

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK IN WARM SPACE M FREE 12:00 - 14:00	WALK IN WARM SPACE M FREE 12:00 - 14:00	WALK IN WARM SPACE M FREE 12:00 - 14:00	WALK IN WARM SPACE M FREE 12:00 - 14:00	WALK IN WARM SPACE M FREE 12:00 - 14:00
DEMENTIA DAY CENTRE ☎ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ☎ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ☎ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ☎ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ☎ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk
ADULT DAY CENTRE ☎ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk	COMPUTER TRAINING ☎ M FREE Timed appointments ✉ Community@ageukplymouth.org.uk	ADULT DAY CENTRE ☎ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk	ADULT DAY CENTRE ☎ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk	ADULT DAY CENTRE ☎ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk
COMPUTER TRAINING ☎ M FREE Timed appointments ✉ Community@ageukplymouth.org.uk	FORGET ME NOTS ☎ M £44 Every Tuesday, 10:00 - 15:00 ✉ Tracy.Walker@ageukplymouth.org.uk	SUPPORT FOR CARERS ☎ M FREE 1st Wednesday of each month, 10:00 - 11:30 ✉ Caringforcarers@improvinglivesplymouth.org.uk	COMPUTER TRAINING ☎ M FREE Timed appointments ✉ Community@ageukplymouth.org.uk	SUPPORT FOR CARERS ☎ P FREE 1st Friday of each month, 10:00 - 11:30 ✉ Caringforcarers@improvinglivesplymouth.org.uk
WALKING FOOTBALL ☎ F £2 Every Monday, 14:00 - 15:00 ✉ Michael.Truelove@ageukplymouth.org.uk	VETERANS STICKY BUN MORNING M £2.50 Every Tuesday, 10:00 - 12:00 ✉ Michael.Truelove@ageukplymouth.org.uk	INFORMATION AND ADVICE DROP IN CLINIC M FREE Every Wednesday, 10:00 - 15:00 ✉ Advice@ageukplymouth.org.uk		COMMUNITY CUPPA M £2 Every Friday, 10:30 - 12:00 ✉ Community@ageukplymouth.org.uk
	HAIRDRESSING ☎ M Timed appointments Tuesday bookings: 07531 238791	VETERANS & FAMILIES SUPPORT GROUP F FREE Every Wednesday, 18:00 - 20:00 ✉ Georgina.Edwards@ageukplymouth.org.uk		JOLLY ELDERS ☎ M £5 Every Friday, 13:00 - 15:00 ✉ Activeliving@ageukplymouth.org.uk
				HAIRDRESSING ☎ M Timed appointments Friday bookings: 07733 021799

☎ Book Ahead 01752 256020
 M The William & Patricia Venton Centre, Astor Drive, Mount Gould, PL4 9RD
 P The William Venton Centre, Memory Lane, Plymstock, PL9 9GH
 £ Funded places available H Harpers Football, Outland Road, Plymouth, PL2 3DE
 F Four Greens Community Trust, Whiteleigh, PL5 4DD

REGULAR EVENTS	VETERANS BRUNCH CLUB ☎ £6 2nd Saturday and last Sunday of each month, 10:00 - 12:00 M ✉ Michael.Truelove@ageukplymouth.org.uk A traditional breakfast including tea, coffee, toast and good company.
	REGI-MENTAL WELLBEING, INDIVIDUAL AND GROUP THERAPY SESSIONS ☎ FREE Various days and times available M ✉ Georgina.Edwards@ageukplymouth.org.uk Counselling and wellbeing support for Veterans over the age of 50 living and working in the city of Plymouth
	NHS HEALTH CHECKS ☎ FREE M If you have not had a Health Check through your GP Surgery in the last 5 years, why not attend one of the clinics here at Age UK Plymouth, to book please call 01752 437177. Upcoming Dates: 2nd April, 11th June, 6th August
COMING SOON	PLYMOUTH RUNNING FESTIVAL Sunday 28th April Support our fundraisers, we'll be on Plymouth Hoe on the day - come and say hello
	STEP OUT: 50 MILES IN MAY 1st - 31st May Walk, run or jog 50 miles your way this May and raise £50 to support over 50s in Plymouth

