Activities & Events

Plymouth age UK

Let's change how we age

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	**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	**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** 10:00 - 11:30 First Wednesday of each month	**Computer Training ☎ M FREE** Timed appointments	**Community Cuppa M £2.50** 10:30 - 12:00
Walking Football ☎ H £2.50 14:00 - 15:00	**Forget Me Nots ☎ M £** 10:00 - 15:00	**I&A Drop In Clinic M FREE** 10:00 - 15:00 First and third Wednesday of each month	**Cancer Support Café ☎ R FREE** 10:30 - 12:30 Last Thursday of each month	**Jolly Elders M £5** 13:30 - 15:30
	Veterans Sticky Bun Morning M £2.50 10:00 - 12:00	**Job Centre Plus Advice M FREE** 13:00 - 16:00 First Wednesday of each month		**Hairdressing M £15 - £70** Timed appointments
		Cancer Support Café ☎ M FREE 13:30 - 15:30 Last Wednesday of each month		**Footcare ☎ M £30** Timed appointments
		Veterans & Families Support Group F FREE 18:00 - 20:00		**Support For Carers ☎ P FREE** 10:00 - 11:30 First Friday of each month

M The William & Patricia Venton Centre, Astor Drive, Mount Gould PL4 9RD
P The William Venton Centre, Memory Lane, Plymstock PL9 9GH
R The Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS

H Harpers Football, Outland Road, Plymouth PL2 3DE
F Four Greens Community Trust, Whitleigh PL5 4DD

☎ Book Ahead 01752 256 020
£ Funded Places Available

Upcoming/Regular Events

Veterans Brunch Club	10:00 - 12:00	Second Saturday and last Sunday of each month		☎ M £7
Regi-mental Wellbeing Individual Therapy Sessions	Timed appointments			☎ F FREE