



## A Sporting Memories Project



# A PROGRAMME OF DAILY ACTIVITIES FOR OLDER PEOPLE IN FORFAR

- Share memories and reminisce about sport
- Gentle exercise
- Fun, friendly, community activities
- Meet up with friends
- Lunch and refreshments
- Activities are FREE to attend or a small donation

**Everyone welcome. Activities are inclusive and suitable for all.**



For more information about our activities please  
visit the Sporting Memories website  
[www.sportingmemories.uk/forfarsasc](http://www.sportingmemories.uk/forfarsasc)

## Forfar Sporting Memories Club



EVERY MONDAY, 10.30 to 12PM. A new weekly club for sports fans to share memories and reminisce over a cuppa (SMALL DONATION)

Venue: Lochside Park, Graham Crescent, Forfar DD8 1DU

Contact: [info@strathmoretrust.co.uk](mailto:info@strathmoretrust.co.uk) / 07771 867 059

## Walking Rugby



EVERY MONDAY, 6.30 to 8PM. Play a slower, non-contact version of rugby, suitable for those recovering from illness or injury, retired players and older people looking to stay fit and active. (FREE)

Venue: Inchmacabole, Forfar DD8 1RL

Contact: [info@strathmoretrust.co.uk](mailto:info@strathmoretrust.co.uk) / 07771 867 059

## Walking Football



EVERY MONDAY, 6 to 7PM (WOMEN ONLY SESSION). Play a slower pace game of football, open to all abilities. Meeting up with friends, old and new! (£3.50)

Venue: Station Park, Carseview Road, Forfar DD8 3BT

Contact: Owen McKenzie - [fcftdevofficer@gmail.com](mailto:fcftdevofficer@gmail.com) / 07486 856 911

# TUESDAY

# WHAT'S ON?

## Friends R Us

EVERY TUESDAY, 1 to 3.30PM. For people who live alone to connect, chat and organise days out. Companionship, friendship and support. (FREE)

Venue: East Old Church, East High Street, Forfar DD8 2EG

Contact: [BSweetin@churchofscotland.org.uk](mailto:BSweetin@churchofscotland.org.uk) / 01307 248 228

07988 938 476

# WEDNESDAY

# WHAT'S ON?

## Bite and Blether

EVERY WEDNESDAY, 12PM. Soup, a sandwich, and a chat. (SMALL DONATION)

Venue: East Old Church, East High Street, Forfar DD8 2EG

Contact: [BSweetin@churchofscotland.org.uk](mailto:BSweetin@churchofscotland.org.uk) / 01307 248 228

## Walking Football



EVERY WEDNESDAY, 7 TO 8PM. Play a slower pace game of football, open to all abilities. Meeting up with friends, old and new! (£3.50)

Venue: Station Park, Carseview Road, Forfar DD8 3BT

Contact: Owen McKenzie - fcftdevofficer@gmail.com / 07486 856 911

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## THURSDAY

## WHAT'S ON?

### Knit & Natter Group



EVERY THURSDAY, 10.30AM TO 12PM. Social knitting group. bring your own project or work together on special projects (eg. finger twiddlers for dementia groups).

Venue: 50 West High Street, Forfar DD8 1BA

Contact: Lesley.matthews@angusalive.scot - 01307492097

Christine.sharp@angusalive.scot - 01307 492465

### Alzheimer Scotland Dementia Café

EVERY 2nd THURSDAY, 2 to 3.30PM. The Dementia café offers an opportunity for people living with dementia and their carers to meet others, enjoy an activity and to socialise. We also provide advice, information and support. Suggested £2 donation.

Venue: East Old Church, East High Street, Forfar DD8 2EG

Contact: rmoncur@alzscot.org / 07585700902

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## FRIDAY

## WHAT'S ON?

### Walking Rugby



EVERY FRIDAY, 9.30 to 10.30AM. Play a slower, non-contact version of rugby, suitable for those recovering from illness or injury, retired players and older people looking to stay fit and active. (FREE)

Venue: Lochside Park, Graham Crescent, Forfar DD8 1DU

Contact: info@strathmoretrust.co.uk / 07771 867 059

## Health Walk



EVERY FRIDAY, 10AM. Health Walks are a fantastic, gentle way to introduce walking into your daily routine. Health walks last between 15 mins up to 1 hour (you decide how long you walk). No need to book—just come along (FREE)

Venue: Lochside Park, Graham Crescent, Forfar DD8 1DU

Contact: [BSCommunities@angus.gov.uk](mailto:BSCommunities@angus.gov.uk)

## Community Cafe



EVERY FRIDAY, 10AM

Join us in our friendly, community café run by volunteers and enjoy fresh home made food whilst finding out what's on in your community. (FREE)

Venue: Lochside Park, Graham Crescent, Forfar DD8 1DU

Contact: [BSCommunities@angus.gov.uk](mailto:BSCommunities@angus.gov.uk)

## Walking Sports



EVERY FRIDAY, 10.30 to 11.30AM. Suitable for all ages and abilities. Focus is on fun, gentle movement and friendship. Opportunities to try various sports. (FREE)

Venue: Lochside Park, Graham Crescent, Forfar DD8 1DU

Contact: [info@strathmoretrust.co.uk](mailto:info@strathmoretrust.co.uk) / 07771 867 059

## SATURDAY & SUNDAY

## WHAT'S ON?

### Forfar Skiffies



EVERY SATURDAY, 9.30 to 11.30AM. A chance to row the skiff on Forfar Loch or to come on board as a passenger if rowing is too strenuous. (FREE)

Venue: Forfar Sailing & Watersports Club, Queen Margaret's Inch, Forfar

Contact: [skiff@forfarsailingclub.org.uk](mailto:skiff@forfarsailingclub.org.uk)

### Walking Football



EVERY 2ND SUNDAY, 7 TO 8PM. WOMEN ONLY. Play a slower pace game of football, open to all abilities. Meeting up with friends, old and new! (£3.50)

Venue: Station Park, Carseview Road, Forfar DD8 3BT

Contact: Owen McKenzie - [fcftdevofficer@gmail.com](mailto:fcftdevofficer@gmail.com) / 07486 856 911