



Argyle Community Trust

Learn · Play · Succeed

Active Argyle

Supporting Age UK Plymouth



Weekly activity sessions for the over 60's and ex service personnel* and their dependents. Aimed at increasing participation, improving health and wellbeing and becoming more sociable

Both males and females can get involved in a whole host of activities, including:

- **Gentle Exercise**
- **Table Tennis**
- **Kurling**
- **Boccia**
- **Social Engagement**

Refreshments Available

We are running weekly sessions from 1.30pm – 3pm on Tuesday and Thursday at The William and Patricia Venton Centre, Astor Drive, Mount Gould, Plymouth, PL4 9RD

*Ex service personnel of any age but over 60 if you're not ex service personnel



To find out more information please contact:

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