

ACTIVITIES FOR OLDER ADULTS IN KIRKCALDY

- Gentle exercise
- Talk about sport
- Fun activities
- Lunch with friends
- Support to attend sports matches in Kirkcaldy
- An opportunity to meet new people and reconnect with sport

Sporting Memories Foundation Scotland are working with Active Fife, Raith Rovers Community Foundation and Age Scotland to set up a weekly programme of fun, inclusive activities specifically for older adults.

Activities are inclusive and dementia friendly.

Everyone welcome.



**Drop by and
give
something
new a try!**

WWW.THESMF.CO.UK

What's on? Kirkcaldy

Mondays

10.30 - 12pm

FREE

Every 2nd Tuesday

12 - 2pm

FREE

Tuesdays

6.30-7.30pm

FREE

Wednesdays

10.30 - 12pm

FREE

Wednesdays

1.15 - 2.15pm

FREE

Every 2nd Thursday

11 - 1pm

FREE

Fridays

1.30 - 2.30pm

£3 per session

Walk & Talk with Raith Rovers

Meet every Monday at Stark's Park for a local led walk of 3-5km and we meet afterwards for a cuppa and a chat.

Paul Grieg - paul.grieg@raithrovers.net / 07981 197318

Bite & A Blether

Starting 20th September. A get together and catch up over lunch at Kirkcaldy Rugby Club. Bring a friend or pop along to say hello and meet new people!

Stuart Oliver - stuart.oliver11@btinternet.com

Walking Basketball

Suitable for all ages and abilities, Walking Basketball delivers a walking paced version of the fast and furious game we are all used to A fun, social way to reconnect with the sport!

Ross - fifesteelbasketball@hotmail.com / 07982 641 975

Sporting Memories

A weekly club for older adults to talk and reminisce about sport. We provide inclusive social and physical activities along with hot drinks and a friendly welcome.

Gary Waddell - gary@thesmf.co.uk / 07941 123278

Bums Off Seats Walks

Short, local walks across Kirkcaldy for everyone - no matter your age or fitness. Meet at 1.15pm at 4 different meeting points. Contact bumsoffseats.project@fife.gov.uk for more information.

Reminiscing Raith

Social reminiscence session at Stark's Park. Talks from former players and looking back in history with fellow fans. Refreshments provided.

paul.grieg@raithrovers.net / 07981 197318

Walking Football

Suitable for all ages and abilities. Keep active and meet new people playing a slower paced game on the Raith Rovers pitch.

paul.grieg@raithrovers.net / 07981 197318

To find out more about activities please contact
Gary Waddell - gary@thesmf.co.uk or call 07941 123278

www.sportingmemoriesnetwork.com