

Activities and Events Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEMENTIA DAY CENTRE 📞 P £ Full or half days available	DEMENTIA DAY CENTRE 📞 P £ Full or half days available	DEMENTIA DAY CENTRE 📞 P £ Full or half days available	DEMENTIA DAY CENTRE 📞 P £ Full or half days available	DEMENTIA DAY CENTRE 📞 P £ Full or half days available
ADULT DAY CENTRE 📞 M £ Full or half days available	PCC HOUSING DROP IN CLINIC M FREE 2nd Tuesday of each month, 09:30 - 12:30	ADULT DAY CENTRE 📞 M £ Full or half days available	ADULT DAY CENTRE 📞 M £ Full or half days available	ADULT DAY CENTRE 📞 M £ Full or half days available
COMPUTER TRAINING 📞 M FREE Timed appointments	COMPUTER TRAINING 📞 M FREE Timed appointments	SUPPORT FOR CARERS 📞 M FREE 1st Wednesday of each month, 10:00 - 11:30	COMPUTER TRAINING 📞 M FREE Timed appointments	SUPPORT FOR CARERS 📞 P FREE 1st Friday of each month 10:00 - 11:30
WALKING FOOTBALL 📞 H £2 14:00 - 15:00	FORGET ME NOTS 📞 M £44 10:00 - 15:00	INFORMATION AND ADVICE DROP IN CLINIC M FREE 10:00 - 15:00	VETERANS GAMES CLUB M £2.50 14:00 - 16:00	COMMUNITY CUPPA M £2 10:30 - 12:00
	VETERANS STICKY BUN MORNING M £2.50 10:00 - 12:00	VETERANS & FAMILIES SUPPORT GROUP F FREE 18:00 - 20:00 <small>✉️ Georgina.Edwards@ageukplymouth.org.uk</small>		JOLLY ELDERS 📞 M £5 13:30 - 15:30
	HAIRDRESSING 📞 M Timed appointments Tuesday bookings: 07531 238791			HAIRDRESSING 📞 M Timed appointments Friday bookings: 07733 021799

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

Other Regular Events		
Veterans Brunch Club	2nd Saturday and last Sunday of each month, 10:00 - 12:00	M 📞 £6
Regi-mental Wellbeing Individual Therapy Sessions	Timed appointments	M 📞 FREE
Regi-mental Wellbeing Group Therapy Sessions	Wednesdays, 18:00 - 20:00	F 📞 FREE
NHS Health Checks	11th June, 6th August - Timed appointments	M 📞 FREE
Information & Advice Drop In Clinic: Morrisons, Plymstock	09:30 - 12:30, Friday 31 May, Wednesday 24 July, Friday 4 October	FREE