuesday (Except for school holidays)	11:15 - 12:15	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	£2
Walking Football	Exercise and a kick about.	Weekly	Fridays	1:30 - 3pm	Pitreavie Sport & Soccer Centre, Dunfermline	Free
Sporting Memories	Get those brains working with Sporting Memories	Weekly	Mondays	10:30am - 12	Parkgate Community Centre, Rosyth. KY11 2JW	Free
Indoor Bowling	Friendly competition for all abilities with a chance of a cuppa. Woods can be provided.	Weekly	Wednesdays	2 - 4pm	Abbeyview Bowling Club, Dunfermline	£5.50 or if a member of the bowling club £4
BoxFit	Physical and mental exercise with punchy Parkinson's people. Open to all abilities.	Weekly	Thursdays	11:15am	PureGym, Dunfermline	Membership of PureGym required. 1st year free for PWP and their Carer
Park Gowf	Disability orientated golf	Weekly	Tuesdays	10:30	Dunnikier Park GC, Kirkcaldy.	Free
Exercise to Music	Seated or standing exercise and movement to music.	Weekly	Resumes 4th September	11:15am	Online with Zoom Meeting ID: 414 757 393 Passcode: 886058	Free
Singing Therapy	Singing with Meri	Alternate Weeks	Fridays (Alternates with Walking Group)	09:45 - 11am	Online with Zoom Meeting ID: 893 8697 2141 Passcode: 994443	Free
Monthly Quiz	Quiz questions on anything	Monthly	Resumes 24th September	07:30pm	Online with Zoom Meeting ID: 824 7666 1284 Passcode: 892282	Free