Fife Branch Activity Planner 2026

SCHEDULE		ACTIVITY	DETAILS	TIME	LOCATION	COST	NOTE
WEEKLY	Monday	Chair Yoga	Therapeutic Exercise and meditation	10:45 - 12pm	Online with Zoom Meeting ID: 870 1565 7022 Passcode: 863295	Free	
	Monday	Sporting Memories	Get those brains working with Sporting Memories	Weekly	Mondays	10:30am - 12	Parkgate Community Centre, Rosyth. KY11 2JW
	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	Except for school holidays
	Wednesday	Indoor Bowling	Friendly competition for all abilities with a chance of a cuppa.	2 - 4pm	Abbeyview Bowling Club, Dunfermline	£5.50	Season runs September to April.
	Thursday	BoxFit	Physical and mental exercise open to all abilities.	11:15am	PureGym, Dunfermline	£6	Membership of PureGym required.
	Thursday	Tennis For Parkinson's	An hour of Parkinson's Tennis with a qualified Coach	10am	St Andrews University Sports Centre	£6	
	Friday	~~BoxFit~~	~~Physical and mental exercise open to all abilities.~~	~~12 - 1pm~~	~~The Lomond Centre, Glenrothes~~	~~£6~~	Cancelled until further notice
	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	Contact us for details
	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	

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Monthly	First Tuesday OTM	Fife Young-Onset Parkinson's Group	If you've got early onset Parkinson's so have we!	7 - 9 pm	YMCA Glenrothes, North Street, Glenrothes. KY7 5PP	Free	
	Second Tuesday OTM	East Fife Carer's Café	Just for Carer's	11:00 - 12:00	Clayton Caravan Park Clubhouse, 16 Eden Pk, Balmullo, St Andrews KY16 9YB	Free (buy your own refreshments)	
	Second Wednesday OTM	West Fife Carer's Café	Also Just for Carer's	11:00 - 12:00	EATS Hub, 115a Queensferry Road, Rosyth. KY11 2PS	Free (buy your own refreshments)	Partners with Parkinson's can have a break in the café or go to Link Living at the Parkside Community Centre, which is a safe space.
	Second Thursday OTM	Glenrothes Gathering	Meeting place with lots to do	12 - 3pm	The Bridge Centre, Glenrothes KY7 5NS	£5	Except July & August
	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)	Except July and December
	Last Monday OTM	St Andrews Parkinson's Café	An informal place to chat	11 - 12:30	The Cosmos Centre, Abbey Walk, St Andrews KY16 9LB	Free	Except July and December
	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)	Except July and December
	Last Wednesday OTM	Monthly Quiz	Quiz questions on anything	07:30pm	Online with Zoom Meeting ID: 824 7666 1284 Passcode: 892282	Free	Except July and December

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