

LAST MINUTE TICKETS!
STEP OUT FOR
AGE UK PLYMOUTH
SEPTEMBER 29

HALF MARATHON CHALLENGE



Activities & Events Timetable

Sept 2024

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	Plymouth City Council Housing Drop In Clinic M FREE 09:30 - 12:30 Second Tuesday of each month	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 ☎ P FREE 10:00 - 11:30 First Wednesday of each month	Computer Training ☎ M FREE Timed appointments	Support For Carers ☎ P FREE 10:00 - 11:30 First Friday of each month
Walking Football ☎ H £2.50 14:00 - 15:00	Forget Me Nots ☎ M £44 10:00 - 15:00	Information & 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	Cancer Support Café ☎ M FREE 13:30 - 15:30 Last Wednesday of each month		Jolly Elders ☎ M £5 13:30 - 15:30
	Hairdressing ☎ M £15 - £70 Timed appointments Tuesday bookings: 07531 238 791	Veterans & Families Support Group F FREE 18:00 - 12:00 georgina.edwards@ageukplymouth.org.uk		Hairdressing ☎ M £15 - £70 Timed appointments Friday bookings: 07733 021 799
				Footcare ☎ M £30 Timed appointments 07866 738 941

M The William & Patricia Venton Centre, Astor Drive, Mount Gould PL4 9RD

P The William Venton Centre, Memory Lane, Plymstock PL9 9GH

H Harpers Football, Outland Road, Plymouth PL2 3DE

F Four Greens Community Trust, Whitleigh PL5 4DD

☎ Book Ahead 01752 256 020

£ Funded Places Available

Other Regular Events

Veterans Brunch Club	10:00 - 12:00	Second Saturday and last Sunday of each month	☎ M £6
Regi-mental Wellbeing Individual Therapy Sessions	Timed appointments		☎ M FREE
NHS Health Checks	Timed appointments	Tuesday 8 October, Tuesday 3 December	☎ M FREE
Pain Management Clinics	09:30 - 11:30	Thursday 26 September	☎ M FREE